

Plymouth State University **ACADEMIC MINOR REQUIREMENTS**
HEALTH MINOR 2009-2010

Student: _____
 Student ID: _____
 Enrollment Date: _____
 Student Major/Option: _____

Department: **Health and Human Performance**
 Total semester hours required: 16.5
 Total semester hours transferred: _____
 Catalog Used for Major/Option: _____

Plymouth Requirements	Credits	Gen Ed	Transfer Course (Title)	Credits	To Be Taken
HE 2500 First Aid and CPR/AED	1.5				
PE 2850 Wellness Choices for a Healthy, Active Lifestyle	3	WECO			
<i>Content Courses - complete four of the following:</i>	12				
HE 2900 Disease, Safety and Environment		WECO			
HE 3200 Stress Management		WECO			
HE 3210 Mental Health Issues		WECO			Falls
HE 3220 Applied Nutrition for Healthy Living					
HE 3700 Drug Behavior		WECO			
HE 3710 Sex and Family Living Education					
HE 4100 Women's Health Issues		WECO			
PE 3260 Health Fitness Assessment & Programming					
PE 4010 Psychosocial Theories of Physical Activity		INCO			Spring

Note 1: Students with a minor must complete six credits of upper-level courses outside the major discipline.
Note 2: For a second or subsequent minor, at least nine credits must be different from the major or the first minor.