

Wellness Minor

Minor Requirements

Minimum Required Credits: 18

Code	Title	Credits
Required Courses		
HNES 111	Wellness	3
HDFS 186	Smart Spending and Saving	3
HDFS 242	Couples, Marriages and Families	3
ARMD 210	Dress in World Cultures	3
or BUSN 211	World Culture and Food Service	
Elective Courses: Select 2 of the following. Courses cannot be from the major area of study.		6
ADHM 486	Dress and Human Behavior	
COMM 212	Interpersonal Communication	
HPER 217	Personal and Community Health	
RELS 100	World Religions	
SOC 115	Social Problems	
SOC 214	Social Interaction	
Total Credits		18

Minor Requirements and Notes:

- A minimum of 8 credits must be taken at NDSU.