

# Wellness

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## Minor Requirements

### Minor: Wellness

Required Credits: 18

Code	Title	Credits
<b>Required Courses</b>		
HNES 111	Wellness	3
HDFS 186	Consumer and Society	3
HDFS 242	Couples, Marriages and Families	3
ADHM 410	Dress in World Cultures	3
or ADHM 411	Food and World Cultures	
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	
HNES 200	Principles of Nutrition	
HNES 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.