Wellness

Department Information

- **Department Location:**
  E. Morrow Lebedeff Hall
- **Department Phone:**
  701-231-8211
- **Department Web Site:**
  [www.ndsu.edu/hde/undergraduate_studies/minors/](http://www.ndsu.edu/hde/undergraduate_studies/minors/)
- **Credential Offered:**
  Minor
- **Program Overview:**
  [catalog.ndsu.edu/programs-study/undergraduate/wellness/](http://catalog.ndsu.edu/programs-study/undergraduate/wellness/)

Minor Requirements

**Minor: Wellness**

**Required Credits:** 18

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HNES 111</td>
<td>Wellness</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 186</td>
<td>Consumer and Society</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 242</td>
<td>Couples, Marriages and Families</td>
<td>3</td>
</tr>
<tr>
<td>ADHM 410</td>
<td>Dress in World Cultures</td>
<td>3</td>
</tr>
<tr>
<td>or ADHM 411</td>
<td>Food and World Cultures</td>
<td></td>
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</tbody>
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**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.