

# Wellness

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## Department Information

- **Department Location:**  
E. Morrow Lebedeff Hall
- **Department Phone:**  
701-231-7474
- **Department Web Site:**  
[www.ndsu.edu/hnes/](http://www.ndsu.edu/hnes/) (<http://www.ndsu.edu/hnes/>)
- **Credential Offered:**  
Minor
- **Official Program Curriculum:**  
[catalog.ndsu.edu/undergraduate/program-curriculum/wellness/](http://catalog.ndsu.edu/undergraduate/program-curriculum/wellness/) (<http://catalog.ndsu.edu/undergraduate/program-curriculum/wellness/>)

The wellness minor takes an integrative approach to examining human health and wellness. The Dimensions of Wellness provides the framework in which students will gain knowledge and learn about skills needed to optimize health across the lifespan.

Courses available within the minor represent a broad array of academic programs and departments, highlighting the interdisciplinary nature of human health and wellness and an opportunity for students to pursue areas of interest within the minor. There are 4 required courses. In addition, students choose 2 courses from the listed elective courses. The elective courses cannot be from the major area of study. A minimum of 8 credits must be taken at North Dakota State University for the minor to be awarded.