

Wellness

Department Information

- **Department Web Site:**
www.ndsu.edu/hnes/ (<http://www.ndsu.edu/hnes/>)
- **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

Code	Title	Credits
Required Courses		
HNES 111	Wellness	3
HDFS 186	Smart Spending and Saving	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 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.