

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		3
or ADHM 411		
Elective Courses: Select 2 of the following. Courses cannot be from the major area of study.		6
ADHM 486		
COMM 212	Interpersonal Communication	
HNES 217		
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.