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

<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>Smart Spending and Saving</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>
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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 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.