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>
<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.

- 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.