

# Wellness

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## Department Information

- **Department Web Site:**  
[www.ndsu.edu/hnes/](http://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/) (<http://catalog.ndsu.edu/programs-study/undergraduate/wellness/>)

## Minor Requirements

### Minor: Wellness

Required Credits: 18

Code	Title	Credits
<b>Required Courses</b>		
HNES 111	Wellness	3
HDFS 186	Smart Spending and Saving	3
HDFS 242	Couples, Marriages and Families	3
ADHM 410 or ADHM 411		3
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		
RELS 100	World Religions	
SOC 115	Social Problems	
SOC 214	Social Interaction	
<b>Total Credits</b>		<b>18</b>

### Minor Requirements and Notes:

- A minimum of 8 credits must be taken at NDSU.