

HEALTH MINOR

Department: Kinesiology and Health Science (<https://catalog.bradley.edu/undergraduate/education-health-sciences/kinesiology-health-science/>)

The Health minor facilitates development of personal knowledge, skills, and routines for maintaining a healthy lifestyle and prepares students of any major to apply and promote knowledge, skills, and best practices about physical and mental health and wellbeing in personal, community, and professional settings.

Drawing from health and healthcare perspectives in biology, communication, economics, education, family and consumer sciences, kinesiology and health science, nursing, psychology, sociology, this multidisciplinary, 19-20-semester hour minor requires a health skills core (4 s.h.) that includes a personal health- or healthcare-focused core course and a self-directed 40 clock hour health/nutrition/fitness practicum; one course each in the topic areas of fitness and nutrition, disease and pathology, and mental health and wellbeing (9-10 s.h.); and 6 s.h. of elective courses within one of two areas of emphasis: Personal Health or Community and Professional Health. The elective courses must be taken in addition to the required courses. Following University requirements, a majority of the courses taken must be at the 200 (sophomore) level or above with no fewer than 6 semester hours at the 300 (junior) level or above.

The Health minor credential is useful for students of all majors committed to maintaining lifelong personal health; those planning to seek employment in human services, non-profit organizations, recreation and fitness, insurance and risk management, or healthcare; students interested in accumulating additional academic credit in preparation for graduate-level healthcare programs; and/or those interested in serving on health-related community boards or wellness committees, now or in the future.

Health Minor Learning Objectives

1. Students will explore current issues in fitness and nutrition, disease and pathology, and mental health and wellbeing.
2. Students will identify best practices related to fitness and nutrition, disease and pathology, and mental health and wellbeing.
3. Students will develop knowledge, skills, and routines designed to maintain optimum physical and mental health.
4. Students will use current thinking and best practices to promote physical and mental health and wellbeing in personal, community, and professional settings.
5. Students will apply knowledge, skills, and best practices about physical and mental health and wellbeing in personal, community, and/or professional settings.

Required Courses

Code	Title	Hours
Health Minor Core		
Select one of the following:		3.0
KHS 210	Concepts in Personal Wellness and Fitness	
FCS 220	Consumer Issues in Health Care	
KHS 220	Consumer Issues in Health Care	
KHS 305	Health Minor Practicum (EL)	1.0
Fitness and Nutrition		

Select one of the following:		3.0
FCS 202	Food and Nutrition	
FCS 304	Sports and Exercise Nutrition	
KHS 210	Concepts in Personal Wellness and Fitness	
NUR 363	Introduction to Personal and Community Health	

Disease and Pathology

Select one of the following:		3.0-4.0
BIO 101	Diseases of Life	
BIO 202	Microbiology and Immunology	
BIO 345	Virology	
NUR 220	Alcohol: Use and Abuse	
NUR 221	Substance Abuse	

Mental Health and Well Being

Select one of the following:		3.0
FCS 100	Family Dynamics	
PSY 311	Principles of Abnormal Psychology	
or PSY 356	Abnormal Psychology	
PSY 313	Health Psychology	
PSY 356	Abnormal Psychology	
SOC 343	Sociology of Mental Health	

Health Minor Area of Emphasis and Elective Courses

Select a minimum of 6 semester hours from one of the lists below.		6.0
Total Hours		19-20

Areas of Emphasis Elective Courses

Elective course credit hours are included in the 6 hours listed above. The lists below provide the elective course options

Code	Title	Hours
Personal Health Area of Emphasis: Elective Courses		
Select a minimum of 6 hours from the following: ¹		
BIO 101	Diseases of Life	3.0
BIO 103	The Biology of Sex	3.0
BIO 345	Virology	3.0
Select one of the following:		3.0
EDU 210	Human Development from Birth to Young Adulthood	
FCS 341	Human Development Through the Lifespan	
PSY 303	Lifespan Developmental Psychology	
COU 540	Human Growth and Development Across the Lifespan	
EDU 270	Physical Development and Health	1.0
FCS 100	Family Dynamics	3.0
FCS 202	Food and Nutrition	3.0
FCS 304	Sports and Exercise Nutrition	3.0
KHS 210	Concepts in Personal Wellness and Fitness	3.0
NUR 217	Men's Health Issues	2.0
NUR 219	Women and Health	3.0
NUR 220	Alcohol: Use and Abuse	3.0
NUR 221	Substance Abuse	3.0
NUR 233	Sexually Transmitted Infections	1.0
NUR 363	Introduction to Personal and Community Health	3.0
NUR 372	Safety and Emergency Care	3.0

PSY 245	Stress and Resilience	3.0
PSY 313	Health Psychology	3.0
PSY 314	Adult Development and Aging	3.0

¹ The elective courses must be in addition to the 13-14 hours of required coursework.

OR

Code	Title	Hours
Community and Professional Health Area of Emphasis: Elective Courses		
Select a minimum of 6 hours from the following: ¹		
BIO 202	Microbiology and Immunology	4.0
BIO 300	Population, Resources and Environment	3.0
or ENS 110	Environmental Science	
BIO 301	Biotechnology and Society	3.0
BMS 320	Environment and Human Health	3.0
COM 318	Health Communication	3.0
ECO 360	The Economics of Healthcare	3.0
Select one of the following:		3.0
EDU 210	Human Development from Birth to Young Adulthood	
FCS 341	Human Development Through the Lifespan	
PSY 303	Lifespan Developmental Psychology	
COU 540	Human Growth and Development Across the Lifespan	
FCS 203	School Health Promotion	2.0
FCS 221	Introduction to Community and Public Health	3.0
FCS 510	Topics in Global Wellness	3.0
FCS 514	Sustainable Food Systems	2.0
KHS 306	Health Science Applications for Sports	3.0
KHS 343	Ethics of Healthcare	3.0
KHS 380	Disability and Health in a Global Society	3.0
NUR 163	Health of the School Age Child	3.0
NUR 363	Introduction to Personal and Community Health	3.0
NUR 376	Advanced Concepts in Health	3.0
NUR 433/533	International Health and Nursing	3.0
PSY 311	Principles of Abnormal Psychology	3.0
or PSY 356	Abnormal Psychology	
SOC 211		3.0
SOC 341	Medical Sociology	3.0
SOC 343	Sociology of Mental Health	3.0

¹ The elective courses must be in addition to the 13-14 hours of required coursework.