

# Minor in Health Promotion

The minor in Health Promotion allows for students from all disciplines to complement their respective degrees with knowledge in health promotion, a growing and in-demand work skill. This minor provides foundational information on health science, health promotion, and community health. The minor is augmented with health science electives that provide general information about a variety of health-related topics.

Students will develop the following skills:

- Communication: Reach mutual understanding through effective exchange of information, ideas, and feelings
- Leadership: Step up, think, and act critically and creatively to bring others together to accomplish a common task
- Problem-solving: Find solutions to difficult or complex issues
- Research: Be able to search, investigate and critically analyze information in response to a specific research question
- Social responsibility: Act ethically and responsibly for the benefit of society and the public good
- Stress management: Be able to identify causes of stress, identify effective coping mechanisms, and take action to change the situation
- Teamwork: Participate as an effective, efficient member of a group in order to meet a common goal

Additionally, students will learn:

- Health behavior, use of effective mechanisms to help individuals make informed decisions about lifestyle modifications.
- Health education techniques

## Degree Plan

Code	Title	Hours
<b>Health Promotion Minor</b>		
Required Courses:		
HSCI 1301	Fnd. of Hlth Sci. & Hlth Promo	3
HSCI 3301	Community Health	3
HSCI 3312	Theories & Meth of Hlth Behav	3
<b>Electives</b>		
Select three of the following:		9
HSCI 2302	Fundamentals of Nutrition	
HSCI 2303	Wellness Dynamics	
HSCI 3302	Computer Syst for Hlth Profess	
HSCI 3304	Health Perspectives in Aging	
HSCI 3305	Substance Use & Society	
HSCI 3306	Environmental Health	
HSCI 3307	Death, Dying and Bereavement	
HSCI 3317	Occupational Health & Safety	
HSCI 4303	Family Life & Human Sexuality	
HSCI 4304	Public Health Administration	
HSCI 4306	Health Cnms of Preadol & Adol	
<b>Total Hours</b>		<b>18</b>