

# HEALTH MINOR

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## Health and Human Enrichment

This minor provides students with foundational health knowledge and wellness concepts to achieve health and well-being for themselves and others.

Please see complete information on all of the requirements (<https://coursecatalog.plymouth.edu/undergraduate-programs/minors/>) to earn a minor at Plymouth State University.

Course	Title	Credits
<b>Minor Requirements</b>		
PEHE 2000	Wellness Choices for Healthy Living (WECO)	3
HE 2500	First Aid and CPR/AED	1.5
<b>Content Courses</b>		
Select four of the following:		12
HE 2900	Disease, Safety, and Environment (WECO)	
HE 3105	Teaching Strategies, Methods, and Resources in Health Education	
HE 3200	Stress Management (WECO)	
HE 3220	Applied Nutrition for Healthy Living (TECO)	
HE 3700	Drug Behavior (WECO)	
HE 3720	Current Issues in School Health Education	
HE 3730	Sex and Family Living (WECO)	
HE 4100	Women's Health Issues (WECO)	
<b>Total Credits</b>		<b>16.5</b>