

LIFESTYLE WELLNESS COACHING MINOR

Health and Human Enrichment

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

This Lifestyle Wellness Coaching Minor is designed to introduce students to the field of lifestyle and wellness coaching.

Course	Title	Credits
PEHE 2000	Wellness Choices for Healthy Living (WECO)	3
HE 3200	Stress Management (WECO)	3
HE 3220	Applied Nutrition for Healthy Living (TECO)	3
HE 4080	Lifestyle and Wellness Coaching	3
Electives - minimum of 3 credits		3
Learn how to do it!		
HE 1205	Meditative Drawing	
PE 1300	T'ai Chi Ch'uan I	
PE 1700	Yoga	
PE 1040	Pilates Matwork	
PE 1400	Fitness Walking/Jogging	
Instructional		
PE 2425	Lifetime/Leisure Activities	
PE 2428	Flexibility, Core, and Balance Training	
PE 2640	Burdenko Conditioning	
PE 2831	Resistance Training Techniques	
PBH 3210	Social and Behavioral Health Psychology	
PY 1001	Developing a Resilient Mindset	
Total Credits		15