

MINOR IN HEALTH STUDIES

Health studies is a broad term used to describe the study of health issues and behaviors with a particular emphasis on health at the level of the individual.

Why Minor in Health Studies?

The minor in Health Studies is a good choice for students who:

- Want broad exposure to personal health information for self-improvement and general knowledge.
- Want to explore individual wellness issues as they relate to their major area of study.
- Want to develop the skills to become a more engaged and informed consumer of health-related information.

Program Overview

As our collective understanding of human health is continually evolving, the minor in Health Studies provides students with broad exposure to current and evidence-based content through a variety of personal health courses. Students who minor in Health Studies will explore content in several foundational areas of personal health and well-being, and may select elective courses based on personal interests and needs.

The minor in Health Studies is well suited for students interested in exploring their own health, as well as those students who are interested in careers in the field of health and human services.

Minor in Health Studies

Core Course: 3 Credits

(select one of the following courses)

	CR	UCC
PBHL 1100 Healthy U	3	Area 1
PBHL 1200 Current Health Issues	3	Area 1
PBHL 1300 Healthy Living After 30	3	Area 1

Elective Courses: 15 Credits

(select five of the following courses)

	CR	UCC
PBHL 2100 Women's Health	3	-
PBHL 2150 Drugs and Health	3	-
PBHL 2200 Stress Management	3	-
PBHL 2210 Nutrition	3	-
PBHL 2700 Concepts and Issues of Aging	3	-
PBHL 2900 Human Sexuality	3	-
PBHL 3140 Reproductive Rights	3	Area 5
PBHL 3210 Lifespan Nutrition	3	-

More Information

Admissions requirements: To be admitted to the minor in Health Studies, students must take and pass with the grade of C or better PBHL 1100: Healthy U or PBHL 1200: Current Health Issues or PBHL 1300: Healthy Living after 30.

How to declare the minor: To declare the minor in Health Studies, students must make a request using WPCoconnect → Students tab → Academic Services → Request to Add / Declare or Change Minor.

Additional questions: If you have questions about the Health Studies minor, please contact the Department of Public Health at 973-720-2394.