# HEALTH AND WELLNESS STUDIES

## MINOR PLAN OF STUDY

(24 CREDITS)

**NAME ________________________________**

**DATE ______________________**

### CORE REQUIREMENTS

<table>
<thead>
<tr>
<th>COURSE TITLE</th>
<th>CREDIT HOURS</th>
<th>GRADE</th>
<th>MET REQ. (√)</th>
</tr>
</thead>
<tbody>
<tr>
<td>HWS 233/NURS 220 Stress Management</td>
<td>2</td>
<td></td>
<td></td>
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<tr>
<td>HWS 331/NURS 311 Contemporary Health Issues</td>
<td>4</td>
<td></td>
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<tr>
<td>HWS 332/NURS 312 Nutrition</td>
<td>4</td>
<td></td>
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<tr>
<td>HWS 336/NURS 313 Science and Application of Exercise</td>
<td>4</td>
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</tbody>
</table>

**NOTE:** Nursing students have the option of fulfilling the core requirements with either Science and Application of Exercise (HWS 336/NURS 313) or Human Sexuality (HWS 330/NURS 310).

### ELECTIVES (10 CREDITS)

*No more than 2 courses can be designated as a ‘B’ Gen Ed*

<table>
<thead>
<tr>
<th>COURSE TITLE</th>
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<th>GRADE</th>
<th>MET REQ. (√)</th>
</tr>
</thead>
</table>

**NOTE:** Nursing students may fulfill electives with any of the following courses:

- NURS 332: Holistic Health Practice
- NURS 335: Forensic Health Essentials
- NURS 342: Global Healthcare Strategies in Nursing
- NURS 345: Care of Children in Community
- NURS 356: Spirituality and Healing
- NURS 370: Disaster Preparedness
- NURS 392: Palliative Care

**Office Use Only:**

Date Reviewed: _____________

Graduation Requirements Met: ___________

Initials: _____________

Comments:__________________________________________