

Wellness Foundations, Minor

ECEXWMIN

Take the first step toward helping individuals and communities optimize their health. Learn the foundations of optimizing health and wellness through a holistic approach.

Description

The wellness foundations minor is offered to students interested in learning about optimizing personal health and wellness. Students develop a greater understanding of the behavioral, social, cultural and environmental factors that impact our health. Students also learn how to make better personal lifestyle choices that may enhance individual well-being.

This program emphasizes a holistic approach to health and wellness. This minor serves as a foundational step toward obtaining national certifications for professional practice in fields of study related to health, health coaching, fitness or wellness.

At a glance

- **College/School:** [College of Health Solutions](#)
- **Location:** [Downtown Phoenix](#)

Program requirements

[2024 - 2025 Minor Map](#)
[Minor Map \(Archives\)](#)

The minor in wellness foundations consists of 18 credit hours, of which at least 12 credits must be upper division. A minimum grade of "C" (2.00 on a 4.00 scale) is required for each course.

Required Courses -- 15 credit hours

[EXW 215: Resistance Training and Recovery Techniques](#) or [EXW 217: Cardiorespiratory and Flexibility Training](#) (3)

EXW 302: Fundamentals of Wellness (3)

EXW 325: Fitness for Life (3)

EXW 400: Stress Management for Wellness or HEP 380: Body Image and Wellness (3)

NTR 100: Introduction to Nutrition Science or NTR 241: Human Nutrition (3)

Elective (choose one) -- 3 credit hours

EXW 335: Physical Activity and Physiological Concepts (3)

EXW 344: Impact of Physical Activity on Health and Disease (L) (3)

EXW 400: Stress Management for Wellness or HEP 380: Body Image and Wellness (3)

EXW 425: Exercise Prescription for Health and Wellness (3)

EXW 450: Social Determinants of Health and Health Behavior (CIVI OR (L or SB) & C) (3)

HSC 355: Eating for Lifelong Health (SOBE OR SB) (3)

NTR 345: Development of Healthy Cuisines (3)

NTR 348: Cultural Aspects of Food (GCSI OR SB & C & G) (3)

NTR 353: The Western Diet (3)

Prerequisite courses may be needed in order to complete the requirements of this minor.

Enrollment requirements

GPA Requirement: 2.00

Incompatible Majors: BS in clinical exercise science; BS in health sciences (healthy lifestyles and fitness science)

Other Enrollment Requirements: None

Current ASU undergraduate students may pursue a minor and have it recognized on their ASU transcript at graduation. Minor requirements appear on the degree audit once the minor is added. Certain major and minor combinations may be deemed inappropriate by the college or department of either the major or the minor program. Courses taken for the minor may not count toward both the major and the minor.

Career opportunities

This course of study allows students to have a greater understanding of and appreciation for how they can take control of their personal well-being and lead a healthier lifestyle.

Completion of this coursework provides practitioners who wish to take a more holistic approach to health and wellness with a background that enables them to promote greater health throughout the community.

Contact information

