

Personal Health, **Minor**

NHPHLMIN

Combine your interests in nutrition, exercise science, health science and health promotion to understand and improve your health.

Description

The personal health minor allows students pursuing non-health majors or anyone interested in improving their health to explore and learn the latest information related to healthy lifestyles, including the attainment and retention of high-quality personal health.

The program reflects the transdisciplinary nature of personal health by including courses from the fields of nutrition, exercise science, and health sciences and health promotion.

Students gain the knowledge and skills necessary to optimize their personal health and assume increased responsibility to move toward improved overall wellness.

At a glance

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

Program requirements

[2024 - 2025 Minor Map](#)

[Minor Map \(Archives\)](#)

A total of 18 credit hours are required for the minor. A minimum grade of "C" (2.00 on a 4.00 scale) is required for all courses.

Required Courses -- 12 credit hours

[EXW 325: Fitness for Life](#) (3)

HEP 380: Body Image and Wellness (3)

HSC 355: Eating for Lifelong Health (SOBE OR SB) or NTR 450: Nutrition in the Life Cycle (SOBE OR SB) (3)

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

Electives -- 6 credit hours

EXW 302: Fundamentals of Wellness (3)

EXW 335: Physical Activity and Physiological Concepts (3)

EXW 400: Stress Management for Wellness (3)

HEP 350: Substance Use and Addictive Behaviors (3)

HEP 361: Digital Health Communication and Education (3)

HEP 443: Emotional Health and Interpersonal Relationships (3)

NTR 345: Development of Healthy Cuisines (3)

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

NTR 453: Nutrition and the Media (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 exercise and wellness; BS in health education and health promotion; BS in health sciences (healthy lifestyles and fitness science); BAS in food and nutrition entrepreneurship

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.

Attend online

ASU Online

ASU offers this program in an online format with multiple enrollment sessions throughout the year. Applicants may [view the program's ASU Online page](#) for program descriptions and to request more information.

Career opportunities

A minor in personal health provides students with skills in many areas of exercise, nutrition and emotional health, enhancing the marketable skills they acquire in their major program. Graduates can pursue careers in workplace wellness, the medical field or public health, among many other career options, though most career areas do require more training than a minor alone can provide.

Contact information

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