Health and Wellness Minor

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The Health and Wellness interdisciplinary minor explores personal involvement in and commitment to health and wellness and the factors that influence the health status of individuals and society. This interdisciplinary minor fosters an appreciation for personal responsibility for health and strategies to enhance and preserve the individual’s and the public’s health. Societal health and the factors that impact on the health and wellness of a community and the individual’s role in health policy are examined. Students gain an awareness of the cultural, psychological, sociological and ethical issues affecting and effected by the health and wellness of individuals and the society in which they live.

Requirements

Select four courses from the following (chosen from at least two disciplines with a maximum of six credit hours from any one discipline):

- HLSC 425 Health Aspects of Aging
- HLSC 465 Policy and Politics of Health
- CRJS 401 Understanding Violence
- CRJS/SOC 421 Deviant Behavior
- CRJS/SOC 427 Gender-Based Violence
- CRJS/SOC 441 Drugs and Society
- EXSC 403 Lifetime Fitness and Wellness
- EXSC 408 Nutrition for Fitness and Sport
- EXSC 415 Exercise Testing for Normal and Special Populations
- HLSC 405 Interprofessional Study Abroad on Global Health
- HPE 317 Human Growth & Motor Development
- HPE 400 Management Skills for Teaching Health and Physical Education
- HPE 402 Methods and Materials in Health Education
- HPE 409 Physiology of Exercise
- HPE 430 Nutrition and Fitness Education
- HMSV 341 Introduction to Human Services
- HMSV 491 Family Guidance
- PHIL 345E Bioethics
- PSYC 306 Health Psychology
- PSYC 325 Drugs and Behavior
- PSYC 351 Child Psychology
- PSYC 353 The Psychology of Adulthood and Aging
- PSYC 363 Psychology of Sex
- PSYC 405 Psychopathology
- PSYC 408 Theories of Personality
- PSYC 410 Human Cognition
- PSYC 420 Cross-Cultural Psychology
- PSYC 424 Physiological Psychology
- PSYC 460 Psychology of African Americans
- SOC 440 Health, Illness, and Society
- SPED 313 Fundamentals of Human Growth and Development: Birth through Adolescence