

Health and Wellness Coaching Minor for Academic Year 2019-20

Coaching Minor (18 credits)

Minor Requirements:

HW 130 Introduction to Coaching: A Servant Leadership Approach (2 credits)

HW 135 Sports Medicine (2 credits)

HW 112 Wellness and the College Student (2 credits)

HW 110 Being a Mental Health Ally (1 credit)

HW 470 Internship in Health and Wellness (1 credit)

The remaining 10 credit hours would come from additional courses chosen by the student from the following list of Coaching Minor course options.

10 Credits of Electives:

- HW 200 Nutrition For Life (2 credits)
- PSY 240 Child and Adolescent Development (4 credits)
- BIO 200 Human Anatomy and Physiology: The Basics (4 credits)
- COM 210 Presentation Skills (4 credits)
- PCS 160 Conflict Dynamics and Transformation (4 credits)
- Education 105 Foundations of Teaching and Learning (4 credits)
- Data Analytics 200 (2 credits)
- CP 150 Career and Purposeful Pathways (1 credit)