

Procedures for Declaring A Minor in Health Science

1. Read this document carefully.
2. Obtain an "Application for Minor" form at the Registrar's Office.
3. Consult with your advisor and department chairperson in your **Major department** to obtain approval to minor in Health Science; a signature is required.
4. Review the attached requirements for the Minor in Health Science as well as the list of courses available.
5. Take this document and the Application for Minor form to Dr. Tammy James in H 304 (ext. 6999). Dr. James will answer any questions you have about the courses and assist you in selecting an Elective Area. Please fill out and sign, along with Dr. James, the attached Declaration of Elective Area form. Keep one copy for your records. Dr. James will also initial your Application for Minor form.
6. Once you have met with Dr. James, take the Application for Minor form to the Health Department Chairperson in H 207 (ext. 2931) for the final signature. Leave the form for the Chairperson's signature and return in 2-3 days to get the completed form.
7. Make a copy of the Application for Minor form and list of courses for you to keep.
8. Take the original, signed **Application to Minor Form** and deliver to the Registrar's Office in the E.O. Bull Center.
9. As you complete health courses, be sure to update your individual records and ensure you are meeting the necessary requirements.
Please Note: to earn the minor, you must complete 15 credits of electives under advisement within the Elective Area you have chosen.
10. When you initiate the process for graduation clearance, the Registrar's Office also contacts the Department of Health for clearance in your minor. Dr. James will contact you at this time if necessary.

Name: _____ Major: _____

Minor in Health Sciences

Purpose: The Minor in Health Sciences is designed to provide you with focused coursework and learning experiences to complement your Major program and enhance your post-graduate career options.

Curriculum: The minor consists of **18 credits**. A **Common Core Course**, HEA 100: Dimensions of Wellness, is designed to give you a broad overview of concepts of health and wellness, as well as an opportunity for personal lifestyle changes to promote better health. An **Elective Area** is selected under advisement, consisting of carefully selected elective courses that are all designed to present a cohesive learning experience. The Common Core Course and the Elective Area offerings are presented on the following page.

Note: "C-" or better is required for each HEA/ENV course in the minor. At least 9 of the 18 credits must be taken at the 300/400 level. Up to 6 credits of HEA 435 Health Workshop can be completed for the minor.

Minor in Health Sciences Advising Sheet **Student Name:** _____

Common Core Course: Required for all Health Science Minors.		Semester Taken	Grade
HEA 100	Dimensions of Wellness	_____	_____

Four Elective Areas: Wellness / Minority Health Issues / Integrative Health / Elementary Education
 Select ONE area, under advisement. Note: to earn the minor, you must complete 15 credits all within your selected Elective Area.

Wellness Elective Area:		Semester Taken	Grade
HEA 102	Humans & the Environment	_____	_____
HEA 103	Drugs & Society	_____	_____
HEA 104	Human Sexuality	_____	_____
HEA 106	Death and Dying	_____	_____
HEA 109	Health Issues of Women	_____	_____
HEA 110	Transcultural Health	_____	_____
HEA 200	Nutrition and Culture	_____	_____
HEA 242	Intro to Public and Community Health	_____	_____
HEA 303	Introductory Principles of Human Nutrition	_____	_____
HEA 307	Consumer Nutrition	_____	_____
HEA 320	Positive Aspects of Aging	_____	_____
HEA 325	Stress Management	_____	_____
HEA 333	Alternative and Complementary Medicine	_____	_____
HEA 410	Mental Health	_____	_____
HEA 435	Health Workshop	_____	_____
HEA 436	Health Care Delivery	_____	_____
HEA 437	Seminar on Current Issues in Global Health	_____	_____
HEA 438	Understanding AIDS/HIV Infection	_____	_____
ENV 470	Emergency Preparedness	_____	_____
ENV 475	Bioterrorism and Public Health	_____	_____