

# Wellness Studies, Minor

The wellness studies minor provides a holistic approach to the study of the human wellness experience. Offering interdisciplinary enrollment, this minor includes foundational wellness courses, as well as a range of interdisciplinary electives that embrace evidence-based science and education vis-à-vis selected domains of wellness. A cross-cultural, life span approach to individual and population wellness and well-being is offered as an experiential learning initiative.

As Northeastern University guides students in the ways of self-managing (life-long learning), an understanding of the nature and practices of wellness may inform deliberative decision-making processes that lead to the attainment of wellness-informed lifestyle choices. Over time, these choices may inform the design and crafting of a life well lived.

## Minor Requirements

Complete all courses listed below unless otherwise indicated. Also complete any corequisite labs, recitations, clinicals, or tools courses where specified.

## Required Courses

Code	Title	Hours
NRSG 1205 or NRSG 1206	Wellness Wellness Abroad	4
NRSG 5000	Advanced Perspectives in Wellness	4

## Electives

Code	Title	Hours
Complete two of the following:		
COMM 2135	Sex and Interpersonal Communication	7-8
COMM 2555	Games for Change	
COMM 3230	Interpersonal Communication	
ENGL 2770	Writing to Heal	
EXSC 1120	Introduction to Exercise, Fitness, and Health	
HLTH 2302	Alternative Medicine	
HLTH 5002 or NRSG 2206	Mindfulness: Theory and Practice Global Perspectives in the Science and Practice of Mindfulness	
HSCI 1105	Human Nutrition	
HSCI 2350	Advanced Nutrition in Health and Disease	
SOCL 1246	Environment and Society	
WMNS 2800	Sexual Orientation and Gender Expression	

## GPA Requirement

Minimum 2.000 GPA required in all minor courses

## Credit Requirement

A minimum of 15 hours is required.