

HEALTH MINOR

This minor is designed for individuals interested in health promotion and/or teaching health/wellness. Individuals who want to be endorsed to teach Health in grades 6-12 or who seek careers in health-enhancing behaviors in schools, hospitals, insurance companies, college wellness programs, health clubs, fitness clubs, corporate worksite health promotion, health spas, physicians offices, physical therapy and public health services will gain knowledge and experience in practical skills focused on health and wellness through positive behavior change. Students majoring in Nursing, Teacher Education, Social Work and Psychology may be interested in this minor. To qualify for a State of Idaho teaching endorsement in Health 6-12, individuals must seek this minor in conjunction with the Teacher Education program.

Program Requirements

Code	Title	Credits
HLTH-245	DEATH AND DYING	1.00
HLTH-246	HUMAN SEXUALITY	1.00
HLTH-247	STRESS MANAGEMENT	1.00
HLTH-248	BEHAVIOR CHANGE	1.00
HLTH-253	NUTRITION	3.00
HLTH-272	FITNESS AND WELLNESS	3.00
HLTH-342	COMMUNITY HEALTH	3.00
HLTH-354	ADDICTION AND PERFORMANCE	2.00
Methods & Program Planning Course		
Select one of the following Emphasis		5.00-6.00
Teacher Education Emphasis: ¹		
ED-447	TEACHING METHODS IN THE CONTENT AREA ³	
HLTH-215	ELEMENTARY HEALTH SCIENCE/METHODS ²	
Health Professions Emphasis:		
HLTH-494	INTERNSHIP IN HEALTH	
Select one of the following:		
HLTH-453	HEALTH PROMOTION	
HLTH-454	WELLNESS COACHING	
KIN-381	TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION	
Total Credits		20.00-21.00

¹ **Note:** To qualify for a State of Idaho teaching endorsement in Health 6-12, individuals must complete an approved teacher education program and obtain a passing score on the Praxis II exam #5551-Health Education.

² **Note:** This course is required for a 6-12 Health teaching endorsement

³ **Note:** Admission to Teacher Education program is required for these classes.