HEALTH MINOR

This minor is designed for individuals interested in health promotion and/or teaching health and wellness. It provides practical skills and knowledge focused on improving health and wellness through positive behavior change.

Students who seek their grade 6-12 Health endorsement and students pursuing careers 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 benefit from this program.

The minor is particularly relevant to students majoring in Nursing, Teacher Education, Social Work and Psychology, but it can enhance almost any field of study. To qualify for a State of Idaho teaching endorsement in Health 6-12, individuals must complete this minor in conjunction with the Teacher Education program.

Program Requirements

Code	Title	Credits
HLTH-249	HEALTH THROUGH THE LIFESPAN	3.00
HLTH-253	NUTRITION	3.00
HLTH-272	FITNESS AND WELLNESS	3.00
or KIN-272	FITNESS AND WELLNESS	
HLTH-342	COMMUNITY HEALTH	3.00
HLTH-354	ADDICTION AND PERFORMANCE	2.00
Methods & Program Planning Course		
Select one of the following Emphasis		5.00-8.00
Teacher Education Emphasis: [1]		
ED-447	TEACHING METHODS IN THE CONTENT AREA [3]	
HLTH-215	ELEMENTARY HEALTH SCIENCE/METHODS [2]	
KIN-248	SPORTS MEDICINE	
Health Professions Emphasis:		
HLTH-494	INTERNSHIP IN HEALTH	
Select one of the following:		
HLTH-454	WELLNESS COACHING	
KIN-455	MARKETING & ADVERTISING SPT & EXRS PROF	
Total Credits		**19.00-22.00**

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.