Wellness

Department Information

- **Department Location:** E. Morrow Lebedeff Hall
- **Department Phone:** 701-231-8211
- **Department Web Site:** www.ndsu.edu/hde/undergraduate_studies/minors/
- **Credential Offered:** Minor
- **Program Overview:** bulletin.ndsu.edu/programs-study/undergraduate/wellness/

Minor Requirements

Minor: Wellness

Required Credits: 18

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HNES 111</td>
<td>Wellness</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 186</td>
<td>Consumer and Society</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 242</td>
<td>Couples, Marriages and Families</td>
<td>3</td>
</tr>
<tr>
<td>ADHM 410</td>
<td>Dress in World Cultures</td>
<td>3</td>
</tr>
<tr>
<td>or ADHM 411</td>
<td>Food and World Cultures</td>
<td></td>
</tr>
</tbody>
</table>

Elective Courses: Select 2 of the following. Courses cannot be from the major area of study.

- ADHM 486  Dress and Human Behavior
- COMM 212  Interpersonal Communication
- HNES 200  Principles of Nutrition
- HNES 217  Personal and Community Health
- RELS 100  World Religions
- SOC 115   Social Problems
- SOC 214   Social Interaction

Total Credits 18

Minor Requirements and Notes:

- A minimum of 8 credits must be taken at NDSU.