

**HEALTH AND WELLNESS STUDIES  
MINOR PLAN OF STUDY  
(24 CREDITS)**

NAME \_\_\_\_\_ DATE \_\_\_\_\_

CORE REQUIREMENTS	COURSE TITLE	CREDIT HOURS	GRADE	MET REQ. (√)
HWS 233/NURS 220	Stress Management	2		
HWS 331/NURS 311	Contemporary Health Issues	4		
HWS 332/NURS 312	Nutrition	4		
HWS 336/NURS 313	Science and Application of Exercise	4		

*NOTE: Nursing students have the option of fulfilling the core requirements with either Science and Application of Exercise (HWS 336/NURS 313) or Human Sexuality (HWS 330/NURS 310).*

ELECTIVES (10 CREDITS) <i>*No more than 2 courses can be designated as a 'B' Gen Ed</i>	COURSE TITLE	CREDIT HOURS	GRADE	MET REQ. (√)

*NOTE: Nursing students may fulfill electives with any of the following courses:*

- *NURS 332: Holistic Health Practice*
- *NURS 335: Forensic Health Essentials*
- *NURS 342: Global Healthcare Strategies in Nursing*
- *NURS 345: Care of Children in Community*
- *NURS 356: Spirituality and Healing*
- *NURS 370: Disaster Preparedness*
- *NURS 392: Palliative Care*

*Office Use Only:*

Date Reviewed: \_\_\_\_\_

Graduation Requirements Met: \_\_\_\_\_

Initials: \_\_\_\_\_

Comments: