# UA College of Public Health Logo**2024 – 2025 Wellness and Health Promotion Practice Minor Curriculum Guide**

## Public Health Minor – Wellness and Health Promotion Practice

|  |  |  |
| --- | --- | --- |
| **Name:**       | **ID:**       |  **Edit Date:**       |
| UA College of Public Health Logo |  | **Curriculum Guide: 2024-2025** Minor in Wellness and Health Promotion Practice |

**Admit Term:       Expected Graduation date:**

|  |  |  |
| --- | --- | --- |
| **18 Unit Requirement:**       | **9 Units Upper Division:**        **9 Units UA Residency:**        |  **2.0 Minimum GPA for Graduation:**       |
| **To enroll in 400-level Public Health courses:**Students must have declared a Minor in Wellness and Health Promotion Practice*(To declare a Minor in Wellness and Health Promotion Practice, students must have completed the online webform through Qualtrics and have a UA GPA of 2.5 or higher)* |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **WELLNESS AND HEATLH PROMOTION PRACTICE MINOR REQUIRED COURSES** Complete **all 6 units:** |
| Course Number and Title | Units | Notes | Semester/Year | Grade |
| **HPS 178** Personal Health and Wellness | 3 |       |       |       |
| **HPS 404** Fundamentals of Evaluation | 3 | Pre-req: HPS 350 |       |       |
| **\*Semesters typically offered are subject to change. Remember to check the schedule of classes for course availability.** |

|  |
| --- |
| **WELLNESS AND HEALTH PROMOTION PRACTICE ELECTIVE COURSES** *Complete* ***12 units*** *of approved Wellness and Health Promotion Practice elective coursework.* |
| \*\*Must have at least 6 units upper division (300/400 level) |
| Course Number and Title | Units | Notes | Semester/Year | Grade |
|  | 3 |       |       |       |
|  | 3 |       |       |       |
|  | 3 |       |       |       |
|  | 3 |       |       |       |

|  |
| --- |
| **WELLNESS AND HEALTH PROMOTION PRACTICE ELECTIVE COURSE OPTIONS:** |
|  |
| Course Number and Title | Units | Notes | Semester/Year | Grade |
| **HPS 200** Introduction to Public Health | 3 |       |       |       |
| **PHP 210** Diversity, Health, and Wellbeing in Later Life | 3 |       |       |       |
| **CHS/SOC 215** Sociology of Aging and Health | 3 |       |       |       |
| **HPS 220** An Introduction to Contemporary Public Health Issues in LGBTQ+ Communities | 3 |       |       |       |
| **PHP 301** Introduction to Gerontology | 3 |       |       |       |
| **SBS 301A** Foundations of Mindfulness | 1 |       |       |       |
| **SBS 301B** Mindful Semester: Mindfulness-based Study Tools | 1 |       |       |       |
| **SBS 301C** Mindful Semester: Mindfulness-based Movement | 1 |       |       |       |
| **PHP 305** Population Health in the Digital Age | 3 |       |       |       |
| **HPS 306** Drugs and Society | 3 |       |       |       |
| **NSC 311** A Systems Approach to Obesity Prevention | 3 |  |       |       |
| **PHP 312** Health Promotion and Well-being in Later Life | 3 |       |       |       |
| **NSC 320** Nutrition, Physical Activity and Health Promotion | 3 | Pre-req: NSC 170C1 or NSC 101 |       |       |
| **NSC 332** Health Coaching | 3 |        |       |       |
| **PHP 322** Health Education and Ethical Leadership | 3 | Pre-req: HPS 178 & HPS 200 |       |       |
| **HPS 330** Human Sexuality | 3 |       |       |       |
| **HPS 350** Principles of Health Education and Health Promotion | 3 | Pre-req: HPS 178 & HPS 200 |       |       |
| **HPS 400** Contemporary Community Health Problems | 3 | Pre or co-req: HPS 350 |       |       |
| **HPS 402** Corporate Wellness | 3 | Pre-req: HPS 350 |       |       |
| **HPS 403** Applications in Health Promotion: Behavioral Theories & Health | 3 | Pre-req: HPS 178 |       |       |
| **HPS 405** Biology in Public Health | 3 |        |       |       |
| **HPS 412** Public Health Approaches to Mental Health Disorders in the US | 3 |       |       |       |
| **HDFS 413** Issues in Aging | 3 |        |       |       |
| **GHI 413** Dissemination and Implementation Science and Applications in Public Health | 3 |        |       |       |
| **HPS 416** The World’s Food and Health | 3 | Pre or co-req: EPID 309 |       |       |
| **EHS 425** A Public Health Lens to Climate Change | 3 |       |       |       |
| **PHP 436** Aging, Environment & Well-being | 3 |       |       |       |
| **PHP 437** Management and Leadership in Long-term Care | 3 |       |       |       |
| **HPS 449** Family Violence | 3 |       |       |       |
| **PHPM 458** Health Care Marketing | 3 |       |       |       |
| **HPS 478** Public Health Nutrition | 3 | Pre or co-req: HPS 350 & EPID 309 |       |       |
| **HPS 481** Health Education Intervention Methods | 3 | Pre-Req: HPS 350 |       |       |
| **HPS 488** Adolescent Health | 3 |       |       |       |

**\*Semesters typically offered are subject to change. Remember to check the schedule of classes for course availability.**