

# Health (Minor)

The Department of Health and Exercise Studies offers a 15 credit hour health minor that is designed for undergraduate students wishing to pursue careers in health-related professions and for students wishing to gain in-depth knowledge in various contemporary health-related topics for their own personal development. The minor provides students with theories, concepts, and practical skills concerning health behavior and includes a practicum to apply theory to practice.

Recent practicum experiences have included projects with:

- AIDS Alliance
- American Cancer Society
- Boys and Girls Club
- Frankie Lemmon School and Developmental Center
- Local middle school health classes
- Lucy Daniels Center
- NCSU Athletics
- Olympus Athletic Club
- Summer Camps
- University Dining/Nutrition
- NCSU Wellness and Recreation

For more information about this program, visit our website (<https://hes.dasa.ncsu.edu/minor-programs/health/>).

## Contact

### Department of Health and Exercise Studies

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## Plan Requirements

- A grade of "C-" or better required in each course.
- Minimum overall GPA of 2.0 in the minor.
- All Health Minor courses (16 credit hours) must be taken for a letter grade to complete the Health minor.
- The minor will require a minimum of ten (10) hours taken at North Carolina State University.
- HESM 285 Personal Health will be a prerequisite for HESM 375 Health Program Planning and Evaluation.
- HESM 285 Personal Health and HESM 375 Health Program Planning and Evaluation will be prerequisites for HESM 377 Methods of Health Promotion.
- A maximum of TWO (2) courses may be used (double-counted) towards both departmental major requirements and minor requirements.
- No courses for the minor may be taken for S/U credit.

Code	Title	Hours	Counts towards
<b>Required Courses</b>			
		<b>7</b>	
HESM 285	Personal Health		
HESM 375	Health Program Planning and Evaluation		
HESM 377	Methods of Health Promotion		
HESM 300	Practicum in Health <sup>1</sup>		
<b>Elective Courses <sup>2</sup></b>			
		<b>9</b>	
BIO 105 & BIO 106	Biology in the Modern World and Biology in the Modern World Laboratory		
or BIO 181	Introductory Biology: Ecology, Evolution, and Biodiversity		
GN 301	Genetics in Human Affairs		
MB 200	The Fourth Horseman: Plagues that Changed the World		
NTR 301	Introduction to Human Nutrition		
HESM 212	Alcohol, Drugs and Tobacco		
HESM 213	Human Sexuality		
HESM 280	Responding to Emergencies		
HESM 284	Human Health Issues		
HESM 286	Nutrition, Exercise, and Energy Balance		
HESM 287	Stress Management		
PRT 200	Health, Wellness and the Pursuit of Happiness		
SOC 381	Sociology of Medicine		
<b>Total Hours</b>		<b>16</b>	

<sup>1</sup> Students must complete HESM 285 Personal Health, HESM 375 Health Program Planning and Evaluation, HESM 377 Methods of Health Promotion and at least 6 hours of electives from the Health Minor before taking HESM 300 Practicum in Health.

<sup>2</sup> The elective courses may be selected in consultation with your Health minor advisor. The following are a list of approved elective courses for your consideration.