

University of South Alabama – College of Education and Professional Studies
Department of Health, Kinesiology and Sport
Health and Wellness Minor

Hours Required: 19

Core (10 hours)

HS 170	First Aid	1
HS 262	Personal Health	3
KIN 263*	Intro to Nutrition	3
KIN 100	Concepts of Health and Fitness	3
OR		
KIN 278	Sport, Performance, and Exercise Psychology	3

9 hours from the following:

HS 351	Safety Education-Spring Only	3
HS 361	School and Community Health-Fall Only	3
HS 362	Drug Education-Summer only(Online)	3
HS 463	Human Sexuality-Summer only(Online)	3
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