

*University of Indianapolis - College of Health Sciences***2024-2025 Curriculum Guide for Healthy Diploma™ Certificate (CHDP)**

## Certificate

12 credit hours. All credits counted in electives (KINS 101 and 104 counted in general education core)

**Required Courses** (minimum of 6 hours):

- **KINS 104** Honors Wellness/Fitness for a Lifetime (2) (preferred) **or**
- **KINS 101** Wellness/ Fitness for a Lifetime (1)
- **KINS 102** Advanced Wellness and Fitness for a Lifetime (2)
- **KINS 268** Stress Management (3)

**Electives** (minimum of 6 hours):

- **ANTH 211** Anthropology of Health (3)
- **GERO 301** Interdisciplinary Perspectives on Aging (3)
- **ENSC 150** Environmental Science (3)
- **FIN 401** Financial Wellness (1)
- **KINS 114** Cardio Hip Hop (1) \*
- **KINS 115** Yoga (1) \*
- **KINS 249** Basic Sport & Community Nutrition (2) or NURB 225 or KINS 251 Sport Nutrition (3)
- **KINS 266** Human Sexuality (3)
- **KINS 420** Drugs and Social Involvement (3)
- **MUS 120** Contemporary Dance (2)
- **NURB 231** Health Assessment of Individuals and Families (6)  
(NURB 231 may count for a maximum of 3 credit hours for the certificate.)
- **PHIL 110** Critical Thinking (3)
- **PSY 210** Health Psychology (3)
- **SOC 101** Introduction to Sociology (3)

\* May be repeated for credit

**REMEMBER:** If you have any questions about the Healthy Diploma certificate, contact the director, Mindy Mayol, PhD, (317-788-3343, [mmayol@uindy.edu](mailto:mmayol@uindy.edu)).