

*University of Indianapolis - College of Arts & Sciences***2023-2024 Curriculum Guide for Health and Wellness Management (HWM) Minor****Minor**

A Health and Wellness Management minor is intended to support Exercise Science majors who will be working with individuals within commercial or workplace wellness settings. Students not completing the exercise science major will be required to complete a significant amount of prerequisites to complete this minor.

Health and Wellness Management requirements: (19 credit hours)

- **KINS 260** Introduction to Community Health in Diverse Communities (3) **
- **KINS 268** Stress Management (3) [Prerequisites: KINS 101 or KINS 104] **
- **KINS 331** Wellness Coaching (3) [Prerequisites: KINS 190, or KINS 315 and KINS 280] **
- **KINS 365** Worksite Health Promotion (3) [Prerequisites: KINS 190, KINS 260] **
- **KINS 485** Readings & Practical Experience in Exercise Science (1) **OR**
- **KINS 487** Readings & Practical Experience in Strength & Conditioning [Prerequisite: KINS 490] **
- **KINS 406** Clinical Exercise Physiology (3) [Prerequisite: KINS 350] **

Choose one of the following (3 Credit Hours):

- **KINS 236** Theory of Health Behavior (3) [Prerequisites: KINS190 and KINS260] **
- **GERO 305** Physical Dimensions of Aging (3) **

** Requires a grade of C or above

NOTE: A grade of C (2.0 on a 4.0 scale) or higher is required in all courses applying toward the Health and Wellness Management Minor.

REMEMBER: If you have any questions about the requirements for the Health and Wellness Management minor, contact the Center for Advising and Academic Achievement (788-2057, Schwitzer Center, Room 206). Courses and requirements change, so keep in contact with your advisor.