



**Minor in Health Promotion
Department of Kinesiology and Health Studies
Southeastern Louisiana University**

The minor in Health Promotion is open to all undergraduate students at Southeastern. Most courses are offered on a regular basis at least once a year.

The minor requires a total of 24 credit hours.

Students must earn a grade of C or higher in all courses.

Required courses (15 hours) required are:

- HS 133 (Healthy Lifestyles for the 21st Century)
- HS 312 (Community Health) or HS 362 (Promoting Health in the Worksite)
- HS 360 (Introduction to Epidemiology)
- HS 420 (Health Promotion Program Planning)
- HS 454 (Health Behavior Change)

Three elective courses (9 hours) must be selected from:

- HS 162 (Drugs and Society)
 - HS 200 (Foundations of Public Health)
 - HS 251 (Health and Human Sexuality)
 - HS 252 (Health and Stress)
 - HS 312 (Community Health)
 - HS 315 (Study of Human Diseases I)
 - HS 316 (Study of Human Diseases II)
 - HS 331 (Health Information and Media)
 - HS 335 (Contemporary Women's Health and Wellness)
 - HS 351 (Health Problems of the Aging and Aged)
 - HS 361 (Introduction to Environmental Health)
 - HS 362 (Promoting Health in the Worksite)
 - HS 401 (Health Instruction)
 - HS 430 (Complementary and Alternative Healthcare Modalities)
 - HS 439 (Spirituality and Health)
 - HS 440 (Research Methods in Health Sciences)
 - HS 442 (Social Determinants of Health)
 - HS 461 (The School Health Program)
- NUTR 342, 345, 411, 421, 424, or 433 may be used as one elective.