

Spalding University
Minor in Health & Wellness
Catalog Year: AY24-25
18 credit hours

Name:

Address:

ID Number:

Email:

Contact #:

Required Courses				
Term	Grade	Course		Credit
		HS302	Technology & Health	3
		HS320	Personal Health & Wellness	3
		HS321	Cultural Humility in Health	3
		HS405	Integrative Health- An Introduction**	3
		HS440	Health Promotion & Human Behavior	3
		HS450	Health Coaching**	3

** Courses can be taken at the graduate level which applies to the Master of Science in Health Science -*Health and Wellness Track*