

	Spalding University Minor in Health & Wellness Catalog Year: AY25-26 <i>18 credit hours</i>	
	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*