

University of South Alabama – College of Education and Professional Studies  
Department of Health, Kinesiology and Sport  
**Health and Wellness Minor**

**Hours Required: 19**

**Core (10 hours)**

|           |   |   |
|-----------|---|---|
| HS 170    | First Aid                                   | 1 |
| HS 262    | Personal Health                             | 3 |
| KIN 263*  | Intro to Nutrition                          | 3 |
| KIN 100   | Concepts of Health and Fitness              | 3 |
| <b>OR</b> |   |   |
| KIN 278   | Sport, Performance, and Exercise Psychology | 3 |

**9 hours from the following:**

|           |  |   |
|-----------|--|---|
| HS 351    | Safety Education- <i>Spring Only</i>               | 3 |
| HS 361    | School and Community Health- <i>Fall Only</i>      | 3 |
| HS 362    | Drug Education- <i>Summer only (Online)</i>        | 3 |
| HS 463    | Human Sexuality- <i>Summer only (Online)</i>       | 3 |
| HS 475    | Public Health- <i>Spring and Summer (Online)</i>   | 3 |
| HS 494    | Directed Study                                     | 3 |
| KIN 363   | Sports Nutrition-W                                 | 3 |
| KIN 380** | Kinesiology  | 3 |
| KIN 475   | Organization and Administration of Health and PE-W | 3 |
| KIN 477   | Water Safety Instructor- <i>Spring Only</i>        | 3 |
| KIN 495** | Internship   | 3 |
| RTH 397   | Intergenerational Recreation/Wellness-W            | 3 |
| SM 472    | Legal Issues in Sports/Recreation-W                | 3 |
| ST 210    | Statistical Reason and Application                 | 3 |

W-University writing course

\*KIN 263 is a pre-requisite for KIN 363.

\*\*KIN 380 requires the pre-requisite of BMD 110 or BMD 251, which are not included in the minor.

\*\*KIN 495 requires the pre-requisite of KIN 476, which is not included in the minor.

Revised 5/20/24