

HEALTHY LIFESTYLE MANAGEMENT MINOR

Minor in Healthy Lifestyle Management (18 Credits)

Code	Title	Credits
Core Courses		
HLM 301	Determinants of Health	3
HLM 340	Healthy Eating and Whole Person Health	3
HLM 341	Physical Activity and Whole Person Health	3
HLM 450	Lifestyle Medicine	3
Select six credits from any HLM, ANT, COM, PSY courses numbered above 300		6
Total Credits		18