

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
OR		
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