

PERSONAL HEALTH AND WELLNESS MINOR

Banner Code: PHWL

Academic Advising

Phone: 703-993-3579

Email: dbanvill@gmu.edu

Website: <https://education.gmu.edu/health-and-physical-education/>

The Personal Health and Wellness Minor will provide students with a broad foundation in the concepts of health and wellness education to encourage healthy living and lifelong wellness. Students will apply knowledge to better understand their own health for a positive approach to living.

Admissions & Policies

Policies

Eight credits of coursework must be unique to the minor and students must complete all coursework with a minimum GPA of 2.00. For policies governing all minors, see AP5.3.4 Minors (<http://catalog.gmu.edu/policies/academic/undergraduate-policies/#ap-5-3-4>).

Requirements

Minor Requirements

Total credits: 18

Coursework

Code	Title	Credits
HEAL 110	Personal Health	3
HEAL 230	Introduction to Health Behavior (Mason Core) (http://catalog.gmu.edu/mason-core/)	3
Total Credits		6

Electives

Code	Title	Credits
Select 9 credits from the following:		9
HEAL 220	Dimensions of Mental Health	
HEAL 250	Introduction to School Health	
HEAL 310	Drugs and Health	
HEAL 325	Human Sexuality	
HEAL 327	Women's Health	
HEAL 331	Men's Health	
HEAL 351	Relationship Health	
HEAL 372	Health Communication	
Select 3 credits from this list of RECR courses: ¹		3
RECR 118	Cardio Conditioning ²	
RECR 119	Fitness Walking	
RECR 120	Weight Training/ Body Conditioning ²	
RECR 181	Meditation: Introduction	
RECR 182	Pilates: Introduction	

RECR 183	Pilates: Intermediate	
RECR 184	Tai Chi: Introduction	
RECR 186	Yoga: Introduction	
RECR 187	Yoga: Intermediate	
Total Credits		12

1

Student may take alternative RECR course with advisor approval.

2

Courses that are offered on-campus only.