

WESTERN NEW MEXICO UNIVERSITY
Degree Plan - Wellness Minor (0837)
Department of Wellness & Movement Sciences

Student Name: _____ Student ID: _____
 Address: _____ Email: _____
 _____ Telephone: _____
 Catalog Authority: _____ Expected Completion: _____ Advisor: _____

WELLNESS CORE REQUIREMENTS (24 hours minimum)

Select a minimum of 24 credits from the following list:

<u>Course(Credits)</u>	<u>Sem/Year</u>	<u>Grade</u>
WELL 162 Personal & Community Wellness Education	(3) _____	_____
WELL 262 Introduction to Wellness Education	(3) _____	_____
WELL 300 Nutrition/Diet Therapy	(3) _____	_____
WELL 361 Introduction to Community Wellness	(3) _____	_____
WELL 362 Curriculum in Wellness Education	(3) _____	_____
WELL 450 Wellness Education Methods & Materials	(3) _____	_____
WELL 460 Wellness Program Planning & Evaluation	(3) _____	_____
WELL 464 Substance Use/Abuse	(3) _____	_____
WELL 465 Wellness of the Senior Population	(3) _____	_____
WELL 470 Human Sexuality	(3) _____	_____
MVSC 213 First Aid	(2) _____	_____
MVSC 240/242 Anatomical & Physiological Kinesiology	(3) _____	_____
lab (1)	_____	_____

Total credit hours (minimum of 24 required): _____

Original completed on (date): _____ **Copy to Registrar on (date):** _____

Updated on (date): _____ **Grad. Audit sent on (date):** _____

Student Signature: _____ **date:** _____

Advisor Signature: _____ **date:** _____