

WELLNESS, MINOR

The Wellness Minor is a testament of your determination to live a healthy lifestyle full of energy with minimal illness or disease. Rather than following the newest trending health fad or product, we choose a global perspective from the world's healthiest people. The courses in this certificate will help broaden your perspective, manage your stress, enhance your mood, and improve every part of your health. Your wellbeing is paramount to achieving your maximum potential, so get started toward a 'new' you now.

WHY CHOOSE THIS WELLNESS MINOR?

How long do you want to live? The average life expectancy of a United States citizen is 78 years, or about 4000 weeks, but people from the healthiest places on earth easily live into their 100s, virtually disease-free. While many Americans may live to the age of 78, they often suffer from preventable diseases for decades, which often begin in their 40s and 50s. In this context, perhaps a better question to ask is "How well do you want to live?"

The Wellness Minor is designed to help you become a better version of yourself by uncovering truths about wellness so you can lead a life of the highest quality.

Still need another reason? This minor will make you more attractive to employers. When you have a high level of wellness, you take fewer sick days, you have more energy, and you are an asset to your organization. Every employer wants someone with high energy, has their life under control, and who is happy and productive. This minor sets you apart from everyone else by showing that you are dedicated to being your best.

WHAT WILL YOU LEARN?

You learn through doing. You learn how to manage stress, how to choose healthy nutritious foods, and how physical activity improves your wellness. The capstone class, Living Well, links the many aspects of wellness together through application so you can achieve your best self. The world of wellness will continue to grow and expand as we learn more about health and our physiology. Remember, wellness encompasses nearly every aspect of living and there is almost no limit to how this certificate will improve your wellbeing and expand your career opportunities.

CAREER OPPORTUNITIES

After taking one or more of these classes, many students have been inspired to incorporate wellbeing in their future career and help others raise their level of health. The breadth of wellness covers fields such as physical, environmental, emotional, spiritual, intellectual, occupational, financial, and social wellness. The opportunities are vast and growing. Adding this minor to your SRU degree is an investment in your greatest asset- you.

To access Minor Requirements, please view the Curriculum Guide tab.

Related Links

Professional Licensure/Certification Page (<https://www.sru.edu/students/student-consumer-information/professional-licensures/>)

CURRICULUM GUIDE

GPA REQUIREMENT

Minor GPA: 2.0 or higher

MINOR REQUIREMENTS

- Students must complete at least 6 credit hours in their minor from SRU
- A minimum of 6 credit hours must be upper division (courses numbered 300 and above)
- A minor shall be no fewer than 18 credits

Code	Title	Hours
Physical Wellness Requirement		
Select one of the following:		3
PHED 238	Applied Principles of Exercise	
PHED 306	Conditioning for Athletic Performance	
PHED 310	Elementary School Wellness Skills and Fitness Activities	
or PHED 311	Middle School Wellness Skills and Fitness Activities	
or PHED 312	Secondary School Wellness Skills and Fitness Activities	
PHED 338	Teaching and Leading Group Exercise	
PHED 342	Wellness through Movement	
PHED 378	Teaching and Leading of Strength and Resistance Training	
PHED 393	Nutrition for Physical Activity, Exercise, and Health	
HLTH 203	Public Health and Physical Activity	
Additional Wellness Category Requirements:		
Select 4 courses from four separate categories:		12
<i>Physical Wellness</i>		
PHED 238	Applied Principles of Exercise	
PHED 306	Conditioning for Athletic Performance	
PHED 338	Teaching and Leading Group Exercise	
PHED 342	Wellness through Movement	
PHED 378	Teaching and Leading of Strength and Resistance Training	
PHED 393	Nutrition for Physical Activity, Exercise, and Health	
PHED 310	Elementary School Wellness Skills and Fitness Activities	
or PHED 311	Middle School Wellness Skills and Fitness Activities	
or PHED 312	Secondary School Wellness Skills and Fitness Activities	
HLTH 203	Public Health and Physical Activity	
<i>Intellectual Wellness</i>		
PHED 335	Science of the Mind-Body Connection	
EXER 230	Stress Management	
LEAD 315	Mindfulness and Brain	
<i>Social/Emotional Wellness</i>		
PHED 168	Physical Activity and Wellbeing in Society	
PHED 258	Social & Emotional Wellness	

HLTH 101	Personal Health	
MUSI 204	Art and Science of Performing	
<i>Spiritual Wellness</i>		
PHED 115	Yoga and Well-Being	
PHED 133	Tai Chi Chuan: Chinese Classical Exercise	
LEAD 315	Mindfulness and Brain	
PHIL 140	World Religions	
<i>Environmental Wellness</i>		
GES 135	Introduction to Environmental Problems	
GES 215	Planning for Sustainable Communities	
EVGE 100	Environmental Geology	
BIOL 105	Environmental Biology	
or ECON 315	Economics of Sustainable Development	
<i>Financial Wellness</i>		
FINA 200	Personal Financial Planning	
FINA 341	Entrepreneurial Finance	
<i>Occupational Wellness</i>		
PHED 379	Fitness Management	
DANC 101	Wellness for Dancers	
MUSI 203	Musician's Health	
Capstone Course Requirement		3
PHED 430	Living Well	
Total Hours		18

* Some courses may require pre-requisites. Please see course descriptions to determine if there are any pre-requisites for that specific course.

Important Curriculum Guide Notes

This Curriculum Guide is provided to help SRU students and prospective students better understand their intended major curriculum. Enrolled SRU students should note that the My Rock Audit may place already-earned and/or in progress courses in different, yet valid, curriculum categories. Enrolled SRU students should use the My Rock Audit Report and materials and information provided by their faculty advisers to ensure accurate progress towards degree completion. *The information on this guide is current as of the date listed. Students are responsible for curriculum requirements at the time of enrollment at the University.*

PASSHE - Pennsylvania State System of Higher Education Institutions

MINOR IN WELLNESS (61G)

This program is effective as of Summer 2021

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UCC 04.13.2021