

WELLNESS, MINOR

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	
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

Revised 09.18.2025

UCC 04.13.2021