



TAYLOR
UNIVERSITY

Health and Wellness Minor – 2024-2025

Student Name: _____

Student ID: _____

Minor Requirements

_____	PSY 100	3	Introductory Psychology
_____	PSY 205	3	Psychology of Adjustment
_____	PSY 250	3	Life Span Development
_____	PSY 393	3	Practicum
_____	PSY 395	3	Health Psychology

Select two courses from the following:

_____	EXS 217	3	Health Promotion Program Planning
_____	KIN 221	3	Exercise as Medicine
_____	NAS 230	2	Health Education for Behavior Change
_____	PBH 100	3	Introduction to Public Health
_____	PSY 300	3	Abnormal Psychology
_____	PSY 370 [‡]	3	Selected Topics [‡]
_____	PSY 400	3	Theories of Personality

[‡]*Must be Positive Psychology course.*

Total Minor Hours Required: 20-21