



**Minor in Health Promotion
Department of Kinesiology and Health Studies
Southeastern Louisiana University**

The minor in Health Promotion is open to all undergraduate students at Southeastern. Most courses are offered on a regular basis at least twice a year; some are offered once a year.

For more information, contact

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Courses required are:

HS 133 (Healthy Lifestyles for the 21st Century)

HS 312 (Community Health) or HS 362 (Promoting Health in the Worksite)

HS 320 (Health Promotion Program Planning)

HS 453 (Health Assessment and Promotion)

HS 454 (Health Behavior Change)

Three courses selected from:

HS 162 (Drugs and Society)

HS 251 (Health and Human Sexuality)

HS 252 (Health and Stress)

HS 312 (Community Health)

HS 331 (Health Information and the Media)

HS 351 (Health Problems of the Aging and Aged)

HS 360 (Epidemiology)

HS 362 (Promoting Health in the Worksite)

HS 401 (Health Instruction)

HS 430 (Complementary and Alternative Healthcare Modalities)

HS 439 (Spirituality and Health)

FCS 342 (Nutrition)

FCS 411 (Diet Therapy)