

Minor in Health Psychology

The minor in Health Psychology requires 21 hours as detailed here:

Required Courses

PSYC 3305 Health Psychology
HLTH 4300 Community Health Problems or HLTH 3325 Disease Management for Health Promotion¹ (for students completing the health coaching certificate)

Note: Prerequisites may fulfill UCA Core lower-division requirements in addition to minor requirements.

Elective courses

Choose 15 hours from the following. No more than two courses may come from the same department unless completing the health coaching certificate (3 HLTH courses: 2201, 4398, and 4399).

HLTH 2201 First Aid¹
HLTH 2320 Mental Health
HLTH 4343 Health Strategies for Multicultural Populations
HLTH 4395: Contemporary Health Concerns: Women
HLTH 4396 Contemporary Health Concerns: Men
HLTH 4398 Health Coaching I¹
HLTH 4399 Health Coaching II¹
EXSS 3350 Obesity Prevention and Management
NUTR 1300 Foundations of Nutrition
NUTR 4395 Nutrition Contemporary Issues
NUTR 4315 Sports Nutrition
PSYC 3306 Positive Psychology
PSYC 3360 Social Psychology
PSYC 3370 Sport Psychology
PSYC 4320 Abnormal Psychology
PSYC 4351 Applied Behavior Analysis **[UD UCA Core: C]**

Students who complete the BS in Psychology can minor in Health Psychology, but PSYC courses used for the major will not also count for the minor.

¹ Health Coaching Certificate: Students completing the health coaching certificate must complete HLTH 2201, 3325, 4398, and 4399.