



Minor in Health Psychology

21 credit hours (9+ earned at UCA)

2.0 or higher GPA in minor coursework

PSYC 1300 is a prerequisite course for all PSYC courses in the minor.

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.

Required courses (6 credit hours)

_____ PSYC 4323 Health Psychology [UD UCA Core: R]

_____ HLTH 3325 Disease Management for Health Promotion* (for students completing the health coaching certificate) **OR**

_____ HLTH 4300 Community Health Problems

Electives (15 credit hours)

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 Aid *

_____ 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 I *

_____ HLTH 4399 Health Coaching II *

_____ EXSS 3350 Obesity Prevention and Management

_____ NUTR 1300 Foundations of Nutrition

_____ NUTR 4395 Nutrition Contemporary Issues

_____ NUTR 4315 Sports Nutrition

_____ PSYC 3323 Abnormal Psychology

_____ PSYC 3335 Social Psychology

_____ PSYC 4327 Positive Psychology [UD UCA Core: R]

_____ PSYC 4328 Sports Psychology

_____ PSYC 4351 Applied Behavior Analysis [UD UCA Core: C]

_____ BIOL 3406 Structure and Function of the Human Body I

_____ BIOL 3407 Structure and Function of the Human Body II

* **Health Coaching Certificate:** To earn the health coaching certificate students must complete HLTH 2201, 3325, 4398, and 4399.

