

Health and Wellness Minor Checklist (18 credits)

Name _____

ID _____

For information, contact Dr. Micah Sadigh in the Psychology Department (Phone: (610) 606-4666, x3715; Email: micasa@cedarcrest.edu)

Requirements: 18 credits to fulfill the minor. (NOTE: PSY 100 Introduction to Psychology is a pre-requisite for ALL psychology courses)

- The core course, PSY 201 (Mind-Body Medicine)
- At least three credits from each of the four categories: I. Biological, II. Psychological, III. Social/Spirituality, IV. History, Literature and Languages
- An additional three credits from any of these four categories
- In addition, students must demonstrate two experiences in a V. Physical area.
 - Credits in the physical component do not count towards the 18 credits required for the minor.

Core Course: PSY 201 Mind-Body Medicine

A minimum of three credits from each of the following categories:

I. Biological		Cr	II. Psychological		Cr	III. Social/Spiritual		Cr	IV. History, Literature, and Languages		Cr
BIO 112 Concepts in Human Biology	4		PSY 225 Sports Psychology	3	REL/PSY 204 Psychology of Religion	3		COM 245 Zombies: From the Living Dead to Post-Human	3		
BIO 117 Fundamentals of Anatomy and Physiology I	4		PSY 231 Social Psychology	3	REL 220 Death and Dying	3		Topics in non-fiction writing (ENG 235),	3		
BIO 118 Fundamentals of Anatomy and Physiology II	4		PSY 235 Psychology of Adjustment	3	REL 225 Buddhism in America	3		HIS 220 Film & History: Vision and Revision of the Past	3		
BIO 217 Anatomy & Physiology	4		PSY 251 Health Psychology	3	REL 233 Spirituality and Wellness	3		PHI 141 Philosophy of Women	3		
BIO 218 Anatomy & Physiology	4		PSY 304 Stress, Disease and Psychophysiological Interventions	3	SOC 243 Social and Psychological Aspects of Aging	3		PHI/BIO 320 Biomedical Ethics	3		
BIO 330 Neuropharmacology	3		PSY 326 Principles of Behavior Modification	3				SPA 205 Spanish for Health Professionals	3		
BIO 348 Diseases of the Nervous System	3							GND 100 Introduction to Sexuality Studies	3		
NTR 210 Principles of Nutrition	3										

Physical Experiential Requirements: Students must demonstrate participation in physical activities, which maintain or improve cardiovascular functions, endurance, or flexibility. These activities may be credit bearing or non-credit bearing. If credit-bearing, the course does not count towards the 18 credits required for the minor. If non-credit bearing, the activity must be approved by the health and wellness minor advisor. Students must complete two physical activities, each of which must consist of at least 2.5 hours of physical activity per week, for the duration of the semester.¹

Examples of credit bearing courses that fulfill 2.5 hours of physical activity per week for the duration of a semester are:

V. Physical

Any dance course or varsity sport

¹Examples of non-credit bearing activities may include participating in Healthy U programs or attending a gymnasium, as long as the hours spent in such activities are well documented and can be verified.