BALL STATE UNIVERSITY

College of Health
Department of Nutrition and Health Science

STUDENT CHECK SHEET
MINOR: WORKPLACE WELLNESS

Use this check sheet, along with your Degree Works student report and course catalog to help you keep track of "where you are" in the minor.

ABOUT THE WORKPLACE WELLNESS MINOR

This minor gives students a knowledge of workplace wellness issues, concepts, and methods. It is an asset for students who wish to pursue careers in health and wellness positions with companies and organizations. These positions are found in human resource settings, health services administration, and in areas of health promotion. This minor complements health and business focused majors. Workplace wellness culture, wellness coaching/counseling skills, and program planning are explored.

Workplace Wellness MINOR, 15 CREDITS*

This minor consists of 4 core courses and 1 directed elective course.

HSC 160	Fundamentals of Human Health	3 CR
WWIN 201	Improving Worker Wellbeing: A Multidisciplinary Approach	3 CR
WWIN 405 OR CPSY 200	Workplace Wellness Coaching OR Fundamentals of Counseling	3 CR
HSC 462	Health Promotion in the Worksite	3 CR
Choose 1 directed elective from the list below:		
WWIN 310	Workplace Wellness Administration	3 CR
MGT 300	Managing Behavior in Organizations	
MGT 361	Foundations of Human Resource Management and Employee Relations	

CONTACT US

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