

Health And Wellness

Department of Social and Preventive Medicine

Health and Wellness
School of Public Health and Health Professions
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Overview

The Health and Wellness minor is an interdisciplinary program that gives students a foundation in the concepts of health promotion and wellness education. Courses in the minor are offered through the departments of Social and Preventive Medicine, Exercise and Nutrition Sciences, Health Behavior, Psychology, Counseling and Educational Psychology, Student Affairs, and Nursing. The program will examine theories and research related to health promotion in order to provide a foundation in the concepts of healthy living and prepare students for careers in health and wellness. The Health and Wellness minor includes courses related to prevention, health maintenance and health education, within the context of health and wellness promotion for diverse populations. A variety of issues will be addressed, including obesity, tobacco use, sexual health, violence prevention, alcohol use, exercise and nutrition. The minor requires a practicum or internship experience to provide an opportunity for application of knowledge. These clinical experiences offer emphasis in the areas of: wellness in the campus environment, corporate or community health promotion.

Acceptance Information

Applications are available online at: sphhp.buffalo.edu/spm/wellness
Application deadlines: Applications are accepted on an on-going basis.
Enrollment to the minor may be limited (10-15 students/year).

Academic Requirements

A minimum GPA of 2.0 overall in required and elective courses must be maintained for successful completion of the minor.

Extra-Curricular Activities

See the [UB Student Association](#).

Practical Experience and Special Opportunities

Students should contact the Exercise and Nutrition Science department advisors (829-6707) or Wellness Education Services (645-2837) for inquiries regarding practicum and internship opportunities.

Career Information and Further Study

Career opportunities exist in the areas of corporate health promotion, community health promotion, and campus health and wellness. Students who excel in this field have excellent communication skills, knowledge of behavior change, good administrative skills, and a desire to help people live healthier lives.

Degree Options

Minor - Health and Wellness.

Health And Wellness

Degrees Offered

Undergraduate: Minor

Links to Further Information About this Program

- [Undergraduate Catalog](#)
- [Undergraduate Admissions](#)
- [Graduate Admissions](#)
- [Department of Social and Preventative Medicine](#)
- [School of Public Health and Health Professions](#)

Health And Wellness - Minor

Acceptance Criteria

A minimum GPA of 2.5 overall is required for acceptance. Students must have at least one semester completed at UB prior to applying.

Advising Notes

Applications are accepted on an on-going basis. Applications will be reviewed each semester on a monthly basis. Applications are available online at: www.sphhp.buffalo.edu/spm/wellness

Required Courses

[ES 102](#) Fundamentals of Wellness
[ES 428](#) Health Promotion, Prevention & Wellness (Fall only)
[UBE 110](#) (Section WES) Introduction to Peer Education
[UBE 496](#) (Section WE2, Universal Yoga or Section WE3, Nutrition and Environment) or [ES 496](#) (Section MED) Practicum
Three health and wellness electives

Summary

Total required credit hours for the minor: 20

See [Baccalaureate Degree Requirements](#) for general education and remaining university requirements.

Recommended Sequence of Program Requirements

First Year

Fall [ES 102](#)
Spring [UBE 110](#) (Section WES)

Second Year

Fall [UBE 496](#) (Section WE2 or WE3) or [ES 496](#) (Section MED)
Spring Elective

Third Year

Fall [ES 428](#) and elective
Spring Elective

Electives and Course Groupings

[CEP 401](#) Introduction to Counseling
[CEP 404](#) Introduction to the Rehabilitation of Substance Abuse and Addiction
[ES 200](#) Introduction to Human Movement*
[NTR 401](#) Nutrition and Health
[NTR 402](#) Nutrition and the Lifecycle
[PSY 322](#) Abnormal Psychology
[PSY 325](#) Health Psychology
[PSY 336](#) Developmental Psychology
[PSY 404](#) Alcohol and Health

Health And Wellness

[PSY 438](#) Sport & Exercise Psychology
[HB 527](#) Study of Health Behaviors** or
[HB 528](#) The Public Health Practice of Tobacco Control** or
[SPM 538](#) Community Health Assessment and Surveillance**
[UBE 496](#) (WE1) Health and Wellness Peer Education (Fall)***
[UBE 496](#) (WE1) Special Projects in Wellness (Spring)***

* ES students must take a different elective

** only one 500-level course can be taken for undergraduate credit

*** Must complete [ES 102](#) and [UBE 110](#) (WES) prior to registering for this course.