

Integrative Wellness, Minor

The Integrative Wellness Minor aims to help students cultivate self-understanding, self confidence, greater focus and awareness, and self-respect and civility. The Minor blends research and "hands on" practices which equip students to handle life's challenges with knowledge and greater ease. In a non-judgmental atmosphere students will have time and opportunities to explore their mental, emotional, physical, and societal selves.

The following requirements below are intended for students declared after Fall 2022. If you have already declared your minor, please speak to your academic advisor for assistance.

Minor Coordinator:

Stephanie Bird

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HE 101 Health Education	1
HE 102 Stress Management	1
PE 141 Fitness Training	1
PE 143 Yoga I	1
PE 145 Tai Chi I	1
PE 146 Kung Fu	1
PE 147 Gentle Yoga	1
PE 149 Meditation I	1

Choose One (1) Dance Course

PE 111 Modern Dance	1
PE 113 Jazz Dance	1
PE 114 Ballet I	1
PE 116 Afro-Caribbean Dance	1
PE 118 Flamenco Dance	1
PE 119 Dances of the Middle East and India	1

Choose Four (4) from the Following (3 credits each)

EN 280A Special Topics in English – Creativity: Theory and Practice	3
EN 391 The Creative Imagination: Theory and Process (Honors)	3
HE 201 Human Sexuality	3
PE 100 Introduction to Dance Movement Therapy	3
PE 201 Advanced Fitness Training Course	3
SC 326 Human Nutrition	3
SS 200 Personal Finance	3
SS 237 Industrial Psychology	3
SS 303 LGBTQ in Society: A Global Perspective	3
SS 307 Emotions in Society	3
SS 335 Abnormal Psychology	3

SS 338 Happiness & Human Flourishing (Honors)	3
SS 340 The Psychology of Gender, Perception and Self-Expression	3