

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 beginning fall 2025.

To declare your minor, please speak to your academic advisor for assistance.

Minor Coordinator:

Stephanie Bird

stephanie_bird@fitnyc.edu

Required: Choose three (3) from the following (1 credit each)

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

Dance selections (only one (1) dance course permitted):

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)

EC 200 Personal Finance	3
EN 280ASpecial 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
PY 237 Industrial Psychology	3
PY 335 Abnormal Psychology	3
PY 338 Happiness & Human Flourishing (Honors)	3

PY 340 The Psychology of Gender, Perception and Self-Expression	3
SC 326 Human Nutrition	3
SO 303 LGBTQ+ in Society: A Global Perspective	3
SO 307 Emotions in Society	3

Semesterly course offerings are subject to change.