

NUTRITION AND WELLNESS MINOR

Campus: NYC, Westchester

Are you curious about how food, wellness, and health connect in everyday life?

The Nutrition and Wellness minor gives students a hands-on introduction to nutrition science, healthy living, behavior change, and the social factors that shape what and how we eat. Whether you're interested in a future career in healthcare, public health, fitness, or just want practical knowledge you can use for life, this minor pairs well with a wide range of majors. It is open to all undergraduate students and courses are offered at both the NYC and Pleasantville (PLV) campuses, making it easy to fit into your schedule no matter where you study.

Code	Title	Credits
CHP 105	Introduction to Nutrition	3
CHP 106	Nutrition for Health and Sports	3
CHP 204 or ANT 245	Cooking Up Health: Practical Culinary Medicine People, Food, and Sovereignty	3
HSC 110	Introduction to Health Promotion and Disease Prevention	3
Choose One Course		
PSY 110P	Introduction to Psychology I	3
PSY 111	Introduction to Psychology II	3
PSY 112	Introduction to Psychology	4
PSY 208	Culture and Emotion in Health Psychology	3
PSY 209	Health Psychology	3
PSY 215	Psychology of Cultural Diversity	3
PSY 243	Applied Social Psychology	4
Total Credits		15-16