

# NUTRITION AND WELLNESS MINOR

---

Campus: NYC, Westchester

Code	Title	Credits
CHP 105	Introduction to Nutrition	3
CHP 106	Nutrition for Health and Sports	3
CHP 204	Cooking Up Health: Practical Culinary Medicine	3
or ANT 245	People, Food, and Sovereignty	
HSC 110	Introduction to Health Promotion and Disease Prevention	3
<b>Choose One Course</b>		
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
<b>Total Credits</b>		<b>15-16</b>