

Michigan Technological University

Minor in Individual Health and Well-being

Program Code PIHW, Academic Year 2026-2027

Department of Kinesiology and Integrated Physiology

Minimum Credits Required: 19

List 1 Introduction to Well-being [SHAPE] (3 credits)

- PSY 2000 Introduction to Psychology (3) *Prereqs: None*

List 2 Communicating a Personal Well-being [Communication Intensive] (3 credits)

- HU 2830 Public Speaking & Multimedia (3) *Prereqs: UN1015*
- HU 2840 Interpersonal Communication and Technology (3) *Prereqs: UN1015*
- HU 3120 Technical and Professional Communication (3) *Prereqs: None*
- HU 3130 Rhetoric of Science and Technology (3) *Prereqs: UN1015*
- HU 3140 Rhetoric of Health & Medicine (3) *Prereqs: UN1015*
- HU 3160 The Rhetoric of Cultures of Games (3) *Prereqs: None*
- HU 3698 Experience Spanish Language & Culture through Teaching (3) *Prereqs: HU3292 or placement test*

List 3 Global Perspectives on Well-being [Intercultural Competency] (3 credits, not already taken)

- FW 4111 Indigenous Natural Resource Management (3) *Prereqs: none*
- HU 3261 Topics in Communicating Across Cultures (3) *Prereqs: UN1015*
- HU 3400 Topics in Diversity Studies (3) *Prereqs: UN1015*
- HU 3401 Gender and Culture (3) *Prereqs: UN1015*
- HU 3545 Literature Across Borders (3) *Prereqs: UN1015*
- HU 3830 Creativity, Culture, & Change (3) *Prereqs: UN1015*
- HU 3850 Automated Culture: Critical Approaches to AI (3) *Prereqs: UN1015*
- HU 3860 Culture Theory and Popular Culture (3) *Prereqs: UN1015*
- SS 3105 Native American and Indigenous Communities (3) *Prereqs: none*
- SS 4710 Geographies of Migrant Communities (3) *Prereqs: UN1015*

List 4 Physical or Psychological Well-being [SHAPE] (3 credits, not already taken)

- FIN 4300 Personal Financial Planning (3) *Prereqs: EC3400 or FIN3000*
- HON 2150 Know Yourself (1) *Prereqs: HON1150*
- HU 2510 Intro to Creative Writing (3) *Prereqs: UN1015*
- HU 2700 Introduction to Philosophy (3) *Prereqs: None*
- HU 2702 Ethical Theory and Moral Problems (3) *Prereqs: None*
- HU 3800 Media and Society (3) *Prereqs: UN1015*
- HU 3830 Creativity, Culture, & Change (3) *Prereqs: UN1015*
- HU 4725 Existentialism and Phenomenology (3) *Prereqs: UN1015*
- KIP 3700 Lifetime Fitness (3) *Prereqs: None*
- PSY 2010 Wellness and Resilience for College and Beyond (3) *Prereqs: None*
- PSY 2082 Psychology of Friendship (3) *Prereqs: PSY2000(C) or HF2000(C)*
- PSY 2083 Psychology of Happiness (3) *Prereqs: PSY2000 or HF2000*
- PSY 2400 Health Psychology (3) *Prereqs: PSY2000*
- PSY 2600 Psychology of Death and Dying (3) *Prereqs: PSY2000*
- PSY 3030 Psychopathology and Mental Distress (3) *Prereqs: PSY2000 and UN1015*
- PSY 3200 Motivation and Emotion (3) *Prereqs: PSY2000 or HF2000*

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List 5 Cultivating Values, Purpose, and Meaning [Unrestricted Courses] (3 credits, not already taken)

- ART 1850 Special Arts Activities for Wellness + Success (1) *Prereqs: None*
- ART 1855 Special Arts Workshop for Wellness + Success (0.5) *Prereqs: None*
- BL 2000 Biology of Movement and Meditation (3) *Prereqs: None*
- BL 2940 Human Nutrition (3) *Prereqs: None*
- BL 3090 Spirituality in Healthcare (3) *Prereqs: None*
- HON 2150 Know Yourself (1) *Prereqs: HON1150*
- HU 2700 Introduction to Philosophy (3) *Prereqs: None*
- HU 2702 Ethical Theory and Moral Problems (3) *Prereqs: None*
- HU 3702 Philosophy of Religion (3) *Prereqs: UN1015*
- HU 3711 Biomedical Ethics (3) *Prereqs: UN1015*
- HU 3800 Media and Society (3) *Prereqs: UN1015*
- HU 3940 Language and Identity (3) *Prereqs: UN1015*
- HU 4725 Existentialism and Phenomenology (3) *Prereqs: UN1015*
- KIP 1500 Foundations of Kinesiology (3) *Prereqs: None*
- KIP 3000 Sports Psychology (3) *Prereqs: PSY2000*
- KIP 4000 Applied Nutrition (3) *Prereqs: BL3940*
- KIP 4400 Strength and Conditioning (3) *Prereqs: BL2020 and BL2021*
- PE 1000 Fitness Foundations (1) *Prereqs: None*
- PE 1010 Active Michigan Tech (1) *Prereqs: None*
- PE 1367 Mindful Yogo (1) *Prereqs: None*
- PSY 1100 Life Skills for Building Emotional Resilience (1) *Prereqs: None*
- PSY 1101 Performance Through Biofeedback/MSPE (1) *Prereqs: None*
- PSY 1102 Practical Approaches for Emotional Regulation (1) *Prereqs: None*
- PSY 1103 Mindful Based Stress Reduction (MBSR) (1) *Prereqs: None*
- PSY 1104 Motivation Through Self-Compassion (1) *Prereqs: None*
- PSY 2200 Behavior Modification (3) *Prereqs: PSY2000*
- PSY 2600 Psychology of Death and Dying (3) *Prereqs: PSY2000*
- PSY 3100 Applied Counseling Techniques (3) *Prereqs: PSY2000 and PSY3030*
- PSY 3880 Psychology of Social Media (3) *Prereqs: PSY2000 and UN1015*
- PSY 4031 Psychology of Trauma (3) *Prereqs: PSY3030*
- PSY 4750 Judgement and Decision Making (3) *Prereqs: PSY2000 or HF2000*

List 6 Experience in Individual Health & Well-being [Experience] (4 credits, not already taken)

- UN 3023 Advanced Portfolio for Essential Ed (1) *Prereqs: none*
- AND
- BL 3090 Spirituality in Healthcare (3) *Prereqs: None*
 - FIN 4300 Personal Financial Planning (3) *Prereqs: EC3400 or FIN3000*
 - HU 3702 Philosophy of Religion (3) *Prereqs: UN1015*
 - HU 3711 Biomedical Ethics (3) *Prereqs: UN1015*
 - HU 3800 Media and Society (3) *Prereqs: UN1015*
 - HU 4725 Existentialism and Phenomenology (3) *Prereqs: UN1015*
 - KIP 3700 Lifetime Fitness (3) *Prereqs: None*
 - PSY 3030 Psychopathology and Mental Distress (3) *Prereqs: PSY2000 and UN1015*
 - PSY 3200 Motivation and Emotion (3) *Prereqs: PSY2000 or HF2000*
 - PSY 3340 Psychology of Race (3) *Prereqs: PSY2000 and UN1015*
 - PSY 3720 Social Psychology (3) *Prereqs: PSY2000 and UN1015*