

# HEALTH AND WELL-BEING (HWB)

## Department of Family Relations and Applied Nutrition

The Minor in Health and Well-Being focuses on an interdisciplinary and holistic understanding of health and well-being across the lifespan. The course curriculum uniquely integrates a variety of scientific, theoretical, and social perspectives to better comprehend individual, community and structural factors that influence health and well-being. It is recognized that health and well-being are multi-faceted and interconnected concepts and students have an opportunity to explore the influence of family, community, cultural and societal contexts. Students are equipped with the knowledge and skills necessary to make informed decisions and adopt practices that improve quality of life and health literacy in various contexts, from individual health, mental health, physical health to societal wellness. By combining insights from multiple disciplines, this minor fosters critical thinking, ethical responsibility, and global awareness in addressing the health and well-being of today's world.

## Minor Requirements (Honours)

**This minor cannot be combined with a major in Child Studies or Family Studies and Human Development.**

A minimum of 4.00 credits is required, including:

Code	Title	Credits
FRHD*1010	Human Development	0.50
FRHD*1100	Life: Health and Well-Being	0.50
NUTR*1010	Introduction to Nutrition	0.50
FRHD*2320	Mental Health and Well-being	0.50
FRHD*3320	Community Well-being	0.50
Select 1.50 credits from the following, at least 0.50 of which must be at the 3000 level or above:		
ANTH*2660	Contemporary Indigenous Peoples in Canada	0.50
ANTH*4550	Biocultural Approaches to Health	0.50
BIOL*1080	Biological Concepts of Health	0.50
CREA*1010	The Art of Health	0.50
CREA*2010	The Arts and Human Behaviour	0.50
FRHD*1020	Couple and Family Relationships	0.50
FRHD*2060	Adult Development and Aging	0.50
FRHD*2270	Child Development	0.50
FRHD*2280	Adolescent Development	0.50
FRHD*3040	Parenting and Intergenerational Relationships	0.50
FRHD*3060	Principles of Social Gerontology	0.50
FRHD*3090	Poverty and Health	0.50
FRHD*4020	Family Theory	0.50
FRHD*4190	Assessment in Gerontology	0.50
FRHD*4250	Aging and Health	0.50
HIST*3200	Youth in History	0.50
HIST*3310	Disease and History	0.50
HIST*3640	Madness and Psychiatry	0.50
HIST*4200	Health, Mind and Body	1.00

IDEV*2000	Decolonizing Development	0.50
NUTR*2050	Nutrition Through the Life Cycle	0.50
NUTR*2090	Sports Nutrition	0.50
NUTR*3150	Aging and Nutrition	0.50
NUTR*2500	Introduction to Food Systems	0.50
PSYC*1000	Introduction to Psychology	0.50
PSYC*2020	Clinical Psychology and Mental Health	0.50
PSYC*2310	Social Psychology	0.50
SOC*4420	Food, Society and Sustainability	0.50

Courses may require the completion of additional prerequisites not included in the requirements for the Health and Well-Being minor. Students should consult the most recent Undergraduate Calendar (Chapter XII – Course Descriptions) for specific prerequisites.