Health and Wellness (LHW)

Living Learning Center Interdisciplinary Minor in Health and Wellness

Director of the Minor: Deborah Zelizer, School of Health Technology and Management
Office: Faculty Director's Office, Schick College
Phone: (631) 444-6158
E-mail: Deborah.Zelizer@stonybrook.edu

Health and Wellness (LHW)

The interdisciplinary minor in Health and Wellness is designed to give students a foundation in the concepts of healthy living and to help students select future studies/careers in the health professions. Students taking the minor are encouraged to live in the Schick College Health and Wellness Living Learning Center, although it is not necessary to do so.

Requirements for the Minor in Health and Wellness (LHW)

Before declaring the Health and Wellness minor, each student should plan his or her program in consultation with the director of the minor. All courses offered for the minor must be passed with a letter grade of C or higher.

Completion of the minor requires 19 credits.

1. LHW 102 Introductory Seminar to the Health Professions or HAS 190 Introduction to Health Professions
2. Six credits chosen from the following:
   - BIO 201 Fundamentals of Biology: Organisms to Ecosystems
   - BIO 202 Fundamentals of Biology: Molecular and Cellular Biology
   - BIO 203 Fundamentals of Biology: Cellular and Organ Physiology
   - HMC 200/SOC 200 Medicine and Society
   - MEC 280 Pollution and Human Health
   - PSY 103 Introduction to Psychology
   - PSY 220 Developmental Psychology
3. Six credits chosen from the following:
   - ANP 300 Human Anatomy
   - ANT 350 Medical Anthropology
   - BCP 394/MAR 394 Environmental Toxicology and Public Health
   - BIO 320 General Genetics
   - BIO 328 Mammalian Physiology or HBY 350 Physiology
   - BIO 350 Darwinian Medicine
   - PSY 356 Physiological Psychology
   - ECO 327 Health Economics
   - HBP 310 Pathology
   - PSY 326 Children's Social and Emotional Development
   - SOC 392 Special Topics (when topic is Health Care Delivery)
4. LHW 301 Issues in Health and Wellness
5. LHW 488 Internship in Health and Wellness

Note: At least 13 credits of coursework for the minor must be in courses that are outside the student's major.

Declaration of the Minor

Students should declare the Health and Wellness minor during their sophomore year or the beginning of the junior year, at which time they must consult the director and plan their course of study.
LHW
Living/Learning Center in Health and Wellness

LHW 102: Introductory Seminar to the Health Professions
An exploration of the scope of practice for selected health professions. The course includes seminars by invited speakers in the health professions. Students are required to actively investigate several similar professions in order to better understand similarities and differences. Professions explored include medicine, nursing, dentistry, physical therapy, occupational therapy, clinical laboratory sciences, respiratory care, and physician assistant. Not for credit in addition to HAS 190.

1 credit

LHW 301: Issues in Health and Wellness
An investigation of selected topics in health and wellness, chosen by the class as a whole. Students are required to actively investigate their chosen area and present their findings to the class. Topics are determined through class discussion, individual investigation, and mutual consent.

3 credits

LHW 488: Internship in Health and Wellness
An experience in health and/or wellness promotion, prevention, and/or education. Students learn about contemporary issues in health and wellness through hands-on work with faculty mentors and on- and off-campus health and wellness professionals. May be repeated up to a limit of 6 credits.

Prerequisites: LHW 301; permission of director of the minor

0-6 credits, S/U grading