Health and Wellness (LHW)
Undergraduate College Academy Minor in Health and Wellness

Director of the Minor: Deborah Zelizer, PhD, LCSW
Office: GLS/HDV Center, Rm 119 or SHTM, Rm 418
Phone: (631) 444-6158
E-mail: Deborah.Zelizer@stonybrook.edu

Health and Wellness (LHW)
The Academy for Health and Wellness is part of the Undergraduate College of Human Development and offers a minor in Health and Wellness, designed to give students a foundation in the concepts of healthy living and to help students' select future studies/careers in the health professions. Through this program, which includes a carefully selected internship, students will be exposed to hands-on experience in the areas of health and/or wellness promotion, prevention, and/or education.

Requirements for the Minor in Health and Wellness (LHW)

Declaration of the Minor
The Health and Wellness minor is open to all undergraduate students and takes approximately 4 semesters (fall/spring) to complete. Students are encouraged to declare the Health and Wellness minor before the start of their sophomore year but no later than the first semester of their junior year depending on the target date of graduation. Students should consult with the director of the minor as soon as possible and plan their course of study for fulfillment of the requirements.

General LHW Minor Requirements

- Completion of the minor requires 19 credits.
- All core courses must be taken at Stony Brook University.
- No more than two courses applied toward the LHW minor can count towards the student’s major or other minor(s).
- No more than one elective course in the minor may be taken under the Pass/No Credit option; all other courses required for the minor must be passed with the letter grade of C or better. (NOTE: The P/NC option carries financial aid implications. All students should check with their financial aid advisor before choosing this option.)

Course Requirements for the Minor

1. Core Requirements (7 credits)
   - LHW 102 Introductory Seminar to Health Professions (1 credit) or HAS 190 Introduction to Health Professions (1 credit)
   - LHW 301 Issues in Health and Wellness (3 credits)
   - LHW 488 Internship: Experiential Learning in Health and Wellness (3 credits)

2. Two courses chosen from the following:
   - ANT 215 Climate and Culture
   - ANT 260 How We Eat
   - 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
   - BIO 208 Cell, Brain, Mind
   - HAN 200 Human Anatomy and Physiology for Health Sciences I
   - HAN 202 Human Anatomy and Physiology for Health Sciences II
   - MEC 280 Pollution and Human Health
   - PSY 103 Introduction to Psychology
   - PSY 220 Developmental Psychology
   - SOC 200 Medicine and Society
   - SOC 204 Intimate Relationships

3. Two courses chosen from the following:
   - ANP 300 Human Anatomy
   - ANP 331 Hormones and Behavior
   - ANT 350 Medical Anthropology
   - ANT 367 Male and Female
   - ANT 381 Applied Anthropology
   - BCP 394/MAR 394 Environmental Toxicology and Public Health
   - BIO 320 General Genetics
   - BIO 328 Mammalian Physiology
• BIO 336 Conservation Biology
• BIO 350 Darwinian Medicine
• BIO 358 Biology and Human Social and Sexual Behavior
• BME 304 Genetic Engineering
• ECO 327 Health Economics
• HAN 312 Human Anatomy, Health, and Medical Language
• PSY 326 Children's Social and Emotional Development
• PSY 334 Autism and Intellectual Disability
• PSY 346 Health Psychology
• PSY 347 Psychology of Women
• PSY 348 or 349 Special Topics in Social Psychology (when related to health and wellness)
• PSY 356 Physiological Psychology
• SBC 312 Environment, Society, and Health
• SOC 339 Sociology of Alcoholism and Drug Abuse
• SOC 340/WST 340 Sociology of Human Reproduction
• SOC 371/WST 371 Gender and Work
• SOC 392 or 393 Special Topics (when topic is related to health and wellness)
• WRT 303 The Personal Essay
• WRT 304 Writing for Your Profession
• WRT 305 Writing for the Health Professions
• WST 392 Special Topics in Women and Science (when health/wellness-related)
• WST 394 Special Topics in Medicine, Reproduction, and Gender
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.

Prerequisite: U3 or U4 status

SBC: ESI, SPK

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

SBC: EXP+

0-6 credits, S/U grading