

Lifestyle Medicine, Minor

Requirements

The minor in lifestyle medicine requires a minimum of 15 s.h. in the Department of Health, Sport, and Human Physiology, including 12 s.h. in courses taken at the University of Iowa. Students must maintain a grade-point average of at least 2.00 in all courses for the minor and in all UI courses for the minor. Coursework in the minor may not be taken pass/nonpass. CLAS minors may only be earned concurrent with or subsequent to earning a University of Iowa bachelor's degree. They cannot be granted as standalone credentials or as the sole program of study completed at the University of Iowa.

The minor in lifestyle medicine focuses on whole-person health by providing students the knowledge, skills, and abilities to help individuals improve their health and well-being and prevent the onset and/or progression of chronic diseases. The minor prepares students to incorporate the principles of evidence-based lifestyle medicine in health- and wellness-related careers.

Students who earn a BA in health studies, a BS in health promotion, or a BS in exercise science may not earn the minor in lifestyle medicine. Students who earn a BS in human physiology may earn the minor in lifestyle medicine.

The minor requires the following coursework.

Core Courses

Course #	Title	Hours
All of these:		
HHP:2200	Physical Activity and Health	3
HHP:2310	Nutrition and Health	3
HHP:3030	Lifestyle Medicine	3

Electives

Course #	Title	Hours
Two of these:		
HHP:3045	Physical Activity Psychology	3
HHP:3050	Obesity	3
HHP:3200	Health Behavior and Health Promotion	3
HHP:4010	Behavioral and Clinical Health Assessment Laboratory	4
HHP:4020	Health Coaching	3
HHP:4320	Clinical Nutrition Interventions	3
HHP:4330	Health Behavior Change	3
HHP:4365	Internship in Health Coaching	3
HHP:4490	International Health: Experiential Learning	3