

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.

The minor in lifestyle medicine focuses on whole-person health by providing students the knowledge, skill, and ability 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:4330	Physical Activity and Dietary Behavior Change	3
HHP:4365	Internship in Health Coaching	3
HHP:4490	International Health: Experiential Learning	3