



Twin Cities Campus

Health Psychology Minor

Psychology

College of Liberal Arts

- Program Type: Undergraduate free-standing minor
- Requirements for this program are current for Fall 2018
- Required credits in this minor: 21

The undergraduate minor in health psychology comprises an empirical foundation in the discipline along with an emphasis in health psychology as it pertains to psychopathology, stress, and trauma and health-related behaviors.

The health psychology minor courses provide students with knowledge in a vital field within the discipline of psychology. The leading health concerns in our world have substantial behavioral components, making the study of health psychology highly relevant for pre-health science students, health care professionals, and students pursuing human and social services.

Program Delivery

This program is available:

- via classroom (the majority of instruction is face-to-face)
- completely online (all program coursework can be completed online)

Admission Requirements

Prospective minors are strongly encouraged to complete PSY 3801 (or a Department of Psychology approved equivalent) prior to formally declaring the minor.

For information about University of Minnesota admission requirements, visit the [Office of Admissions website](#).

Minor Requirements

Courses without a PSY designator, or transfer PSY courses may be approved for use in minor requirements with specific approval of Psychology Undergraduate Advising.

At least 9 upper-division psychology credits in the major must be taken at the University of Minnesota - Twin Cities campus.

Students may not earn a BA or BS in psychology and a health psychology minor. Students may combine the health psychology minor with the BA or the BS in child psychology, but not both.

Note: Declaring the minor does not guarantee admittance into required courses. Students are responsible for securing a seat in required courses.

Required Foundation Courses

Take exactly 3 course(s) from the following:

- **PSY 1001** - Introduction to Psychology [SOCS] (4.0 cr)
or **PSY 1001H** - Honors Introduction to Psychology [SOCS] (4.0 cr)
- **PSY 3801** - Introduction to Psychological Measurement and Data Analysis [MATH] (4.0 cr)
or **PSY 3801H** - Honors Introduction to Psychological Measurement and Data Analysis [MATH] (4.0 cr)
- **PSY 3001W** - Introduction to Research Methods [WI] (4.0 cr)
or **PSY 3001V** - Honors Introduction to Research Methods [WI] (4.0 cr)

Upper-Level PSY Courses

Take exactly 3 course(s) from the following:

- **PSY 3604** - Introduction to Psychopathology (3.0 cr)
- **PSY 3206** - Introduction to Health Psychology (3.0 cr)
- **PSY 4521** - Psychology of Stress and Trauma (3.0 cr)