

Major:

Health and Fitness Studies (B.S.)

Departments/Programs:
Health and Human Performance

Health and Fitness Studies (59-63 hours)

Course	Credit Hours
BIO-009	BIO-009
BIO-010	BIO-010
HHP-034	HHP-034
HHP-100	HHP-100
HHP-101	HHP-101
HHP-102	HHP-102
HHP-103	HHP-103
HHP-104	HHP-104
HHP-106	HHP-106
HHP-131	HHP-131
HHP-135	HHP-135
HHP-165	HHP-165
HHP-172	2-3 hours
HHP-180	
HHP-280	
HHP-185	HHP-185
HHP-210	HHP-210
HHP-211	HHP-211
HHP-215	HHP-215
HHP-220	HHP-220
HHP-225	HHP-225
HHP-297	HHP-297
Senior Comprehensive:	
HHP-298 and HHP-299	2 hours

Students majoring in Health and Fitness Studies may pursue interest in such areas as personal training, strength and conditioning training, worksite wellness, health promotions, fitness centers, and graduate school. See your advisor regarding possible career choices and graduate school requirements.