

Minor:

Exercise Science

Departments/Programs:

Health and Human Performance

Exercise Science Minor (19-22 hours)

Courses

Select 3 courses:

7-8 hours

- HHP 101 Nutrition
- HHP 106 Advanced Emergency Care
- HHP 172 Introduction to Massage Therapy
- HHP 180 Cardiac Rehabilitation

Select 4 from the following:

12-14 hours

- HHP 185 Motor Learning and Control
- HHP 210 Worksite Health Promotion
- HHP 211 Biomechanics and Kinesiology
- HHP 215 Physiology of Exercise
- HHP 225 Exercise Testing and Programming
- HHP 280 Research and Statistical Methods - I