

Minor:

Health and Fitness Studies

Departments/Programs:
Health and Human Performance

Health and Fitness Studies Minor (18-23 hours)

Courses	
Select 3 from the following:	8-9 hours
<ul style="list-style-type: none">• HHP-100• HHP-101• HHP-102• HHP-103• HHP-104	
Select 2 from the following:	4-6 hours
<ul style="list-style-type: none">• HHP-106• HHP-135• HHP-165• HHP-172• HHP-180	
Select 2 from the following:	6-8 hours
<ul style="list-style-type: none">• HHP-185• HHP-210• HHP-211• HHP-215• HHP-220• HHP-225	