

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