

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

- HHP 100 Drugs in Modern Society
- HHP 101 Nutrition
- HHP 102 Consumer, Community, and Environmental Health Issues
- HHP 103 Understanding Human Sexuality
- HHP 104 Stress and Disease Management

Select 2 from the following:

4-6 hours

- HHP 106 Advanced Emergency Care
- HHP 135 Basic Instruction Block II - Dual/Individual Sports
- HHP 165 Strength Training and Conditioning for Coaches
- HHP 172 Introduction to Massage Therapy
- HHP 180 Cardiac Rehabilitation

Select 2 from the following:

6-8 hours

- HHP 185 Motor Learning and Control
- HHP 210 Worksite Health Promotion
- HHP 211 Biomechanics and Kinesiology
- HHP 215 Physiology of Exercise
- HHP 220 Sport Facility and Event Management
- HHP 225 Exercise Testing and Programming