

Minor:

## Health and Fitness Studies

Departments/Programs:

Health and Human Performance

### Health and Fitness Studies Minor (18 hours)

#### Courses

Required Courses: 9 hours

- HHP 100 Drugs in Modern Society
- HHP 101 Nutrition
- HHP 106 Advanced Emergency Care
- HHP 166 Personal Training

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Select 9 hours from the following courses: 9 hours

- HHP 102 Consumer, Community, and Environmental Health Issues
  - HHP 103 Understanding Human Sexuality
  - HHP 104 Stress and Disease Management
  - HHP 165 Strength Training and Conditioning
  - HHP 172 Introduction to Massage Therapy
  - HHP 210 Worksite Health Promotion
  - HHP 220 Sport Facility and Event Management
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