

Major:

## Health and Fitness Studies (B.S.)

Departments/Programs:  
 Health and Human Performance

### Health and Fitness Studies (57 hours)

Course	Credit Hours
BIO-009	BIO-009
BIO-010	BIO-010
HHP-100	HHP-100
HHP-101	HHP-101
HHP-102	HHP-102
HHP-103	HHP-103
HHP-104	HHP-104
HHP-106	HHP-106
HHP-130	HHP-130
HHP-165	HHP-165
HHP-166	HHP-166
HHP-210	HHP-210
HHP-211	HHP-211
HHP-215	HHP-215
HHP-220	HHP-220
HHP-225	HHP-225
HHP-297	3 hours
<b>Select 7 hours from the courses below:</b>	

- HHP-105
- HHP-132
- HHP-135
- AT-140
- AT-141
- HHP-172
- HHP-180
- HHP-185
- AT-233
- HHP-280
- HHP-281
- HHP-275

<b>Senior Comprehensive:</b>	
HHP-298	HHP-298
HHP-299	HHP-299

Students majoring in Health and Fitness Studies may pursue interest in such areas as personal training, strength and conditioning training, worksite wellness, health promotions, fitness centers, and graduate school. See your advisor regarding possible career choices and graduate school requirements.