

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.