

Minor:

## Health and Fitness Studies

Departments/Programs:  
Health and Human Performance

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

Courses	
Required Courses:	9 hours
<ul style="list-style-type: none"><li>• HHP-100</li><li>• HHP-101</li><li>• HHP-106</li><li>• HHP-166</li></ul>	
Select 9 hours from the following courses:	9 hours
<ul style="list-style-type: none"><li>• HHP-102</li><li>• HHP-103</li><li>• HHP-104</li><li>• HHP-165</li><li>• HHP-172</li><li>• HHP-210</li><li>• HHP-220</li></ul>	