

Minor:

## Health and Fitness Studies

Departments/Programs:

Health and Human Performance

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

#### Courses

Required Courses: 9 hours

- HHP 1270 Advanced Emergency Care
- HHP 2010 Drugs in Modern Society
- HHP 2660 Personal Training
- HHP 3010 Nutrition

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Select 9 hours from the following courses: 9 hours

- HHP 2020 Consumer, Community, and Environment Health Issues
- HHP 2030 Human Sexuality
- HHP 2040 Stress and Disease Management
- HHP 2650 Strength Training and Conditioning for Coaches
- HHP 2720 Introduction to Massage Therapy
- HHP 2920 Sport Facility and Event Management
- HHP 3100 Worksite Health Promotion