

Major:

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

Departments/Programs:

Health and Human Performance

### Health and Fitness Studies (57 hours)

| Course  | Credit Hours    |
|---|-----------------|
| BIO 1090 Introduction to Human Anatomy and Physiology I     | 3 hours         |
| BIO 1100 Introduction to Human Anatomy and Physiology II    | 3 hours         |
| HHP 1270 Advanced Emergency Care                            | 1 hour          |
| HHP 1320 Introduction to Allied Health                      | 1 hour          |
| HHP 2010 Drugs in Modern Society                            | 3 hours         |
| HHP 2020 Consumer, Community, and Environment Health Issues | 3 hours         |
| HHP 2030 Human Sexuality                                    | 3 hours         |
| HHP 2040 Stress and Disease Management                      | 2 hours         |
| HHP 2650 Strength Training and Conditioning for Coaches     | 2 hours         |
| HHP 2660 Personal Training                                  | 2 hours         |
| HHP 2920 Sport Facility and Event Management                | 3 hours         |
| <b>HHP-3010</b>   | <b>HHP-3010</b> |
| HHP 3100 Worksite Health Promotion                          | 3 hours         |
| HHP 3850 Biomechanics and Kinesiology                       | 4 hours         |
| HHP 4150 Physiology of Exercise                             | 4 hours         |
| HHP 4250 Exercise Testing and Programming                   | 3 hours         |
| HHP 4970 Internship   | 3 hours         |

#### Select 7 hours from the courses below:

- AT 3330 Health Assessment
- AT 2400 Physical Exam of the Lower Extremity
- AT 2410 Physical Exam of the Upper Extremity
- HHP 1300 Prevention and Care of Athletic Injuries
- HHP 1330 Basic Instruction Block
- **HHP-2330**
- HHP 2720 Introduction to Massage Therapy
- HHP 2760 Sport and Exercise Psychology
- HHP 2800 Cardiac Rehabilitation
- HHP 3120 Motor Learning and Control
- **HHP-3800**
- **HHP-3810**

#### Senior Comprehensive:

|                          |          |
|--------------------------|----------|
| HHP-4980                 | HHP-4980 |
| HHP 4990 Senior Capstone | 1 hour   |

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.