

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">• HHP 1270 Advanced Emergency Care• HHP 2010 Drugs in Modern Society• HHP-2660• HHP-3010	
Select 9 hours from the following courses:	9 hours
<ul style="list-style-type: none">• HHP 2020 Consumer, Community, and Environment Health Issues• HHP 2030 Human Sexuality• HHP 2040 Stress and Disease Management• HHP-2650• HHP 2720 Introduction to Massage Therapy• HHP 2920 Sport Facility and Event Management• HHP 3100 Worksite Health Promotion	