

Minor:

Health and Fitness Studies

Departments/Programs:

Health and Human Performance

Health and Fitness Studies Minor (17 hours)

| Requirements | 17 hours |
|---|----------|
| HHP 1270 Advanced Emergency Care | 1 hour |
| HHP 2010 Drugs in Modern Society | 3 hours |
| HHP 2500 Basic Human Nutrition | 2 hours |
| HHP-2660 | HHP-2660 |
| 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 | |