

HHP 3100 Worksite Health Promotion

3 hours

Majors, Minors & Degrees:

Majors

Exercise Science (B.S.)

Health and Fitness Studies (B.S.)

Minors

Exercise Science

Health and Fitness Studies

Departments/Programs:

Health and Human Performance

A course designed to introduce students to concepts and practices relating to worksite health promotion. Students will learn how to develop, implement, and evaluate wellness promotion programs. Students will complete a 20-hour field experience in an assigned worksite in the community to provide invaluable experience.
(Normally offered each fall semester.)