

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 Personal Training	2 hours
Select 9 hours from the following courses:	9 hours
<ul style="list-style-type: none"><li>• HHP 2020 Consumer, Community, and Environment Health Issues</li><li>• HHP 2030 Human Sexuality</li><li>• HHP 2040 Stress and Disease Management</li><li>• HHP 2650 Strength Training and Conditioning for Coaches</li><li>• HHP 2720 Introduction to Massage Therapy</li><li>• HHP 2920 Sport Facility and Event Management</li><li>• HHP 3100 Worksite Health Promotion</li></ul>	