

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">• HHP 2020 Consumer, Community, and Environment Health Issues• HHP 2030 Human Sexuality• HHP 2040 Stress and Disease Management• HHP 2650 Strength Training and Conditioning for Coaches• HHP 2720 Introduction to Massage Therapy• HHP 2920 Sport Facility and Event Management• HHP 3100 Worksite Health Promotion	