

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	