

Minor:

## Health and Fitness Studies

Departments/Programs:

Health and Human Performance

### Health and Fitness Studies Minor (18 hours)

| Requirements   | 18 hours |
|--|----------|
| HHP 1270 Advanced Emergency Care   | 1 hour   |
| HHP 2500 Basic Human Nutrition   | 2 hours  |
| HHP 3150 Principles Of Sport Performance   | 3 hours  |
| Select 12 hours from the following courses:  | 12 hours |
| <ul style="list-style-type: none"><li>• HHP 1910 Medical Terminology</li><li>• HHP 2010 Drugs in Modern Society</li><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 2720 Introduction to Massage Therapy</li><li>• HHP 2850 Structural Kinesiology</li><li>• HHP 2920 Sport Facility and Event Management</li><li>• HHP 3100 Worksite Health Promotion</li></ul> |          |