

Minor:

Health and Fitness Studies

Departments/Programs:

Health and Human Performance (Undergraduate)

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:

- HHP 1910 Medical Terminology
  - HHP 2010 Drugs in Modern Society
  - HHP 2020 Consumer, Community, and Environment Health Issues
  - HHP 2030 Human Sexuality
  - HHP 2040 Stress and Disease Management
  - HHP 2720 Introduction to Massage Therapy
  - HHP 2850 Structural Kinesiology
  - HHP 2920 Sport Facility and Event Management
  - HHP 3100 Worksite Health Promotion
- 12 hours