

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: <ul style="list-style-type: none">HHP 1910 Medical TerminologyHHP 2010 Drugs in Modern SocietyHHP 2020 Consumer, Community, and Environment Health IssuesHHP 2030 Human SexualityHHP 2040 Stress and Disease ManagementHHP 2720 Introduction to Massage TherapyHHP 2850 Structural KinesiologyHHP 2920 Sport Facility and Event ManagementHHP 3100 Worksite Health Promotion	12 hours