

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:	12 hours
<ul style="list-style-type: none">• 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	