

HEALTH PROMOTION MINOR

Course	Title	Credits
Required Courses		
Core Requirements		
HHP 2020 or HHP 2230	First Aid/Accident Prevention/Community CPR First Aid/CPR/AED - American Heart Association	2
HHP 2060	Foundations of Wellness	2
HHP 2320	Introduction to Exercise Science, Health Promotion and Physical Education	2
BIOLOGY 2340	Essentials of Anatomy and Physiology	4
HHP 3020	Physiology of Exercise	4
Electives		10
HHP 2140	Current Trends in Health and Fitness	
HHP 2720	Anatomical Kinesiology	
HHP 2740	Exercise Technique and Performance	
HHP 3250	Principles of Strength and Conditioning	
HHP 3320	Worksite Wellness	
HHP 3370	Fitness Testing and Prescription	
HHP 3500	Methods in Teaching Health Education	
HHP 3720	Biomechanical Kinesiology	
HHP 3920	Emotional Health	
HHP 3950	Human Nutrition	
HHP 4410	Seminar in Health Promotion	
HHP 4850	Level I Wellness-Fitness Internship	
HHP 4860	Level II Wellness-Fitness Internship	
Total Credits		24