



Health and Human Performance Minor

For Office Use Only
MIEXSHHP.2017
mrs 1320
14-16 credits
Effective Date: 09/2017

***For specific course information – see Course Listings in Catalog**

Requirements 1 Credit
EXS 177 1 Fitness for Living

Electives 13-15 Credits

Choose at least 5 courses

EXS 270	3	Sports Nutrition
EXS 339	3	Measurement and Evaluation
EXS 409	3	Sports Psychology
EXS 420	3	Physical Activity and Public Health
HLTH 115	3	Essentials of Nutrition
HLTH 135	2	Health in Marriage and Pregnancy
HLTH 221	3	Substance Use and Abuse
HLTH 230	2	Health Issues and Problems
HLTH 369	3	Community Health

All passing grades will be accepted in fulfilling minor or certificate requirements.