



**Minor in Exercise Science  
Health and Human Performance  
Advising Worksheet – See also Course Catalog**

**A minimum of 24 semester hours in HHP courses, with at least 6 semester hours in upper-division courses, and including:**

Course Number	Course Title	Semester Completed	Grade	Credits
HHP 161	Foundations of Human Structure and Function			
HHP 171	Nutrition			
HHP 210	Health and Wellness Theories and Application			
HHP 223	Prevention and Care of Athletic Injuries			
<b>Choose one of the following:</b>				
HHP 316	Motor Development and Learning			
HHP 321	Biomechanics			
HHP 324	Sport Performance and Recovery			
HHP 347	Psychology of Physical Activity and Exercise			
HHP 357	Physiology of Exercise			
HHP 442	Management of Health Enhancement and Sport Programs			
HHP 477	Advanced Theories of Strength Training and Conditioning			
HHP 478	Therapeutic Exercise and Advanced Functional Training			
<b>Choose additional credits of upper-division coursework to reach the required 6-credit minimum for a minor:</b>				

**Note: This worksheet is only a tool to help in the advising process. Please refer to the course catalog to verify additional degree requirements. Students should meet with their advisor regularly and keep track of progress toward their degree.**