

# WELLNESS AND HEALTH PROMOTION / MINOR

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**Minor Credit Hours: 15**

The Wellness and Health Promotion minor provides coursework to introduce students to basic concepts in the health, wellness, and fitness for application in healthy populations.

## Requirements

Minor Requirements

Code	Title	Hours
<b>Required Courses</b>		
HUPR 10100	Fundamentals of Physical Activity	3
HUPR 27100	Nutrition and Exercise	3
HUPR 25500	Health Behavior	3
<b>Electives</b>		
Select two of the following:		6
HUPR 33000	Methods of Group Exercise	
HUPR 36600	Corporate Health and Fitness Programming	
HUPR 36900	Data Analytics In Exercise Science	
<b>Total Hours</b>		<b>15</b>