

Minor in Health Promotion Advising Sheet

| | Credits | Semester | Semester | |
|--|---------|-------------|----------|-----------|
| | | | Planned | Completed |
| <u>Required Core (24 credit hours):</u> | | | | |
| HFIT 200 Lifetime Health and Fitness | 3 | Fall/Spring | | |
| HFIT 205 (G) Current Concepts in Nutrition (5:2) | 3 | Fall/Sp/Sum | | |
| HFIT 240 Intro to Health Promotion | 3 | Fall | | |
| HFIT 325 Exercise Physiology | 3 | Fall | | |
| HFIT 335 Health Promotion Program Planning (Junior Yr.) | 3 | Spring | | |
| <u>9 credit hours (3 courses) from the following:</u> | | | | |
| HFIT 250 Strategies in Stress Reduction | 3 | Fall/Sp/Sum | | |
| HFIT 270 First Aid, CPR and Medical Emergencies | 3 | Fall/Sp/Sum | | |
| HFIT 323 Issues in Women's Health | 3 | Fall/Sp/Sum | | |
| HFIT 410 Health Promotion Evaluation | 3 | Fall | | |
| HFIT 540 Health Communication | 3 | Fall | | |
| HFIT 565 Quantitative Assessment (Senior Yr.) | 3 | Fall | | |