

HHP | BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE (HEALTH PROMOTION AND FITNESS)

Health promotion and wellness activities take place in a range of institutions from private clinics to fitness centers throughout the United States. In this concentration, students take classes about proper nutrition, exercise, management, consumer health, and much more. Outreach programs, health fairs, and community activities round out the students' experiences and prepare them with practical skills for the real world. Students have the option of concentrating their studies in Health Promotion, Fitness Programming or Gerontology.

If you pursue the Health Promotion and Wellness track, you will be prepared for a wide range of careers in the areas of wellness, fitness programming, gerontology, personal training, and exercise science. Classes and the internship can be focused toward settings such as cardiopulmonary rehabilitation, fitness leadership, fitness program management, and corporate wellness/fitness.

Program Summary

Your 120-hour program of study includes:

- a 34-hour university general education program. The goal of this program and framework of this program is designed to provide maximum transferability and flexibility for students within the Kansas Board of Regents (KBOR) system. For a full listing of current FHSU courses that apply toward the KBOR Systemwide Transfer GE program please visit our website.
- a 25-hour core of professional courses common to all Health and Human Performance majors
- a Health Promotion and Wellness core
- a concentration core along with a selection of classes specific to your area of study
- a selection of general electives designed to complement your area of study

¹ Open electives are the credit hours required to reach a minimum of 120 total hours and 45 upper-level hours. The number listed assumes all courses are completed at FHSU as listed. This number may vary if students transfer courses, or have individual substitutions allowed.

Students should speak with their advisor if either situation applies to determine if the number will vary, and to ensure they enroll in a minimum of 45 upper-level hours.

Students entering within 1 year of high school graduation will take UNIV 101 Freshman Seminar and may apply that hour in the open elective category.

Program Requirements

General Education

All undergraduate degrees require completion of the Kansas Systemwide General Education (<https://catalog.fhsu.edu/general-education/>).

Courses identified with ^{GE} on this page may satisfy a general education requirement in addition to the identified degree requirement. Students

who apply a degree requirement to satisfy a general education requirement will typically add an equal number of hours to the the university elective category. This flexibility may allow you to complete a minor or certificate within the 120 hour degree. Transfer students and students majoring in programs with approved exceptions (<https://www.fhsu.edu/general-education/documents/fhsu-gen-ed-transfer-exceptions-explainer1.pdf>) are especially encouraged to select these courses in completing General Education requirements to maximize the likelihood of completing the degree with 120 credit hours.

Code	Title	Hours
General Education		34-35

Code	Title	Hours
General Education		
Select 34 credits of General Education		34

Health and Human Performance Core		
HHP 201	Concepts of Physical Fitness	1
HHP 210	Intro to Health and Human Performance	3
HHP 220	Responding to Emergencies	3
HHP 280	Care and Prevention of Exercise & Sport Injuries	3
HHP 330	Physical Activity for Individuals with Intellectual and Developmental Disabilities	3
HHP 340	Measurement and Evaluation in Health and Human Performance	3
HHP 390	Physiology of Exercise	3
HHP 440	Anatomical Kinesiology	3
HHP 450	Program Organization and Administration	3

Concentration Core		
HHP	Aquatics Elective	1-3
HHP 151	Aerobic Fitness	1
HHP 155	Weight Training and Conditioning	1
HHP 230	Principles of Nutrition	3
HHP 312	Fitness Leadership	2
HHP 313	Health Promotion and Wellness	3
HHP 371	Leisure Administration and Programming	3
HHP 445	Clinical Exercise Physiology	3
HHP 447	Instrumentation in Exercise Physiology	3
HHP 465	Internship in Human Performance	3
HHP 480	Leisure Programming for Older Adults	2

Area of Specialization		
Select 17-20 hours from an an area of specialization from the following areas:		17-20

Health Promotion Course Recommendations		
HHP 310	Consumer Health	
HHP 320	Communicable and Emergent Diseases	
HHP 332	Life-Span Nutrition	
HHP 612	Physiology of Aging	
HHP 619	Exercise Testing and Prescription for Older Adults	
SOC 644	Sociology of Aging	
BIOL 100	Human Biology ¹	
BIOL 102	Laboratory Experiences in Biology ¹	

Fitness Program Course Recommendations		
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HHP 315	Nutrition in Athletic Performance
HHP 435	Personal Training
HHP 612	Physiology of Aging
HHP 619	Exercise Testing and Prescription for Older Adults
Internship and/or Aquatics and/or Fitness/Rec Electives	
Gerontology Course Recommendations	
HHP 371	Leisure Administration and Programming
HHP 605	Introduction to Gerontology
HHP 612	Physiology of Aging
HHP 617	Nutrition and Aging
HHP 619	Exercise Testing and Prescription for Older Adults
PSY 420	Psychology of Aging
PSY 668	Neuropsychology
SOC 644	Sociology of Aging
SOCW 620	Spirituality & Aging: The Empowering Relationship
SLP 665	Communication and Aging
Total Hours	101-106

¹ Recommended General Education Courses.

Degree Requirements

Code	Title	Hours
All bachelor degrees require:		
GPA of 2.0 on FHSU courses & 2.0 on all coursework (Higher program requirements prevail over the 2.0 when set)		
A minimum of 30 hours earned from FHSU with a grade of D, C, B, or A		
Successful completion of an upper division Writing and Information Literacy course (Most majors contain a course designated)		
A minimum of 45 hours of recognized upper division credit		
A minimum of 120 hours of recognized college credit		