



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

A minimum of 25 semester hours in HHP courses, with at least 6 semester hours in upper-division courses, including:

Course Number	Course Title	Semester Completed	Grade	Credits
HHP 161	Foundations of Human Structure and Function			
HHP 171	Nutrition			
HHP 221	Clinical Kinesiology			
HHP 316	Motor Development and Learning			
HHP 321	Biomechanics			
HHP 357	Physiology of Exercise			
Choose one of the following:				
HHP 330	Psychology of Sport and Exercise			
HHP 471	Sport Nutrition			
HHP 477	Advanced Theories of Strength Training and Conditioning			
HHP 478	Therapeutic Exercise and Advanced Functional Training			

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.