

HEALTH AND HUMAN PERFORMANCE (HHP)

HHP 1000 Introduction to HHP Disciplines (0)

HHP 1000 involves an exploration of the following professional disciplines within the Health and Human Performance Academic Unit: Health and Physical Education, Allied Health Sciences, and Exercise and Sport Physiology. Students will develop skills and knowledge to support their success at PSU. Course topics include: college success, career discovery, professional ethics, leadership and philosophy, and basic concepts of fitness. Springs and Falls.

Corequisite(s): PE 2550, EX 2755, and AHS 2000