

# HEALTH AND HUMAN SCIENCES MINOR

The Health and Human Sciences (HHSC) minor provides students an opportunity to learn about the human body and health by combining classroom training with state-of-the-art hands-on laboratory experiences. Students in the minor of HHSC are interested in kinesiology, exercise science, understanding chronic disease, use of exercise and nutrition to promote health, or the prevention and treatment of musculoskeletal injuries. With the variety of class offerings, laboratory experiences, as well as internship and research opportunities, this minor will prepare non-HHSC majors for graduate studies in physical therapy, occupational therapy, exercise science, nursing, physician assistant, public health, athletic training, and other health professions.

Students are asked to state their interest in the HHSC minor by completing an application available from the Department Chairperson (todd.shoepe@lmu.edu) or the Senior Administrative Coordinator (dgood@lmu.edu) for HHSC as early as their first semester. Admission to the HHSC minor is restricted and admission requests may not always be possible. Final decisions being made by the Chair with consultation from the department. Selection to the minor will be based on student declaration of postgraduate plans and academic status. The evaluation process will take place at the end of every spring semester with students being informed once the evaluation process has been completed.

The minor consists of 21 units, including a minimum of 11 lower-division and 10 upper-division HHSC semester hours. One upper-division combined HHSC lecture and laboratory sequence is required.

Code	Title	Semester Hours
<b>Lower Division Requirements</b>		
HHSC 1550	Human Anatomy and Physiology I	3
HHSC 1556	Human Anatomy and Physiology I Laboratory	1
HHSC 2550	Human Anatomy Physiology II	3
HHSC 2556	Human Anatomy and Physiology II Laboratory	1
Select one of the following:		3
HHSC 1700	Personal Health	
HHSC 2300	Nutrition	
HHSC 2780	Science, Nutrition, and Health	
<b>Subtotal</b>		<b>11</b>
<b>Upper Division Requirements</b>		
Select one of the following:		4
HHSC 3750 and HHSC 3756	Exercise Physiology and Exercise Physiology Laboratory	
HHSC 4100 and HHSC 4106	Epidemiology and Epidemiology Laboratory	
HHSC 4600 and HHSC 4606	Therapeutic Modalities in Sports Medicine and Therapeutic Modalities in Sports Medicine Laboratory	
HHSC 4610 and HHSC 4616	Therapeutic Rehabilitation in Sports Medicine and Therapeutic Rehabilitation in Sports Medicine Laboratory	

HHSC 4705 and HHSC 4706	EKG Interpretation and EKG Interpretation Laboratory	
HHSC 4750 and HHSC 4756	Scientific Principles of Strength and Conditioning and Strength Physiology and Assessment Laboratory	
HHSC 4800 and HHSC 4806	Biomechanics and Biomechanics Laboratory	
Select a minimum of six upper-division semester hours of the following:		6
HHSC 3100	Health Services for Marginalized Populations	
HHSC 3110	Weight Bias	
HHSC 3120	Physiology of Aging	
HHSC 3130	Medical Bioethics	
HHSC 3140	Global and Community Health	
HHSC 3150	Exercise for Special Populations	
HHSC 3220	Public Health	
HHSC 3600	Upper Extremity Evaluation	
HHSC 3610	Lower Extremity Evaluation	
HHSC 3750 and HHSC 3756	Exercise Physiology and Exercise Physiology Laboratory	
HHSC 3800	Kinesiology	
HHSC 3900	Health and Human Sciences Teaching	
HHSC 3950	Allied Health Internship I	
HHSC 3970	Allied Health Internship II	
HHSC 3998	Special Studies	
	or HHSC 4998 Special Studies	
HHSC 3999	Independent Studies	
HHSC 4100 and HHSC 4106	Epidemiology and Epidemiology Laboratory	
HHSC 4150	Healthcare Delivery Systems	
HHSC 4600 and HHSC 4606	Therapeutic Modalities in Sports Medicine and Therapeutic Modalities in Sports Medicine Laboratory	
HHSC 4610 and HHSC 4616	Therapeutic Rehabilitation in Sports Medicine and Therapeutic Rehabilitation in Sports Medicine Laboratory	
HHSC 4705 and HHSC 4706	EKG Interpretation and EKG Interpretation Laboratory	
HHSC 4750 and HHSC 4756	Scientific Principles of Strength and Conditioning and Strength Physiology and Assessment Laboratory	
HHSC 4800 and HHSC 4806	Biomechanics and Biomechanics Laboratory	
<b>Total Semester Hours</b>		<b>21</b>

## Note:

Upper-division courses for the minor must be selected under the direction of the Chairperson or assigned Academic Advisor from the Department of Health and Human Sciences.

A maximum of 3 semester hours of independent study coursework may count in the upper-division minor category. This includes any HHSC course between the numbers of HHSC 3900 Health and Human Sciences Teaching and HHSC 3999 Independent Studies, except HHSC 3998 Special Studies.

An average grade of C (2.0) must be accumulated in all courses included in the minor.

*^Only one Health, Equity, Diversity, and Justice (HEDJ) course (HHSC 3100-3199) can be taken in the minor.*