

Health and Human Performance Course List

Catalog #	Course Title	C	H	SS	NS	HHP	M	E	Cr
HHPA 112	Fitness Walking					•		•	1
HHPA 120	Lifelong Fitness					•		•	3
HLTH 320	Contemporary Health Issues					•		•	3
LACC 160	Hiking/Backpacking					•		•	3
LACC 285	Managing Stress: Mind and Body			•		•		•	3
LACC 285	Yoga: A Path to Physical, Mental ... Well-Being		•			•		•	3

**Key: C = Communication, H = Humanities, SS = Social Science, NS = Natural Science
HHP = Health and Human Performance, M = Math, E = Elective, Cr = Credits
DPS Classes can only meet one requirement at a time.**