

A photograph of two people kayaking in a river with rapids. The kayaker in the foreground is wearing a blue helmet and a black shirt, paddling a green and yellow kayak. The kayaker in the background is wearing a dark helmet and a dark shirt, paddling a red kayak. The water is turbulent and white with foam.

Move in a New Direction

Enjoying the Journey with an
Outdoor Pursuits Minor

HSHP MINORS

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School of Health Sciences and
Human Performance

2011-2012

Exercise and Sport Sciences

- B.S. Athletic Training
- B.S. Clinical Exercise Science
- B.S. Exercise Science
- B.S. Exercise Science (*Medical Sciences*)
- B.S. Exercise Science (*Sport and Exercise Psychology*)
- M.S. Exercise and Sport Sciences

Health Promotion and Physical Education

- B.S. Health Care Management
- B.S. Health Education (*Teaching*)
- B.S. Health Education and Physical Education (*Teaching*)
- B.S. Health Sciences (*Nutrition*)
- B.S. Health Sciences (*Premedical*)
- B.S. Physical Education (*Teaching*)
- B.S. Public and Community Health
- M.S. Health Education
- M.S. Physical Education

Occupational Therapy

- B.S./M.S. Occupational Science/Occupational Therapy
- M.S. Occupational Therapy

Physical Therapy

- B.S./ D.P.T. Clinical Health Studies/Physical Therapy

Recreation and Leisure Studies

- B.S. Outdoor Adventure Leadership
- B.S. Recreation Management
- B.S. Therapeutic Recreation

Speech-Language Pathology and Audiology

- B.S. Speech-Language Pathology
- M.S. Speech-Language Pathology
- M.S. Teaching Students with Speech and Language Disabilities

Sport Management and Media

- B.S. Sport Management
- B.S. Sport Media
- B.A. Sport Studies
- M.S. Sport Management

HSHP PreProfessional Program

The HSHP PreProfessional Program for freshmen and sophomores offers the opportunity for students to explore health, sport, education or leisure careers. HSHP has the largest diversity of programs in the Northeast and Midwest.

A Message For All Students

The School of Health Sciences and Human Performance encourages all Ithaca College students to discover our minors. We offer a wide array of choices in the health, health care, sport and leisure areas. Many HSHP and non-HSHP students have enhanced their academic experience with these minors.

All students interested in completing any of these minors should work closely with their major adviser/department chair and minor adviser. Students should plan course work carefully to ensure timely graduation.

As described in this booklet (see page 18), *Registration for a Minor* forms are available in the appropriate departmental offices and online at www.ithaca.edu/registrar/docs/studentforms/minor. However, students must be aware that departments may reserve the right to restrict enrollment. Students considering a minor must abide by College policies and regulations for these programs.

Take a look at what we have to offer.

Dr. John A. Sigg, Interim Dean

Dr. Patricia E. Green, Associate Dean

Dr. Margaret L. Arnold, Interim Associate Dean

*Department of Health Promotion and Physical Education
7 Hill Center - 274-3129*

Open to students majoring in all disciplines except physical education and health education and physical education. This minor is designed to prepare students to coach one or two specific sports.

COURSE #	TITLE	CREDITS
Requirements:		
PHED-xxxx	Coaching Seminar*	2.0
PHED-25500	Philosophy and Principles of Coaching	3.0
PHED-25600	Health Sciences Applied to Coaching	3.0
PHED-34900	Fieldwork*	1.0
HLTH-12200	Emergency Health Care	1.0
PHED-21200	Motor Skill Development	3.0
SPMM-29500	Social Aspects of Sport	OR
EXSS-20200	Sport and Exercise Psychology	3.0
Electives — A total of 3 credits selected from the following:		
PHED-34900	Fieldwork	1-3.0
PHED-xxxx	Coaching Seminar**	2.0
PHED-44000	Organization and Administration of Physical Education and Athletics	3.0
HLTH-20200	Human Nutrition	3.0
HLTH-21100	Health and Safety Needs of School-Aged Children	3.0
HLTH-21300	Wellness: Multicultural Perspectives on Health and Healing	3.0
HLTH-22400	Emergency Health Care Instructor	2.0
HLTH-30200	Nutrition and Sport	3.0
EXSS-24600	Prevention and Care of Athletic Injuries	3.0
EXSS-24700	Advanced Prevention and Care of Athletic Injuries	3.0
SPMM-29500	Social Aspects of Sport	3.0
SPMM-29700	Sport: Philosophical Perspectives	3.0
SPMM-29800	Gender Issues in Sport	3.0
SPMM-32400	Youth Sport in America	3.0
SPMM-20700	History of Sport	3.0
TOTAL CREDITS FOR COACHING MINOR:		19

*Course must be in the first sport to be registered

**Course must be in the second sport to be registered

*Department of Speech-Language Pathology and Audiology
301 Smiddy Hall - 274-3248*

Open to all students majoring in all disciplines except speech-language pathology. The minor is designed to increase students' understanding of communication disorders. Students may be "generalists" (selecting courses that provide an overview of communication disorders) or "specialists" (selecting courses that reflect an area of specific interest, such as science, language, or phonology).

COURSE #	TITLE	CREDITS
Requirements — All students must take the following course:		
SLPA-15000	Introduction to Communication Disorders	3.0
Electives — Students must take at least 15 credits from the lists below; at least 6 of these credits must be taken from the speech-language and hearing disorders course list below:		
LNGS-23200	Introduction to Linguistics	3.0
SLPA-11010	Phonetics	3.0
SLPA-21200	Anatomy and Physiology of the Speech and Hearing Mechanisms	3.0
SLPA-21600	Normal Language and Literacy Development	3.0
SLPA-24000	Basic Audiology	3.0
SLPA-36000	Brain Science	3.0
SLPA-36500	Basic Speech Science	3.0
Speech-Language and Hearing Disorders Courses		
SLPA-22000	Articulation and Phonological Development and Disorders	3.0
SLPA-23000	Child Language Disorders: Assessment and Intervention	3.0
SLPA-24200	Aural Rehabilitation	3.0
SLPA-24900	Hearing Loss in the Elderly	3.0
SLPA-32000	Fluency and Voice Disorders	3.0
SLPA-35900	Communication Disorders in the Aging Population	3.0
TOTAL CREDITS FOR COMMUNICATION DISORDERS MINOR:		18

Note: The above courses may have prerequisites; refer to the course descriptions. Guidelines on course sequencing and other requirements are available at the department office, Smiddy Hall 301.

*Department of Speech-Language Pathology and Audiology
301 Smiddy Hall - 274-3248*

Open to students majoring in all disciplines. The minor is designed to develop use of **American Sign Language** and increase the student's understanding of deafness and deaf culture. Students must have completed ASL I prior to applying for this minor.

COURSE #	TITLE	CREDITS
Requirements:		
SLPA-10901	American Sign Language I	3.0
SLPA-20901	American Sign Language II	3.0
SLPA-30901	American Sign Language III	3.0
SLPA-20800	Perspectives on Deafness	3.0
SLPA-31000	Deaf Culture	3.0
TOTAL CREDITS FOR DEAF STUDIES MINOR:		15

*Department of Exercise and Sport Sciences
314 Center for Health Sciences-274-3189*

The exercise science minor is designed to give students a foundation in exercise science for pursuing related professional interests in health care or personal interests in the lifetime pursuit of sports participation, fitness, and wellness. The exercise science minor is open to students majoring in all disciplines except exercise and sport sciences.

COURSE#	TITLE	CREDITS
Requirements:		
EXSS-12000	Anatomy & Physiology I	4.0
EXSS-12100	Anatomy & Physiology II	4.0
EXSS-22000	Kinesiology	<i>OR</i>
PTBS-40100	Biomechanics	3-4.0
EXSS-22100	Biomechanics of Human Movement	<i>OR</i>
EXSS-42000	Advanced Biomechanics of Human Movement	3-4.0
EXSS-32100	Exercise Physiology	4.0
TOTAL CREDITS FOR EXERCISE SCIENCE MINOR:		18-20

It is recommended, but not required, that students also choose one of the following three credit courses:

EXSS-20200	Sport and Exercise Psychology	3.0
EXSS-32000	Neuromuscular Control	3.0
EXSS-42100	Advanced Study in Exercise Physiology	3.0

TOTAL CREDITS WITH ADDITIONAL CLASS: 21

*Department of Health Promotion and Physical Education
7 Hill Center - 274-3129*

The minor in health offers students the opportunity to survey a broad set of health issues impacting individual and population health. Following a theoretical framework course, where students may choose to either examine the health care system as it is currently structured around disease and medicine (HLTH 20500 Critical Health Issues) or study the alternative and integrative health system and what our U.S. health system might look like if it focused on health and wellness (HLTH 21300), students take three core health courses and choose 6 credits of health promotion electives. Students graduate from the minor with a broad understanding of individual and population health issues. Open to students majoring in all disciplines except health education, health education and physical education.

COURSE #	TITLE	CREDITS
Theoretical Framework — 3 credits		
HLTH-20500	Critical Health Issues	<i>OR</i>
HLTH-21300	Wellness: Multicultural Perspectives on Health and Healing	3.0
Health Core — 9 credits		
HLTH-20200	Human Nutrition	3.0
HLTH-22800	Human Sexuality	3.0
HLTH-35000	Psychoactive Drugs	3.0
HLTH-xxxxx	Professional Health Electives (from list below)	6.0
TOTAL CREDITS FOR HEALTH MINOR:		18

Health Promotion Electives —

A total of 6 credits selected from the following (with advisor's approval):

HLTH-20300	Consumer Health	3.0
HLTH-22700	Stress: Its Nature and Management	3.0
HLTH-24000	Health Promotion and the Older Adult	3.0
HLTH-25000	International Health Issues	3.0
HLTH-31500	Family Health Problems	3.0
HLTH-31700	Community Health	3.0
HLTH-48700	Multicultural Health Issues	3.0
PHED-23400	Fitness Applications for Health Promotion	3.0
SOCI-31600	Women and Health	3.0

*Department of Health Promotion and Physical Education
7 Hill Center - 274-3129*

This minor in health policy and management offers students the opportunity to better understand health policy development and the delivery of health services in the United States. Students take 12 credits of required courses designed to frame the critical issues facing the US health care system such as the aging population, and how to plan and manage health resources. Then choose 6 credits of health policy or politics electives. Students graduate from the minor with a broad understanding of policymaking and of the history of decision making that has created the current health care system. This minor is appropriate for students pursuing careers in the health care field, especially students majoring in allied health fields, business, gerontology, or the social sciences. The minor is not open to students in health care management.

COURSE #	TITLE	CREDITS
Requirements:		
HLTH-20500	Critical Health Issues	3.0
HLTH-32600	Health Planning and Administration	3.0
GERO-10100	Introduction to Aging Studies	3.0
	Any GBUS or MGMT courses	3.0
Health Policy Electives — Choose at least 6 credits from the following:		
HLTH-11000	War, Hunger and Genocide	3.0
HLTH-14000	Cyborgs, Clones and Policy: New Technologies in Health and Medicine	3.0
HLTH-20300	Consumer Health	3.0
HLTH-30400	Economics of Health Care	3.0
HLTH-32100	Financial Aspects of Healthcare Management	3.0
HLTH-33510	Legal and Ethical Issues in Health	3.0
HLTH-36100	Front Page Public Health: Policy and Epidemiology	3.0
POLT-1XXXX	Politics Elective	3.0
TOTAL CREDITS FOR		
HEALTH POLICY AND MANAGEMENT MINOR:		18

*Department of Health Promotion and Physical Education
7 Hill Center - 274-3129*

An interdisciplinary minor open to all students. Courses offered by multiple departments across campus are designed to facilitate the study of complementary and alternative health modalities and their history, theory, cultural contexts, economics, and uses to promote wellness and prevent disease. The minor complements the study of any allied health field, and enriches the perspective of any student interested in his or her own well-being and in health and medicine as they interact with culture, economics, politics, and science.

COURSE #	TITLE	CREDITS
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Requirements:

Introductory Course (choose one):

HLTH-21300	Wellness: Multicultural Perspectives on Health and Healing <i>OR</i>	3.0
ANTH-28300	Integrative Health Care in America	3.0

Core Area:

EXSS-36400	Contemporary and Alternative Therapies	3.0
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Political, Economic, and Policy Issues —

At least 3 credits from the following:

HLTH-20500	Critical Health Issues <i>OR</i>	3.0
HLTH-25000	International Health Issues <i>OR</i>	3.0
ECON- or HLTH-30400	Economics of Health Care <i>OR</i>	3.0
SPCM- or HLTH-22600	Health Communication	3.0

Cultural and Historical Foundations —

At least 3 credits from the following:

ANTH-38000	Medical Anthropology <i>OR</i>	3.0
SOCI-31400	Sociology of Health and Medicine <i>OR</i>	3.0
SOCI-31600	Women and Health	3.0

Continued on next page . . .

*Department of Health Promotion and Physical Education
7 Hill Center - 274-3129*

COURSE #	TITLE	CREDITS
Electives —		
At least 3 credits selected from the following:		
RLST-22100	Religion and Depth Psychology <i>OR</i>	3.0
HLTH-22700	Stress: Its Nature and Management <i>OR</i>	3.0
RLST-25200	Introduction to Mysticism <i>OR</i>	3.0
MUMC-41000	Feldenkrais	1.0
Capstone Experience —		
At least 3 credits selected from the following:		
xxxx-xxxx	Independent Study <i>OR</i>	3.0
xxxx-xxxx	Fieldwork/Internship	3.0
Additional Elective —		
3 credits to be selected from any of the above areas		3.0
TOTAL CREDITS FOR INTEGRATIVE HEALTH STUDIES MINOR:		21

*Department of Health Promotion and Physical Education
7 Hill Center - 274-3129*

Nutrition is a growing and increasingly important topic. Various people, industries, and interest groups have an interest in nutrition. Researchers in a variety of fields study nutrition, health professionals across the allied health spectrum increasingly promote healthy eating to their clients, and the media continues to highlight the growing obesity epidemic as well as food policy challenges.

The nutrition promotion minor enables students to systematically examine the state of nutrition in the United States and to learn more about the depth and breadth of nutrition issues in society. The curriculum provides an introductory level examination of the history, theory and methods of nutrition promotion. Students will discuss and challenge wide ranging nutritional issues and examine how nutritional issues can cause health problems.

Students leave the minor with a broad understanding of where nutrition falls within the health care system and how health professionals can promote lifelong health through nutritional approaches.

COURSE #	TITLE	CREDITS
Theoretical Framework — 3 credits		
HLTH-20500	Critical Health Issues	OR
HLTH-21300	Wellness: Multicultural Perspectives on Health and Healing	3.0
Nutrition Core — 9 credits		
HLTH-20100	Food and Society	3.0
HLTH-20200	Human Nutrition	3.0
HLTH-30100	Lifecycle Nutrition	OR
HLTH-30500	Community Nutrition	3.0
HLTH-xxxxx	Professional Health Electives (from list below)	6.0
TOTAL CREDITS FOR HEALTH MINOR:		18

Nutrition Promotion Electives —

A total of 6 credits selected from the following (with advisor's approval):

HLTH-11000	War, Hunger and Genocide	3.0
HLTH-20300	Consumer Health	3.0
HLTH-24000	Health Promotion and the Older Adult	3.0
HLTH-25000	International Health Issues	3.0
HLTH-48700	Multicultural Health Issues	3.0
PHED-23400	Fitness Applications for Health Promotion	3.0
ANTH-25100	People, Plants, and Culture: Ethnobotany and Archaeobotany	3.0
BIOL-10600	Plants, People and Food Production	3.0
SOCI-20800	Social Change	3.0
SOCI-31600	Women and Health	3.0

*Department of Occupational Therapy
204 Smiddy Hall - 274-1975*

A minor in occupational science offers students the opportunity to understand the influence of human occupation on development, health, and wellness for the individual and for society. Occupations are the things we do everyday that bring meaning to our lives. This minor course of study will enhance understanding of how elements of personal capabilities, in conjunction with the physical and socio-cultural environment, affect human occupation. This knowledge has the potential to foster intellectual growth of the student and contribute to various professional and academic fields (education, speech and language pathology, recreation and leisure studies, physical therapy, psychology, aging studies, sociology, biology, business, athletic training, and exercise science), and ultimately to help contribute to healthier, more equitable, and more prosperous communities.

COURSE #	TITLE	CREDITS
Requirements:		
OTBS-10500	Occupations and You	3.0
OTBS-20500	Introduction to Occupational Science	3.0
OTBS-20100	Human Development I	<i>OR</i>
PSYCH-20500	Life Span Development	<i>OR</i>
PSYCH-20100	Proseminar in Development	3.0
OTBS-20200	Human Development II	3.0
OTBS-30600	Occupational Apartheid	3.0
Electives — Select 3 credits from the following (required):		
OTBS-20600	The Culture of Disability	3.0
OTBS-21000	The Cancer Experience	3.0
RLS-10100	Leisure and Society	3.0
SOCI/GERO-22000	Sociology of Aging	3.0
HINT-31200	Health Care and Culture	2.0
HINT-31300	Health Care and Culture: An International Field Experience	1.0
PSYCH-36600	Psychology of Aging	3.0
TOTAL CREDITS FOR OCCUPATIONAL SCIENCE MINOR:		18

*Department of Recreation and Leisure Studies
321 Smiddy Hall - 274-3335*

Open to students majoring in all disciplines except outdoor adventure leadership.

Outdoor pursuits are utilized in many settings. Businesses are using “outward bound” type programs with their executives. Social service agencies offer camping and outdoor adventure programs to their clients. Schools are using outdoor education and camping as part of their curricula. This academic minor program prepares students to plan, organize, and lead outdoor recreation programs of limited scope.

COURSE#	TITLE	CREDITS
Requirements:		
RLS-15100	Foundations of Outdoor Adventure Pursuits	3.0
Electives — A minimum of 12 credits selected from the following:		
RLS-180xx	Selected Topics: Adventure Skill Fundamentals	1-6*
RLS-190xx	Selected Topics: Adventure Skill Fieldwork	2-6*
RLS-21600	Outdoor Adventure Skills	3.0
RLS-21800	Wilderness First Responder	3.0
RLS-22000	The Wilderness Experience	4.0
RLS-22300	Wilderness Literacy	2.0
RLS-280xx	Selected Topics: Adventure Skill Management	2-6*
RLS-35400	Organization and Supervision of Outdoor Pursuits	3.0
RLS-37000	Recreational Land Use Ethics	3.0
RLS-42100	Wilderness Expedition Leadership	4.0
RLS-43000	Outdoor Education Theory and Technique	3.0
TOTAL CREDITS FOR OUTDOOR RECREATION MINOR:		15-21

The courses in bold are part of the Outdoor Adventure Leadership Immersion Semester Program (OAL ISP). This program requires special permission and an application process in order to register. Space is very limited for minors, so it is encouraged that minors declare early in order to secure a spot in the OAL ISP.

*The courses listed above with an asterisk are only offered over the winter inter-session and/or summer sessions. If you are planning on completing this minor using some of these courses it is imperative that preplanning is done to complete the minor. The summer programs run 8 weeks in length and will range from 6-7 credits for each program.

NOTE: A maximum of 12 transfer credits will be accepted for this minor. These may be credits obtained from the National Outdoor Leadership School (NOLS), Outward Bound, or other experiential programs giving academic credit. These 12 credits will be submitted for the courses identified with the asterisks (*).

*Department of Recreation and Leisure Studies
321 Smiddy Hall - 274-3335*

Open to students majoring in all disciplines except recreation management, outdoor adventure leadership, and therapeutic recreation.

The academic minor in recreation is designed to increase the student's awareness of the importance and extent of leisure and recreation in modern society and to prepare the student to plan, organize, and lead a recreation program of limited scope in a variety of settings.

In addition to the minimum credit requirements for this minor, students must either provide documented evidence that they have had at least 200 hours of work or volunteer experience in areas of recreation programming or leadership with a leisure service agency, or complete the course RLS-24800 Service Learning I: Programming. *Experience from other course requirements or before admission to the minor program will not satisfy this experiential requirement.*

COURSE #	TITLE	CREDITS
Required Courses:		
RLS-10100	Leisure and Society	<i>OR</i>
RLS-10300	History and Philosophy of Leisure	3.0
RLS-10500	Leadership	3.0
RLS-23200	Program Planning	3.0
HLTH-12200	Emergency Health Care	1.0
Electives — A minimum of 6 credits selected from the following:		
RLS-12500	Understanding Disability	3.0
RLS-13700	Leisure Travel	3.0
RLS-15100	Foundations of Outdoor Adventure Pursuits	3.0
RLS-21600	Outdoor Adventure Skills	3.0
RLS-23300	Introduction to Therapeutic Recreation	3.0
RLS-23500	Design and Operation of Areas and Facilities	3.0
RLS-23800	Leisure and Aging	3.0
RLS-25000	Rock Climbing	1.0
RLS-33400	Leisure Education	3.0
RLS-33600	Commercial Recreation	3.0
RLS-34000	Inclusive Community Leisure Services	3.0
TOTAL CREDITS FOR RECREATION MINOR:		16

*Department of Exercise and Sport Sciences
314 Center for Health Sciences - 274-3189*

The sport and exercise psychology minor provides students with a basic understanding of the psychological components of sport and exercise participation and peak performance. Students will acquire practical and applied knowledge for team building, leadership, and goal setting, which may be used in coaching, business, industry, and wellness. The sport and exercise psychology minor is open to students majoring in all disciplines except exercise science with a concentration in sport and exercise psychology.

COURSE #	TITLE	CREDITS
Requirements:		
EXSS-20200	Sport and Exercise Psychology	3.0
EXSS-29900	Psychology of Coaching	3.0
EXSS-33000	Motivation and Communication in Exercise and Sport	3.0
EXSS-40400	Leadership/Team Building	3.0
EXSS-40500	Applied Techniques in Sport Psychology	3.0
EXSS-43600	Sport and Exercise Counseling	3.0
TOTAL CREDITS FOR SPORT AND EXERCISE PSYCHOLOGY MINOR:		18

*Department of Sport Management and Media
12 Hill Center - 274-3192*

This minor is open to students majoring in all disciplines except sport management, sport media and sport studies.

COURSE #	TITLE	CREDITS
Requirements:		
SPMM-20700	History of Sport	3.0
SPMM-29500	Social Aspects of Sport	3.0
SPMM-29700	Sport: Philosophical Perspectives	3.0
A total of 9 credits selected from the following:		
EXSS-20200	Sport and Exercise Psychology	3.0
SPMM-29300	Minicourses in Sport Management and Media	1-3.0
SPMM-29800	Gender Issues in Sport	3.0
SPMM-29900	The Evolution of Sport Media	3.0
SPMM-30300	Seminar in Legal and Ethical Issues	3.0
SPMM-32400	Youth Sport in America	3.0
SPMM-36500	Sport Economics	3.0
SPMM-39400	Sport in Film and Literature	3.0
SPMM-39700	The Olympic Games	3.0
SPMM-39900	Selected Topics in Sport Management and Media (LA only)	3.0
SPMM-40700	Sport in the Civil Rights Movement	3.0
SPMM-45000	Independent Study in Sport Management and Media	3.0
TOTAL CREDITS FOR SPORT STUDIES MINOR:		18

General Procedure:

- The REGISTRATION FOR A MINOR form is available online at www.ithaca.edu/registrar/docs/studentforms/minor.
- Make an appointment with the minor department representative and your assigned major advisor and discuss your intention to apply for a minor.
- Have your advisor sign the form, signifying approval of your intended minor.
- Take the form to the department that houses the minor you have chosen. Make an appointment to discuss the minor. Be advised on requirements by preparing a worksheet for the minor. You will be assigned a minor advisor.
- Your form will be signed by the minor chair then sent to the Registrar's Office to complete the process.
- Be sure to check HOMER (your on-line student academic record) to verify your minor registration.

Here is a sample of the form you need to complete:

ITHACA COLLEGE
OFFICE OF THE REGISTRAR REGISTRATION FOR CANCELLATION OF MINOR/CONCENTRATION

Name: _____ Student's signature: _____
ID #: _____ Expected Graduation Date (month/year): _____ Date: _____

Please check all that apply:

Registration for Minor
(Must be submitted to the Office of the Registrar at least one semester prior to graduation)

Minor: _____ Minor Advisor Name: _____
Minor Dept. Chair signature: _____
Major: _____ Major advisor signature: _____

Registration for Concentration
(Must be submitted to the Office of the Registrar at least one semester prior to graduation)

Concentration: _____ Major: _____
Major Advisor signature: _____ Major Dept. Chair signature: _____

Please cancel: Major Minor Concentration

Major: _____
Minor: _____
Concentration: _____

Form distributed by the Office of the Registrar 8/2015



Climb to New
Heights with an
HSHP Minor

School of Health Sciences and Human Performance

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Information in this booklet
is based upon the
Ithaca College
Undergraduate Catalog 2011-2012

Go to [www.ithaca.edu/catalogs/ug1112/
geninfo/minors_and_concentrations.php](http://www.ithaca.edu/catalogs/ug1112/geninfo/minors_and_concentrations.php)
for more information on non-HSHP, IC minors.

This document is to be used only as first step towards learning about HSHP minors. It does not replace departmental advisement, minor worksheet requirements and the current catalog descriptions.

For more information about the School of Health Sciences and Human Performance, scan the QR code with your smartphone.

