

Health and Exercise Science

B.S.

(16 units)

Core Courses (7 units):

_____ HHP 195 (1/2 unit) – Introduction to Health and Exercise Science
- Pre-req: *None*

_____ HHP 201 – Motor Control and Learning
- Pre-req: *HHP 195*

_____ HHP 208 – Exercise Testing and Prescription (1 ½ hour lab)
- Pre-req: *HHP 195*

_____ HHP 223 (1/2 unit) – Introduction to Emergency Care (formerly First Aid & Safety)
- Pre-req: *None*

_____ HHP 230 – Research Methods in Health and Exercise Science
- Pre-req: *195 or permission*
* Students are permitted to substitute HHP 230 with PSYC 202 or 204, SOCI 351 or 352, or POLI/I.R./CJUS 209. Students also have permission to substitute PSYC 202 with HHP 230 (upon approval of Psychology Chair).

_____ HHP 317 – Neuromechanics
- Pre-req: *HHP 201 or permission (plus, it is HIGHLY RECOMMENDED that students take BIOL 106 and 2 of their Math & Science courses prior to taking this course)*

_____ HHP 325 – Exercise Physiology – (2 ¼ hour lab)
- Pre-req: *HHP 208 or permission (plus, it is HIGHLY RECOMMENDED that students take BIOL 106 and 2 of their Math & Science courses prior to taking this course)*

_____ BIOL 106 (3 hr lab)
- *Plan is to offer fall semester*

Math & Science Courses (must choose 5 units)

_____ BIOL 230 **if student is interested in pursuing Medical School, they should first focus on CHEM, PHYS, MATH and BIOL 210 (after BIOL 190); plan is to offer spring semester*

_____ BIOL 260 **if student is interested in pursuing Medical School, they should first focus on CHEM, PHYS, MATH and BIOL 210 (after BIOL 190); plan is to offer spring semester*

_____ CHEM 111 or 117

_____ CHEM 112 or 118

_____ PHYS 102 or 103

_____ PHYS 104

_____ BIOL 235 (pre-req BIOL 180 and BIOL 106)

_____ MATH 111, 112, 118, or 121

_____ MATH 115

Group 1 Electives (must choose 2 of 5 units)

_____ PHST 201 – Intro to Public Health Studies (Pre-req: *None*) or HHP 301 – Personal & Community Health (Pre-req: *HHP 195, 221, or permission*)

_____ HHP 226 – Strength & Conditioning
- Pre-req: BIOL 230

_____ HHP 315 – Behavioral Perspectives in Health and Exercise
- Pre-req: *HHP 195 or 221, or permission*

_____ HHP 316 – Nutrition
- Pre-req: *BIOL 106, or 190, or permission*

_____ HHP 326 – Therapeutic Intervention
- Pre-req: *HHP 201 and 208, or permission*

Group 2 Electives (must choose 2 of 5 units)

_____ HHP 400 – Science of Training Athletes [*This course is not currently offered*]
- Pre-req: *HHP 201 and 325, or permission*

_____ HHP 402 – Special Populations
- Pre-req: *HHP 325, or permission*

_____ HHP 405 – 7 – Independent Study, or 495 – 497 Honors in the Major (no more than 1 unit of independent study/honors may be taken for credit in the major)

_____ HHP 415 – Evaluation of Athletic Injuries
- Pre-req: *BIOL 230 or permission*

_____ HHP 420 – Special Topics in Health and Human Performance
**** NEW SECTION of HHP 420 OFFERED Spring 2023! Cardiovascular Exercise Physiology (ECG interpretation) (pre-req HHP 325)**