

Health and Exercise Science

Minor
(6 units)

Core Courses (4 units):

_____ HHP 195 (1/2 unit) – Intro to Health and Exercise Science

_____ HHP 201 – Motor Control and Learning

_____ HHP 208 – Exercise Testing and Prescription (1 ½ hour lab)

_____ HHP 223 (1/2 unit) – Introduction to Emergency Care

_____ HHP 325 – Exercise Physiology** *or* HHP 317 – Neuromechanics (both 2 ¼ hour lab)**

** Students are *HIGHLY ENCOURAGED* to consider taking BIOL 106 and 2 upper level science courses (like BIOL 230 and 260) prior to taking 300-level HEXS courses

Electives (2 units)

_____ HHP 226 – Strength & Conditioning

_____ HHP 230 – Research Methods in Health and Exercise Science

* 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 301 – Personal & Community Health

_____ HHP 315 – Behavioral Perspectives in Health and Exercise

_____ HHP 316 – Nutrition

_____ HHP 326 – Therapeutic Intervention

_____ HHP 400 – Science of Training Athletes

_____ HHP 402 – Special Populations

_____ HHP 415 – Evaluation of Athletic Injuries

_____ HHP 420 – Special Topics in Health and Human Performance

** Excluded from elective options are internships and independent studies: HHP 418 – Internship, or 405 – 7 Independent Study