

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)

Electives (2 units)

- _____ HHP 226 – Strength & Conditioning
- _____ HHP 230 – Research Methods in Health and Exercise Science
- _____ 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