

Health and Exercise Science

B.A.

(12 units)

Core Courses (5 units):

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

- Pre-req: *None*
- Plan is to offer *fa* and *sp*

_____ HHP 201 – Motor Control and Learning

- Pre-req: *HHP 195*
- Plan is to offer *fa* and *sp*

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

- Pre-req: *HHP 195*
- Plan is to offer *fa* and *sp*

_____ HHP 223 (1/2 unit) – Introduction to Emergency Care (formerly First Aid & Safety)

- Pre-req: *None*
- Plan is to offer *fa* and *sp*

_____ HHP 230 – Research Methods in Health and Exercise Science

- Pre-req: *195 or permission*
- Plan is to offer *fa* and *sp*

* Students are permitted to substitute HHP 230 with PSYC 202 or 204, SOCI 351 or 352, or POLI/I.R./CJUS 209.

_____ HHP 325 – Exercise Physiology – (2 ¼ hour lab)

- Pre-req: *208 or permission (plus, it is HIGHLY RECOMMENDED that students take all BIOL courses prior to taking this course)*
- Plan is to offer *fa* and *sp*

Biology (3 units)

_____ BIOL 106: Human Biology (plan is for a *fa* offering)

_____ BIOL 230: Anatomy & Physiology I (plan is for a *sp* offering)

_____ BIOL 260: Anatomy & Physiology II (plan is for a *fa* offering)

Group 1 Electives (must choose 3 of 7 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 317 – Neuromechanics

- Pre-req: *HHP 201 or permission (plus, it is HIGHLY RECOMMENDED that students take all BIOL courses prior to taking this course)*

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

_____ HHP 418 – Internship or 405 – 7 Independent Study, or 495 - 7 (Honors in the major) (only 1 unit of internship or Independent may count toward the major)

Group 2 Electives (must choose 1 of 4 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 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)**