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)**