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: HHP 201 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)**