Core Courses (5 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: 195 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 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)

Biology (3 units)

- BIOL 106: Human Biology (plan is for a fa offering)
- BIOL 230: Anatomy & Physiology I
- BIOL 260: Anatomy & Physiology II

Group 1 Electives (must choose 3 of 7 units)

- HHP 203 – 206 (1/2 unit each)
  - Pre-req: HHP 195 or 221
- HHP 226 – Strength & Conditioning
  - Pre-req: HHP 201 and 208, or permission
- HHP 301 – Personal & Community Health
  - Pre-req: HHP 195 or 221, or permission
- HHP 315 – Behavioral Perspectives in Health and Exercise
  - Pre-req: HHP 195 or 221, 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 316 – Nutrition
  - Pre-req: BIOL 106, or 190, or permission
- 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  
- 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  
- Pre-req: permission