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 ¾ 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 210** – Individual and Team Sport Activities
  - Pre-req: HHP 195 or HHP 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