

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: *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 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 *fa*

**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)*

\_\_\_\_\_ BIOL 260 *\*if student is interested in pursuing Medical School,; they should first focus on CHEM, PHYS, MATH and BIOL 210 (after BIOL 190)*

\_\_\_\_\_ 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)**

\_\_\_\_\_ 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 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  
- 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  
- Pre-req: *permission*