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