Core Courses (7 units): (grey highlights indicate 1st semester course recommendations)

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

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)

Math & Science Courses (must choose 5 units)

BIOL 230

BIOL 260

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