

## Health and Exercise Science

**B.A.**

(12 units)

**Core Courses (5 units):**

\_\_\_\_\_HEXS 195 (1/2 unit) – Introduction to Health and Exercise Science

- Pre-req: *None*
- Plan is to offer *fa* and *sp*

\_\_\_\_\_HEXS 201 – Motor Control and Learning

- Pre-req: *HEXS 195*
- Plan is to offer *fa* and *sp*

\_\_\_\_\_HEXS 208 – Exercise Testing and Prescription (1 ½ hour lab)

- Pre-req: *HEXS 195*
- Plan is to offer *fa* and *sp*

\_\_\_\_\_HEXS 223 (1/2 unit) – Introduction to Emergency Care

- Pre-req: *None*
- Plan is to offer *fa* and *sp*

\_\_\_\_\_HEXS 230 – Research Methods in Health and Exercise Science

- Pre-req: *195 or permission* - Plan is to offer *fa* and *sp*

\* Students are permitted to substitute HEXS 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)

\_\_\_\_\_HEXS 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)*
- Plan is to offer *fa* and *sp*

**Biology (3 units)**\_\_\_\_\_BIOL 106: Human Biology (plan is for a *fa* offering)\_\_\_\_\_BIOL 230: Anatomy & Physiology I (plan is for a *sp* offering)\_\_\_\_\_BIOL 260: Anatomy & Physiology II (plan is for a *fa* offering)**Group 1 Electives (must choose 3 of 7 units)**\_\_\_\_\_PHST 101 – Intro to Public Health Studies (Pre-req: *None*) or HEXS 301 – Personal & Community Health (Pre-req: *HEXS 195, 221, or permission*)

\_\_\_\_\_HEXS 315 – Behavioral Perspectives in Health and Exercise

- Pre-req: *HEXS 195 or 221, or permission*

\_\_\_\_\_HEXS 316 – Nutrition

- Pre-req: *BIOL 106, or 190, or permission*

\_\_\_\_\_HEXS 317 – Neuromechanics

- Pre-req: *HEXS 201 or permission (plus, it is HIGHLY RECOMMENDED that students take all BIOL courses prior to taking this course)*

\_\_\_\_\_HEXS 320 – Strength & Conditioning

- Pre-req: *Bio 230*

\_\_\_\_\_HEXS 326 – Therapeutic Intervention

- Pre-req: *HEXS 201 and 208, or permission*

\_\_\_\_\_HEXS 418 – Internship or 405 – 7 Independent Study, or 495 - 7 (Honors in the major) (only 1 unit of internship or Independent study may count toward the major)

**Group 2 Electives (must choose 1 of 4 units)**

\_\_\_\_\_HEXS 400 – Science of Training Athletes

- Pre-req: *HEXS 201 and 325, or permission*

\_\_\_\_\_HEXS 402 – Special Populations

- Pre-req: *HEXS 325, or permission*

\_\_\_\_\_HEXS 415 – Evaluation of Athletic Injuries

- Pre-req: *BIOL 230 or permission*

\_\_\_\_\_HEXS 420 – Special Topics in Health and Human Performance: Currently offering *Cardiovascular Exercise Physiology (ECG interpretation) (pre-req HEXS 325)*