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)