Health and Exercise Science B.S. (16 units)

Core Courses (7 units):

_______HEXS 195 (1/2 unit) – Introduction to Health and Exercise Science
   - Pre-req: None

_______HEXS 201 – Motor Control and Learning
   - Pre-req: HEXS 195

_______HEXS 208 – Exercise Testing and Prescription (1 ½ hour lab)
   - Pre-req: HEXS 195

_______HEXS 223 (1/2 unit) – Introduction to Emergency Care
   - Pre-req: None

_______HEXS 230 – Research Methods in Health and Exercise Science
   - Pre-req: 195 or permission
     * 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 HEXS 230 (upon approval of Psychology Chair).

_______HEXS 317 – Neuromechanics
   - Pre-req: HEXS 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)

_______HEXS 325 – Exercise Physiology – (2 ¼ hour lab)
   - Pre-req: HEXS 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 fall semester

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); plan is to offer spring semester

_______BIOL 260 *if student is interested in pursuing Medical School, they should first focus on CHEM, PHYS, MATH and BIOL 210 (after BIOL 190); plan is to offer spring semester

_______CHEM 111 or 117

_______CHEM 112 or 118

_______PHYS 102 or 103

_______PHYS 104

_______BIOL 235 (pre-req BIOL 180 and BIOL 106)
Group 1 Electives (must choose 2 of 5 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 320 – Strength & Conditioning
  - Pre-req: Bio 230

HEXS 326 – Therapeutic Intervention
  - Pre-req: HEXS 201 and 208, or permission

Group 2 Electives (must choose 2 of 5 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 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)

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)