

Health and Exercise Science

**Minor**  
(6 units)

Core Courses (4 units):

- \_\_\_\_\_ HEXS 195 (1/2 unit) – Intro to Health and Exercise Science
- \_\_\_\_\_ HEXS 201 – Motor Control and Learning
- \_\_\_\_\_ HEXS 208 – Exercise Testing and Prescription (1 ½ hour lab)
- \_\_\_\_\_ HEXS 223 (1/2 unit) – Introduction to Emergency Care
- \_\_\_\_\_ HEXS 325 – Exercise Physiology\*\* *or* HHP 317 – Neuromechanics (both 2 ¼ hour lab)\*\*

\*\* Students are *HIGHLY ENCOURAGED* to consider taking BIOL 106 and 2 upper level science courses (like BIOL 230 and 260) prior to taking 300-level HEXS courses

Electives (2 units)

- \_\_\_\_\_ HEXS 230 – Research Methods in Health and Exercise Science  
\* 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)
- \_\_\_\_\_ HEXS 301 – Personal & Community Health
- \_\_\_\_\_ HEXS 315 – Behavioral Perspectives in Health and Exercise
- \_\_\_\_\_ HEXS 316 – Nutrition
- \_\_\_\_\_ HEXS 320 – Strength & Conditioning
- \_\_\_\_\_ HEXS 326 – Therapeutic Intervention
- \_\_\_\_\_ HEXS 400 – Science of Training Athletes
- \_\_\_\_\_ HEXS 402 – Special Populations
- \_\_\_\_\_ HEXS 415 – Evaluation of Athletic Injuries
- \_\_\_\_\_ HEXS 420 – Special Topics in Health and Human Performance: Currently offering *Cardiovascular Exercise Physiology (ECG interpretation) (pre-req HEXS 325)*

\*\* Excluded from elective options are internships and independent studies: HHP 418 – Internship, or 405 – 7 Independent Study