

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)

_____ MATH 111, 112, 118, or 121

_____ MATH 115

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*)