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## B.A. Health, Exercise, and Sport Sciences: Health and Exercise Science Concentration

## 1. General Education:

-Complete a minimum of 42 units and at least one class in each of the 9 general education categories -Complete two semesters of a foreign language (or test equivalent)

| Fundamental Skill | Breadth General Education |
| :--- | :--- |
| Requirements | Requirement |
|  | GE Areas: |

Basic Writing: $\qquad$ IA___ IIA ___ IIIA____
Reading:
Math:
$\qquad$ IIB $\qquad$ IIIB $\qquad$
Pacific Seminar $\quad$ Diversity Requirement
Requirement
PACS I_ Complete one 3-unit

PACS II $\qquad$ officially designated Diversity course.

IC $\qquad$ IIC___ IIIC $\qquad$
Foreign
Language: $\qquad$

## 2. Degree Requirements:

-Complete 64 units outside Health, Exercise, and Sport Sciences Department (breadth requirement) -Complete the following courses as part of the major:

Sem/Yr Grade

|  | HESP 129 Exercise Physiology (4) - Fall, Spring, Summer HESP 133 Functional Anatomy (4) - Fall, Spring, Summer |
| :---: | :---: |
|  |  |
|  | HESP 147 Muscle Physiology (4) - Fall, Spring |
|  | HESP 157 Clinician in Health and Exercise Science (4) - Fall, Spring, Summer |
|  | HESP 180 Epidemiology (4) - Fall, Spring, Summer |
|  | HESP 187 Internship in Health and Exercise Science (4) - Fall, Spring, Summer |
|  | BIOL 51 Principles of Biology (5) - Spring, Summer |
|  | BIOL 61 Principles of Biology (5) - Fall, Summer |
|  | BIOL 170 Human Anatomy (5) - Fall, Spring |
|  | BIOL 180 Human Physiology (5) - Fall, Spring |
|  | CHEM 25 General Chemistry (5) - Fall, Spring |
|  | CHEM 27 General Chemistry (5) or PHYS 23 General Physics (5) - Fall, Spring |

Five (5) HESP elective classes (excludes HESP 023 and HESP 025)
Sem/Yr Grade


Student Signature: $\qquad$ Date: $\qquad$
Advisor Signature: $\qquad$ Date: $\qquad$
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3. Requirements for Admission into Graduate Programs (optional)
-These requirements are dependent on what area of health sciences you are interested
-These requirements are dependent on what program you wish to apply.
Please check on required courses for admission into the graduate program of your choice!

| $\underline{\text { Sem/Yr }}$ | Grade |  |
| :---: | :---: | :---: |
|  | General Physics, first semester | PHYS 023 |
|  | General Physics, second semester | PHYS 025 |
|  | Introduction to Psychology | PSYCH 031 |
|  | Abnormal and Clinical Psychology | PSYCH 017 |
|  | General Statistics | MATH 035 |
|  | Medical Terminology | HESP 061 |
|  | Microbiology | BIOL 145 |
|  | Public Speaking | COMM 027 |
|  | Organic Chemistry/Genetics/Biochemistry |  |

## Pre-Physical Therapy (Optional)

Students pursing the Bachelor of Arts in Health, Exercise, and Sport Sciences with a concentration in Health and Exercise Science who are interested in pursuing graduate studies in Physical Therapy are advised to also complete the following courses:
MATH 035 Elementary Statistical Inference (or similar course) 4
PHYS 023 General Physics 5
PHYS 025 General Physics 5
PSYC 017 Abnormal and Clinical Psychology 4
PSYC 031 Introduction to Psychology 4
HESP 061 Medical Terminology 4
Students should check with individual graduate programs for specific requirements.

## Pre-Athletic Training (Optional)

Students pursing the Bachelor of Arts in Health, Exercise, and Sport Sciences with a concentration in Health and Exercise Science who are interested in pursuing graduate studies in Athletic Training are advised to complete the following courses:
MATH 035 Elementary Statistical Inference (or similar course) 4
PHYS 023 General Physics 5
PSYC 031 Introduction to Psychology 4
HESP 041 Health and Wellness for Life 4
HESP 045/135Nutrition for Health or Nutrition and Exercise Metabolism 4
HESP 061 Medical Terminology 4
HESP 143 Prevention and Acute Care of Injury and Illness 4
Students should check with individual graduate programs for specific requirements.

Student Signature: $\qquad$ Date: $\qquad$
Advisor Signature: $\qquad$ Date: $\qquad$

