

B.A. Human Performance

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 Requirements	Breadth General Education Requirement	Pacific Seminar Requirement	Diversity Requirement
	GE Areas:		
Basic Writing: _____	IA _____ IIA _____ IIIA _____	PACS I _____	Complete one 3-unit officially designated Diversity course. _____
Reading: _____	IB _____ IIB _____ IIIB _____	PACS II _____	
Math: _____	IC _____ IIC _____ IIIC _____	PACS III _____	
Foreign Language: _____			

2. Degree Requirements:

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

<u>Sem/Yr</u>	<u>Grade</u>	
_____	_____	HESP 129 Exercise Physiology (4) – Fall, Spring, Summer
_____	_____	HESP 133 Functional Anatomy (4) – Fall, Spring, Summer
_____	_____	HESP 135 Nutrition and Exercise Metabolism (4), Spring, Summer
_____	_____	HESP 143 Prevention and Acute Care of Injury and Illness (4), Fall
_____	_____	HESP 157 Clinician in Health and Exercise Science (4) – Fall, Spring, Summer
_____	_____	HESP 180 Epidemiology (4) – Fall, Spring
_____	_____	HESP 182 Exercise Testing and Prescription (4) –Spring
_____	_____	BIOL 11 or 61 Human Anatomy & Phys (4) or Principles of Biology (5) – Fall, Summer
_____	_____	CHEM 23 or 25 Principles of Chemistry (4) or General Chemistry (5) – Fall, Spring

Five (5) HESP elective classes (excludes HESP 023 and HESP 025)*

<u>Sem/Yr</u>	<u>Grade</u>	
_____	_____	HESP _____
_____	_____	HESP _____
_____	_____	HESP _____
_____	_____	HESP _____
_____	_____	HESP _____

*Choose five (5) electives from the following courses: HESP 41, 110, 137, 147, 149, 150, 155, 161, 163, 177, 193, or 197

Student Signature: _____ Date: _____

Advisor Signature: _____ Date: _____

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!

Typical Pre-requisites for Graduate Programs related to Human Performance:

<u>Sem/Yr</u>	<u>Grade</u>	
_____	_____	Human Anatomy BIOL 170
_____	_____	Human Physiology BIOL 180
_____	_____	General Physics, first semester PHYS 023
_____	_____	Introduction to Psychology PSYCH 031
_____	_____	General Statistics MATH 035
_____	_____	Public Speaking COMM 027

Pre-Athletic Training (Optional)

Students pursuing the Bachelor of Arts in Health, Exercise, and Sport Sciences with a concentration in Human Performance 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
BIOL 061	Principles of Biology	5
BIOL 170	Human Anatomy	5
BIOL 180	Human Physiology	5
PHYS 023	General Physics 1	5
PSYC 031	Introduction to Psychology	4
HESP 041	Health and Wellness for Life	4
HESP 061	Medical Terminology	4

Students are strongly advised to check with individual graduate programs for specific requirements.

Student Signature: _____ Date: _____

Advisor Signature: _____ Date: _____