

**B. S. Health and Exercise Science**

**1. General Education:**

-Complete a minimum of 42 units and at least one class in each of the 9 general education categories

Fundamental Skill Requirements	Breadth General Education Requirement GE Areas:	Pacific Seminar Requirement	Diversity Requirement
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 _____	

**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 147 Muscle Physiology (4) – Fall, Spring
_____	_____	HESP 157 Clinician in Health and Exercise Science (4) – Fall, Spring, Summer
_____	_____	HESP 177 Cardiovascular Physiology (4) – Fall, Spring
_____	_____	HESP 180 Epidemiology (4) – Fall, Spring
_____	_____	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) – Fall, Spring
_____	_____	PHYS 23 General Physics (5) – Fall, Spring
_____	_____	PHYS 25 General Physics (5) – Fall, Spring

Three (3) HESP elective classes (excludes HESP 023 and HESP 025)

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

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Advisor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### 3. Requirements for Admission into Graduate Programs

*Please check on required courses for admission into the graduate program of your choice!*

Typical Pre-requisites for Graduate Programs related to Health and Exercise Science:

<u>Sem/Yr</u>	<u>Grade</u>		
_____	_____	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 pursuing the Bachelor of Science 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
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 pursuing the Bachelor of Science in Health and Exercise Science who are interested in pursuing graduate studies in Athletic Training are advised to also complete the following courses:

MATH 035	Elementary Statistical Inference (or similar course)	4
PSYC 031	Introduction to Psychology	4
HESP 041	Health and Wellness for Life	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: \_\_\_\_\_ Date: \_\_\_\_\_

Advisor Signature: \_\_\_\_\_ Date: \_\_\_\_\_