

HEALTH & EXERCISE SCIENCE DEPARTMENT
REVISED EXERCISE SCIENCE TRACK- Fall 2022
4 YEAR SEQUENCE

Year 1					
Fall Semester 1			Spring Semester 2		
Units	Course	Goal	Units	Course	Goal
1	Academic Writing (FYW) (if complete...take Stats)	LL-Wrtg/Spkg	1	Stat 115 or 215	LL-QR (1)
1	HES 160 Health & Wellness Issues (or swap with STA 115)	CC (4) LL (3) Behavioral/Cultural	1	BIO 171 or 20)	LL-Nat Sci (2)
1	HES 103/203 Anatomy & Physiology	CC (1)	1	HES 105/205 Applied Anat. & Phys	CC (3)
1	HES 172 Foundations of Health ** & Exercise Science (or HES 160)	CC (2)	1	First Year Seminar (FYS)	LL-FSP
4			4		
Year 2					
Fall Semester 3			Spring Semester 4		
Units	Course	Goal	Units	Course	Goal
1	Liberal Learning/Arts & Humanities Literary, Visual, Performing Arts Include a Civic Responsibility	LL- option (3)	1	Liberal Learning/Arts & Humanities World Views, Ways of Knowing Include a Civic Responsibility	LL-Arts/Hum (5) WVWK
1	Liberal Learning/Social Science Behavioral, Cultural, Social Include a Civic Responsibility	LL-Arts/Hum (4) LVPA	1	Elective	EL (1)
1	HES 250 Nutrition and Metabolism (prereq BIO 201/HES 103/203)	CC (5)	1	HES 211 Applied Physiology	CC (7)
1	HES 210: Applied Strength & Conditioning –	CC (6)	1	Liberal Learning/Social Science Historical Perspective Include a Civic Responsibility	LL-Soc Sci (6) History
4			4		
Year 3					
Fall Semester 5			Spring Semester 6		
Units	Course	Goal	Units	Course	Goal
1	Liberal Learning Suggested: Quantitative Reasoning/ Natural Science elective or SS (ex. Calc/Bio/Chem/Psy)	LL- option (7)	1	Liberal Learning Suggested: Quantitative Reasoning/ Natural Science elective or SS (ex. Calc/Bio/Chem/Psy)	LL (8)
1	HES 302 Assessment & Eval of Human Performance	CC (8)	1	HES 320 Research Methods	CC (9)
1	Elective	EL (2)	1	HES 300: Pediatric Exercise	CC (10)
1	Elective	EL (3)	1	HES 301 Biomechanics	CC (11)
0.25	HES 396: EIM Jr. Internship I**	CC	0.25	HES 397: EIM Jr. Internship II**	CC
4			4		
Year 4					
Fall Semester 7			Spring Semester 8		
Units	Course	Goal	Units	Course	Goal
1	Elective	EL (4)	1	Elective	EL (6)
1	HES 405 Clinical Exercise Physiology	CC (12)	2	HES 496 Internship**	CC (14-15)
1	HES 410 Exercise Physiology And Exercise Prescription	CC (13)	1	HES 497 Seminar in Hlth & Ex Sci (Capstone)**	CC (16)
1	Elective	EL (5)		**	
4			4		

KEY: ** = Offered both semesters/all other courses offered only in the semester (fall or spring) as listed

Blue - Core Curriculum (CC) – 16 units

Green - Liberal Learning (LL) – 10 units

Black – Electives (EL) – 6 units

Total 32