HEALTH AND EXERCISE SCIENCE, B.S.

Requirements

A major requires 31 hours in health and exercise science and must include:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HES 262</td>
<td>Statistics in the Health Sciences</td>
<td>3</td>
</tr>
<tr>
<td>HES 312</td>
<td>Exercise and Health Psychology</td>
<td>3</td>
</tr>
<tr>
<td>HES 350</td>
<td>Human Physiology</td>
<td>3</td>
</tr>
<tr>
<td>HES 351</td>
<td>Nutrition in Health and Disease</td>
<td>3</td>
</tr>
<tr>
<td>HES 352</td>
<td>Human Gross Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>HES 353</td>
<td>Physiology of Exercise</td>
<td>3</td>
</tr>
<tr>
<td>HES 354</td>
<td>Applied Human Physiology Laboratory</td>
<td>3</td>
</tr>
<tr>
<td>HES 360</td>
<td>Epidemiology</td>
<td>3</td>
</tr>
<tr>
<td>HES 370</td>
<td>Biomechanics of Human Movement</td>
<td>3</td>
</tr>
</tbody>
</table>

Select three hours of the following:

- HES 232 Emergency Medical Training
- HES 310 Clinical Externship
- HES 311 Clinical Internship
- HES 320 Mindfulness Meditation in Behavioral Medicine
- HES 355 Exercise Programming
- HES 372 Anatomy Dissection Laboratory
- HES 375 Advanced Physiology of Exercise
- HES 376 Interventions in Behavioral Medicine
- HES 382 Individual Study
- HES 384 Special Topics in Health and Exercise Science
- HES 386 Honors Research
- HES 388 Field Internship in Health Sciences
- ANT 360 Anthropology of Global Health
- ANT 362 Medical Anthropology
- BIO 345 Neurobiology
- BIO 353 Functional Neuroanatomy
- BIO 361 Principles of Biological Microscopy
- BIO 362 Immunology
- BIO 363 Sensory Biology
- BIO 365 Biology of the Cell
- BIO 366 Methods in Neuroscience
- BIO 367 Virology
- BIO 370 Biochemistry I: Macromolecules and Metabolism
- BIO 372 Molecular Biology
- BIO 383 Genomics
- CHM 370 Biochemistry I: Macromolecules and Metabolism
- CHM 373 Biochemistry II: Protein and Nucleic Acid Structure and Function
- CNS 334 Ethics in Health and Human Services

Co-Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHM 111</td>
<td>College Chemistry I</td>
<td>3</td>
</tr>
<tr>
<td>CHM 111L</td>
<td>College Chemistry I Lab</td>
<td>1</td>
</tr>
</tbody>
</table>

Majors are not allowed to apply any HES 100-level courses toward the 31 hours required for graduation. A minimum grade point average of 2.0 is required for graduation in courses that comprise a major in the department.

Honors

Highly qualified majors are invited by the department to apply for admission to the honors program in health and exercise science during the second semester of the junior year. To be graduated with the designation “Honors in Health and Exercise Science,” a student must have a minimum grade point average of 3.4 in the major, a minimum overall grade point average of 3.4, and complete an honors research project which includes a written and an oral report. Interested students should consult the coordinator of the department’s honors program. For more information, please consult the department’s website at www.wfu.edu/hes (http://www.wfu.edu/hes).