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>
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<tr>
<td>HES 350</td>
<td>Human Physiology and Human Physiology Lab</td>
<td>4</td>
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<tr>
<td>HES 351</td>
<td>Nutrition in Health and Disease</td>
<td>3</td>
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<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>Assessment Techniques in Health and Exercise Science</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>
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Select two 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 346 Neurobiology
- BIO 346L and Neurobiology Lab
- BIO 353 Functional Neuroanatomy
- BIO 354 Methods in Neuroscience
- BIO 361 Principles of Biological Microscopy
- BIO 362 Immunology
- BIO 363 Sensory Biology
- BIO 365 Biology of the Cell
- BIO 367 Virology
- BIO 370 Biochemistry I: Macromolecules and Metabolism
- BIO 372 Advanced Molecular Biology
- BIO 383 Genomics
- CHM 370 Biochemistry I: Macromolecules and Metabolism
- CHM 373 Biochemistry II
- CNS 334 Ethics in Health and Human Services
- CNS 335 Health and Human Services in a Diverse Society
- CNS 337 Skills in Human Services
- CNS 340 Professional Orientation to Health and Human Services
- COM 356 Health Communication: Patient-Provider
- COM 357 Health Communication and Bioethics
- COM 358 Health Communication and Bioethics
- COM 370 Special Topics (Communicating for Health Behavior Change)
- ECN 240 Economics of Health and Medicine
- HPA 150 Introduction to Public Health
- HMN 390 Directed Writing
- PHI 161 Introduction to Bioethics
- PHI 368 Concepts of Health & Disease
- PHI 373 Philosophy of Science
- PSY 241 Developmental Psychology
- PSY 243 Biopsychology
- PSY 322 Psychopharmacology
- SOC 335 Sociology of Health and Illness
- SOC 336 Sociology of Healthcare
- STA 212 Statistical Models
- STA 247 Design and Sampling
- SPM 302 Advanced Athletic Training

Co-Requirements

- BIO 150 Biology I
- BIO 150L and Biology I Lab
- CHM 111 College Chemistry I
- CHM 111L and College Chemistry I Lab

* No more than 2 of the 10 required courses may be transferred from another institution after matriculation at WFU.

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/).