**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 &amp; Human Physiology Lab</td>
<td>4</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>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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</tbody>
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Select two hours of the following:

- HES 232 Emergency Medical Responder
- HES 310 Clinical Research 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
- BHM 310 The Art and Science of Health and Healing
- BIO 346 Neurobiology & Neurobiology Lab
- BIO 235 Genetics
- BIO 265 Cellular and Molecular Biology
- BIO 308 Biomechanics
- BIO 324 Hormones and Behavior
- BIO 332 Microbiology
- BIO 343 Molecular Neuroscience
- 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

### Required Major Courses

- No more than 2 of the 10 required courses may be transferred from another institution.

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).