

# HEALTH AND EXERCISE SCIENCE, B.S.

## Requirements

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

Code	Title	Hours
<b>Required Major Courses *</b>		
HES 262	Statistics in the Health Sciences	3
HES 312	Exercise and Health Psychology	3
HES 350 & 350L	Human Physiology and Human Physiology Lab	4
HES 351	Nutrition in Health and Disease	3
HES 352	Human Gross Anatomy	4
HES 353	Physiology of Exercise	3
HES 354	Assessment Techniques in Health and Exercise Science	3
HES 360	Epidemiology	3
HES 370	Biomechanics of Human Movement	3
Select two hours of the following:		2
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 & 346L	Neurobiology 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 112	Introduction to Regression and Data Science
STA 247	Design and Sampling
SPM 302	Advanced Athletic Training

### Co-Requirements

BIO 150 & 150L	Biology I and Biology I Lab	4
CHM 111 & 111L	College Chemistry I and College Chemistry I Lab	4

\* 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) (<http://www.wfu.edu/hes/>).