

APPROVED HES MAJOR ELECTIVES COURSE LIST

- for the most current list of approved electives, please consult the Department of Health & Exercise Science.

Code	Title	Credit Hours
Choose 18 hours from the following:		
HES 3440	Mentored Research Experience	0-3
HES 3523	Human Sexuality	3
HES 3553	Wellness in Native Communities	3
HES 3573	Obesity and Weight Management	3
HES 3583	Sociocultural Aspects of Health	3
HES 3843	Biomechanics	3
HES 3873	Principles of Personal Training	3
HES 3883	Principles of Endurance Training	3
HES 3980	Honors Research	1-3
HES 3990	Independent Study	1-3
HES 4523	Human Sexuality II	3
HES 4533	Health Promotion Program Planning	3
HES 4543	Comprehensive Stress Management	3
HES 4573	Chronic Disease Intervention	3
HES 4823	Sport and Exercise Nutrition	3
HES 4833	Physiology of Exercise Laboratory	3
HES 4883	Advanced Strength and Conditioning	3
HES 4953	Senior Capstone	3
HES 4973	Mediterranean Diet & Culture	3
HES 4990	Independent Study	1-3
Other courses may be chosen with Departmental approval		