W&M Department of Health Sciences

BS – Human Health & Physiology (HHP)

Required Courses:

Students must pass the following required courses; prerequisites noted in parentheses (23 Credits):

- HHP 101 - Introduction to the Human Body - *Credits: (3)*
- HHP 130 – Introduction to Nutrition - *Credits: (3)*
- HHP 210 - Human Anatomy and Lab (HHP 210L or HHP 211L) (prerequisite HHP 101) - *Credits (4)*
- HHP 300 –Statistical and Data Analysis in Health Sciences (prerequisite two courses in HHP or PBHL) - C*redits: (3)*
- HHP 320 - Human Physiology and Lab (HHP 320L) (prerequisite HHP 210) - *Credits (4)*
- HHP 325 - Exercise Physiology (prerequisite HHP 320) - *Credits: (3)*
- HHP 342 – Ethics in Human Health & Physiology - *Credits: (3)*

CAPSTONE (pick one) (3 Credits)

- HHP 410 – Advanced Topics in Applied Health Sciences (prerequisite HHP 320 and HHP 300) - *Credits: (3)*
    - This course covers advanced topics in applied health sciences. Students will engage in an advanced topic that integrates the knowledge gained through their progression in the degree curriculum. The course will satisfy the C400 requirements as well as the major writing requirement.
- HHP 420 – Advanced Topics in Physiology (prerequisite HHP 320 and HHP 300) - *Credits: (3)*
    - This course covers advanced topics in physiology. Students will engage in an advanced topic that integrates the knowledge gained through their progression in the degree curriculum. The course will satisfy the C400 requirements as well as the major writing requirement.
- HHP 430 - Advanced Topics in Nutrition (prerequisite HHP 320 and HHP 300) - *Credits: (3)*
    - This course covers advanced topics in nutrition. Students will engage in an advanced topic that integrates the knowledge gained through their progression in the degree curriculum. The course will satisfy the C400 requirements as well as the major writing requirement.
- HHP 490 – Advanced Research in Human Health and Physiology (prerequisite HHP 480) - *Credits: (3)*
    - In this course students will engage in intensive research training with the instructor for at least 3 hours during the semester and may also include 1h per

week laboratory meeting with the instructor (15h). Additional independent research conducted by the student typically includes ~3h per week/per credit hour in the laboratory (45h per semester for 1 credit, 135h for 3 credits). In addition, students will be expected to write a research paper presenting their results in a scientific manner to an informed audience. In addition, students' research findings will be presented in poster format using lay language and intended for a general audience, to be presented at the Health Sciences Research Symposium held at the end of each semester. The course will satisfy the C400 requirements as well as the major writing requirement.

- HHP 498 - Internship *Credits: (3)*

Electives (9 credits)

- HHP 310 - Biomechanics of Human Movement
- HHP 314 - Medical Terminology
- HHP 315 - Health-Related Exercise Prescription
- HHP 316 - Medical Pharmacology
- HHP 317 - Motor Control, Learning, and Development
- HHP 326 - Microbes in Human Disease
- HHP 326L - Microbes in Human Disease Laboratory
- HHP 330 - Nutrition and Human Performance
- HHP 331 - Nutrition Across the Lifespan
- HHP 332 - Nutrition in Health & Disease
- HHP 411 - Cardiovascular Physiology
- HHP 412 - Cellular Basis of Neuromuscular Physiology
- HHP 414 - Physiology of Aging
- HHP 470 - Independent Study in Human Health and Physiology
- HHP 480 - Research in Human Health and Physiology

TOTAL Credits = 35