The Health, Exercise, and Sport Sciences (HESP) Department offers BS. and BA degrees in Health and Exercise Science, Athletic Training, Sport Pedagogy, and Sport Management.

Academic programs focus on how the body adapts to physical activity, health, physical education, the treatment and management of sports injuries, and the business and marketing of sport.

Curricular diversity allows students to pursue backgrounds in science, education, or business. The goal of the Department is to prepare students with both the theoretical and practical expertise necessary for a career and/or graduate studies after

Beyond the Classroom
HESP students are actively engaged in their selected academic programs. All students participate in research activities with faculty and off-campus internships. Internships vary depending upon the major but include clinical, governmental, public school, professional sport, and intercollegiate sites. They are both locally and internationally based. Other activities include options for involvement in Departmental clubs, a health sciences fraternity, a student-faculty lead community program addressing weight, event management, and research.

The Focus is You!
You are our focus. Faculty are dedicated to the academic and professional success of each student. Our goal is to prepare you for a career in your area of interest as well as acceptance into graduate school. We do this by integrating theory and practice throughout your academic program. We invite your active engagement during your years at Pacific. And we offer a personalized interest in your success that endures after graduation.

“Over the summer I got to intern with the Ugandan Health and Demographic Survey and did independent research analyzing the possible variables, such as diet and exercise, that may lead to the common illnesses found in Uganda.”

CARLOS DELGADO
BS Health and Exercise Science
DEGREES OFFERED
Bachelor of Arts
Bachelor of Science
Master of Arts

MAJORS OFFERED
Health, Exercise and Sport Sciences (BA)
+ Sport Pedagogy
+ Health and Exercise Science
+ Sport Management
Health and Exercise Science (BS)

MINORS OFFERED
Health, Exercise, and Sport Science

CONCENTRATION OFFERED
Pre-Athletic Training

RESEARCH

CLUBS
Iota Tau Alpha (Professional fraternity for athletic training)
Pacific Athletic Training
Pre-PA
Pre-PT
Sports Management

HEALTH, EXERCISE, AND SPORT SCIENCES COURSES

HEALTH AND EXERCISE SCIENCE (B.S./B.A.)
HESP 045. Nutrition for Health 4 Units
HESP 129. Principles of Exercise Physiology 4 Units
HESP 133. Kinesiology 4 Units
HESP 135. Exercise Metabolism 4 Units
HESP 147. Exercise Physiology I 4 Units
HESP 157. The Clinician in Health and Exercise Science 4 Units
HESP 177. Exercise Physiology II 4 Units
HESP 180. Clinical Epidemiology 4 Units
HESP 187. Internship
HESP 191. Independent Study 1-4 Units
HESP 197. Independent Research 1-4 Units

SPORT PEDAGOGY (B.A.)
HESP 101. Data Analytics 4 Units
HESP 120. Instructional Strategies and Methods of Teaching and Coaching 4 Units
HESP 121. Analysis of Team and Individual Sports 4 Units
HESP 123. Analysis of Nontraditional Games and Sports 4 Units
HESP 139. Exercise Psychology 4 Units
HESP 141. Sport, Culture and U.S. Society 4 Units
HESP 151. Elementary Physical Education 4 Units
HESP 152. Secondary Physical Education 4 Units
HESP 153. Equity and Inclusion in Physical Education 4 Units
HESP 155. Motor Learning 4 Units
HESP 156. Principles of Coaching 4 Units
HESP 161. Biomechanics of Human Movement 4 Units
HESP 187. Internship
HESP 191. Independent Study 1-4 Units
HESP 197. Independent Research 1-4 Units

SPORT MANAGEMENT (B.A.)
HESP 101. Data Analytics 4 Units
HESP 139. Exercise Psychology 4 Units
HESP 141. Sport, Culture and U.S. Society 4 Units
HESP 142. Sport and Globalization 4 Units
HESP 165. Legal Aspects of Health, Exercise and Sport 4 Units
HESP 167. Introduction to Sport Management, 4 Units
HESP 169. Managing Sport Enterprises 4 Units
HESP 171. Sport Economics and Finance 4 Units
HESP 174. Sport Marketing and Promotions 4 Units
HESP 176. Sport Management Capstone 4 Units
HESP 191. Independent Study 1-4 Units
HESP 197. Independent Research 1-4 Units

PRE-ATHLETIC TRAINING
HESP 137. Psychosocial Aspects of Healthcare 4 Units
HESP 143. Prevention and Acute Care of Injury and Illness 4 Units
HESP 150. Clinical Evaluation and Diagnosis I 3 Units
HESP 163. Therapeutic Exercise and Rehabilitation 4 Units
HESP 173. Health Care Management and Professional Development 4 Units

COMMUNITY PROJECTS
WeFit. A community program that addresses fitness and nutrition.
Project Yes. A community program that works with Stockton youth.
Tiger Pride. “After school” physical education program for elementary school children.

INTERNSHIPS
Clinical (hospitals, out-patient physical therapy, medical specialties)
International (epidemiology in Uganda)
Governmental (public health)
Private Sector (professional sport venues)
Education (intercollegiate athletics, after-school programs)

FACULTY
Margaret E. Ciccolella, Professor and Chair
Melissa J. Davies, Assistant Professor
Courtney D. Jensen, Assistant Professor
Lara Killick, Associate Professor
Christopher Ludwig, Assistant Clinical Professor and Director of Athletic Training Program
J. Mark VanNess, Professor
Peter J. Schroeder, Associate Professor
Peter Wang, Lecturer and Clinical Education Coordinator of Athletic Training Program
James Wyant, Assistant Professor
Kristi Wyant, Assistant Lecturer