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 graduation.

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-led 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
OVERVIEW

**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**
- Medlife. Medication, education, and development for low income families.

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

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**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 160.** 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 1 3 Units
- **HESP 163.** Therapeutic Exercise and Rehabilitation 4 Units
- **HESP 173.** Health Care Management and Professional Development 4 Units

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**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)

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**FACULTY**

- **J. Mark Van Ness,** Professor and Co-Chair
- **Melissa J. Davies,** Assistant Professor and Co-Chair
- **Margaret E. Ciccolella,** Professor
- **Courtney D. Jensen,** Assistant Professor
- **Lara Killick,** Associate Professor
- **Thomas “TK” Koesterer,** MS AT Director
- **Christopher Ludwig,** Assistant Clinical Professor and Director of Athletic Training Program
- **Peter J. Schroeder,** Associate Professor
- **Peter Wang,** Lecturer and Clinical Education Coordinator of Athletic Training Program

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