



Bachelor of Arts and Bachelor of Science

HEALTH, EXERCISE AND SPORT SCIENCES

Pacific offers one of the top health and exercise programs in California, attracting highly motivated and capable students. Our program prepares those students for careers immediately after graduation and for highly selective graduate programs, including medicine, physical therapy, physician assistant programs, occupational therapy, exercise physiology and public health.

Our professors 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 leading graduate programs in a number of health-related fields. We do this with substantive course work from outstanding faculty, laboratories that integrate theory and practice, and internships.

PROGRAM FEATURES

**Phi Epsilon Kappa
Honor Society**

WeFit Club

Smart Moves Club

Pre-PT Club

UNIVERSITY OF THE
PACIFIC

Department of Health, Exercise and Sport Sciences:

Professor and Co-chair Mark VanNess | mvanness@pacific.edu | 209-946.2209

Please visit Pacific.edu/HESP for more information



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
DPT Physical Therapy

The Major

The Health, Exercise and Sport Sciences (HESP) Department offers Bachelor of Science and Bachelor of Arts degrees in health and exercise science, human performance and pre-athletic training, as well as a Master of Science in athletic training.

Academic programs focus on how the body adapts to physical activity, health, the treatment and management of sports injuries, and best practices in exercise science.

Curricular diversity allows students to pursue backgrounds in science, education or business. Our faculty are committed to preparing students with both the theoretical and practical expertise necessary for a career and/or graduate studies after completion of an undergraduate degree.

The Experience

HESP students are actively engaged in their selected academic programs. All students participate in faculty research and internships. Internships vary depending upon the major but can range from local to international and include clinical, governmental, public school, professional sport and intercollegiate sites. Other activities include options for involvement in departmental clubs, a health sciences fraternity, student and faculty-led community programs addressing weight, physical activity and research.

OUTCOMES

Faculty are dedicated to the academic and professional success of each student. Our department prepares students for graduate school and for eventual careers, including medicine, occupational therapist, physical therapist, osteopath, nurse or cardiac rehabilitation specialist.

DEGREES OFFERED

Bachelor of Arts
Bachelor of Science
Athletic Training Master of Science

MAJORS OFFERED

Health, Exercise and Sport Sciences (BA)
• Health and Exercise Science
Health and Exercise Science (BS)

MINORS OFFERED

Health, Exercise, and Sport Science

CONCENTRATION OFFERED

Pre-Athletic Training
Human Performance

For more information, please visit:

 [Pacific.edu/HESP](https://www.pacific.edu/HESP)