

Restricted Electives List for HDE Major - Health & Wellbeing Track

Anthropology (ANT)

- 101: Ecology, Nature & Society (4)
- 139BN: Gender & Sexuality (4)
- 152: Human Evolution (5)
- 153: Human Biological Variation (5)
- 158: Evolution of Females & Males: Biological Perspective (4)

Cell Biology & Human Anatomy (CHA)

- 101: Human Gross Anatomy (4)
- 101L: Human Gross Anatomy Laboratory (3)

Chicana/Chicano Studies (CHI)

- 120: Chicana Psychology (4)
- 121: Chicana Community Mental Health (4)
- 122: Psychology Perspectives Chicana & Latina Family (4)
- 123: Psychological Perspectives on Chicana & Latina Children & Adolescents (4)
- 140A: Quant. Methods: Chicana & Latina Health Research (4)
- 141: Community-Based Participatory Research & Chicana & Latina Health (4)
- 182: Race & Juvenile Justice (4)

Communication (CMN)

- 114: Communication & Cognition (4)
- 161: Health Communication (4)
- 165: Media & Health (4)

Exercise Science (EXB)

- 101: Exercise Physiology (4)
- 102: Intro. To Motor Learning & Psych. of Sports & Exercise (4)
- 106: Human Gross Anatomy (4)
- 113: Growth & Development in Human Performance (3)
- 117: Exercise & Aging in Health & Disease (3)
- 122: Psychological Effects of Physical Activity (3)
- 125: Neuromuscular & Behavioral Aspects Motor Control (3)

Molecular & Cellular Biology (MCB)

- 150: Developmental Biology (4)
- 162: Human Genetics & Genomics (3)
- 163: Developmental Genetics (4)

Neurobiology, Physiology, & Behavior (NPB)

- 102: Animal Behavior (3)
- 125: Comp. Physiology: Neurointegrative Mechanisms (3)
- 132: Nature vs. Nurture: Physiological Interactions Among Genes, Nutrients, & Health (3)
- 152: Hormones & Behavior (3)
- 161: Developmental Neurobiology (3)

Nutrition (NUT)

- 105: Nutrition & Aging (3)
- 111AY: Intro to Nutrition & Metabolism (3)
- 111B: Recommendations & Standards for Human Nutrition (2)
- 114: Developmental Nutrition (4)
- 118: Community Nutrition (4)

Psychology (PSC)

- 101: Introduction to Biological Psychology (4)
- 113: Developmental Psychobiology (4)
- 121: Physiological Psychology (4)
- 123: Hormones & Behavior (3)
- 125: Behavioral Epigenetics (4)
- 126: Health Psychology (4)
- 135: Cog. Neuroscience: Bio. Foundations of the Mind (4)
- 145: Developmental Cognitive Neuroscience (4)
- 148: Developmental Disorders (4)
- 153: Psychology & Law (4)
- 154: Psychology of Emotion (4)
- 157: Stereotyping, Prejudice, & Stigma (4)
- 158: Sexual Orientation & Prejudice (4)
- 159: Gender & Human Reproduction (4)
- 161: Psychology of the Self (4)
- 165: Introduction to Clinical Psychology (4)
- 168: Abnormal Psychology (4)
- 170: Psychology of Religion (4)

Sociology (SOC)

- 132: The Sociology of Gender (4)
- 152: Juvenile Delinquency (4)
- 153: The Sociology of Childhood (4)
- 162: Society, Culture, & Health (4)
- 163: Population Health: Social Determinants & Disparities in Health (4)
- 164: Health Policy & Politics (4)
- 170: Population (4)
- 171: Sociology of Violence & Inequality (4)

Public Health Sciences (SPH)

- 101: Perspectives in Community Health (3)
- 102: Introduction to Human Epidemiology (4)
- 104: Globalization & Health: Evidence & Policies (3)
- 113: Health Disparities in the U.S. (3)

Human Development (HDE)*

- 101: Cognitive Development (4)
- 102: Social & Personality Development (4)
- 117: Longevity (4)
- 130: Developmental Psychopathology (4)
- 160: Social Aspects of Aging (4)
- 161: Technology Use, Health, and Aging (4)
- 163: Cognitive Neuropsych in Adulthood & Aging (4)
- 192: Internship (1-5)
- 198: Directed Group Study (4)
- 199: Special Study (1-5)

IMPORTANT NOTE:

Make sure to check the course prerequisites & registration restrictions. Some departments set certain or all of their courses with priority registration for declared majors only, so you may not be able to register until Pass 2.

*Any additional upper division HDE track courses can count as RE if the units are not already applied to fulfill the 3 courses for area of specialization.

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