Applied Exercise Science: Pre-Professional, BS

Degree Requirements

Requirements for Students Matriculating in or before Academic Year 2021-2022. Learn more about University Academic Regulation 3.1 (http://catalog.okstate.edu/university-academic-regulations/#matriculation).

Minimum Overall Grade Point Average: 3.00
Total Hours: 120

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<td>ENGL 1113</td>
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Elected

Select 7 hours

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<td>HLTH 4783</td>
<td>Health Issues in Gerontology</td>
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Elective Suggestions

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PSYC 3013  Psychology of Motivation  3
RMRT 2443  Contemporary Issues in Diversity (DS)  3
STAT 4013  Statistical Methods I (A)  3
BIOL 3123  Human Heredity (N)  3
BIOL 3214  Human Anatomy  4
BIOL 4253  Pharmacology  3
BIOL 4283  Endocrinology  3

Other Requirements

- 40 hours of upper-division coursework.
- Documentation of current first aid/CPR certification prior to completion of HHP 4480 Internship in Health and Human Performance.
- Required for graduation:
  a. 3.00 Overall GPA;
  b. 3.00 Overall GPA for enrollment in HHP 4480 Internship in Health and Human Performance;
  c. 3.00 GPA in College/Departmental Requirements; and
  d. 3.00 GPA in Major Requirements.
- The student must earn minimum grades of “C” or “P” in the College/Departmental Requirements and Major Requirements.

Additional State/OSU Requirements

- At least: 60 hours at a four-year institution; 30 hours completed at OSU; 15 of the final 30 or 50% of the upper-division hours in the major field completed at OSU.
- Limit of: one-half of major course requirements as transfer work; one-fourth of hours earned by correspondence; 8 transfer correspondence hours.
- Students will be held responsible for degree requirements in effect at the time of matriculation and any changes that are made, so long as these changes do not result in semester credit hours being added or do not delay graduation.
- Degrees that follow this plan must be completed by the end of Summer 2027.

Example Plan of Study

Finish in Four Plan of Study

The plan below is an example of how students can successfully complete degree requirements in four years. This suggested class schedule plan may be used as a guide and can be adjusted based on individual needs. Students are required to meet with an academic advisor prior to enrollment each semester to plan their class schedule, and students are ultimately responsible for completing all degree requirements.

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<tr>
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<tr>
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<td>Principles of Personal Training or Principle of Strength and Conditioning</td>
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<td>HHP 4773</td>
<td>Principles of Exercise Testing and Prescription</td>
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<td>BIOC 3653</td>
<td>Survey of Biochemistry</td>
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<tr>
<td>NSCI 4133</td>
<td>Nutrition for Exercise and Sport</td>
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| Course designated (A), (H), (N) or (S) | 3 |
| Spring | Hours | 14 |
| PHYS 1114 | College Physics I (LN) | 4 |
| HHP 2654 | Applied Anatomy | 4 |
| Course Designated (H) | 3 |
| 3 Hours of Elective | 3 |
| HHP 2802 | Medical Terminology for the Health Professions | 2 |
| Junior | Hours | 16 |
| Fall |  |
| CHEM 3013 | Survey of Organic Chemistry | 3 |
| CHEM 3012 | Survey of Organic Chemistry Laboratory | 2 |
| HHP 3223 | Motor Learning | 3 |
| BIOL 1604 | Animal Biology | 4 |
| HHP 2553 | Basic Athletic Injury Management | 3 |
| Spring | Hours | 15 |
| BIOL 3204 | Physiology | 4 |
| Course Designated (A), (H), (N) or (S) | 3 |
| HHP 3663 | Biomechanics | 3 |
| HHP 3114 | Physiology of Exercise | 4 |
| Course Designated (S) | 3 |
| Senior | Hours | 17 |
| Fall |  |
| HHP 4013 | Motor Control | 3 |