

APPLIED EXERCISE SCIENCE: PRE-PROFESSIONAL, BS

Degree Requirements

Requirements for Students Matriculating in or before Academic Year 2023-2024. 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

| Code | Title | Hours |
|---|--|-----------|
| General Education Requirements | | |
| <i>English Composition</i> | | |
| See Academic Regulation 3.5 (http://catalog.okstate.edu/university-academic-regulations/#english-composition) | | |
| ENGL 1113 | Composition I | 3 |
| or ENGL 1313 | Critical Analysis and Writing I | |
| Select one of the following: | | 3 |
| ENGL 1213 | Composition II | |
| ENGL 1413 | Critical Analysis and Writing II | |
| ENGL 3323 | Technical Writing | |
| <i>American History & Government</i> | | |
| Select one of the following: | | 3 |
| HIST 1103 | Survey of American History | |
| HIST 1483 | American History to 1865 (H) | |
| HIST 1493 | American History Since 1865 (DH) | |
| POLS 1113 | American Government | 3 |
| <i>Analytical & Quantitative Thought (A)</i> | | |
| MATH 1513 | College Algebra (A) | 3 |
| or MATH 1613 | Trigonometry (A) | |
| <i>Humanities (H)</i> | | |
| Courses designated (H) | | 6 |
| <i>Natural Sciences (N)</i> | | |
| Must include one Laboratory Science (L) course | | |
| Select one of the following: | | 4 |
| BIOL 1113 | Introductory Biology (N) | |
| & BIOL 1111 | and Introductory Biology Laboratory (LN) | |
| BIOL 1114 | Introductory Biology (LN) | |
| CHEM 1215 | Chemical Principles I (LN) | 4 |
| or CHEM 1314 | Chemistry I (LN) | |
| <i>Social & Behavioral Sciences (S)</i> | | |
| Course designated (S) | | 3 |
| <i>Additional General Education</i> | | |
| Courses designated (A), (H), (N), or (S) | | 8 |
| Hours Subtotal | | 40 |
| Diversity (D) & International Dimension (I) | | |
| May be completed in any part of the degree plan | | |
| Select at least one Diversity (D) course | | |
| Select at least one International Dimension (I) course | | |
| College/Departmental Requirements | | |

Minimum GPA 3.00 with a minimum grade of "C"

| | | |
|---|--|------------|
| EDHS 1112 | First Year Seminar | 2 |
| Select one of the following: | | 3 |
| STAT 2013 | Elementary Statistics (A) | |
| STAT 2023 | Elementary Statistics for Business and Economics (A) | |
| STAT 2053 | Elementary Statistics for the Social Sciences (A) | |
| Hours Subtotal | | 5 |
| Major Requirements | | |
| Minimum GPA of 3.00 with a minimum grade of "C" or "P" in each course | | |
| HHP 1703 | Introduction to Exercise Science | 3 |
| HHP 2553 | Basic Athletic Injury Management | 3 |
| HHP 2654 | Applied Anatomy | 4 |
| HHP 2802 | Medical Terminology for the Health Professions | 2 |
| HHP 3114 | Physiology of Exercise | 4 |
| HHP 3123 | Principles of Personal Training | 3 |
| or HHP 4124 | Principles of Strength and Conditioning | |
| HHP 3663 | Biomechanics | 3 |
| HHP 4013 | Motor Control and Learning | 3 |
| HHP 4773 | Principles of Exercise Testing and Prescription | 3 |
| HHP 4480 | Internship in Health and Human Performance (5 hours) | 5 |
| BIOC 3653 | Survey of Biochemistry | 3 |
| CHEM 1225 | Chemical Principles II (LN) | 5 |
| or CHEM 1515 | Chemistry II (LN) | |
| CHEM 3013 | Survey of Organic Chemistry | 3 |
| CHEM 3012 | Survey of Organic Chemistry Laboratory | 2 |
| NSCI 2013 | Principles of Human Nutrition (N) | 3 |
| NSCI 4133 | Nutrition for Exercise and Sport | 3 |
| PHYS 1114 | College Physics I (LN) | 4 |
| BIOL 1604 | Animal Biology | 4 |
| BIOL 3204 | Physiology | 4 |
| Hours Subtotal | | 64 |
| Electives | | |
| Select 11 hours | | 11 |
| Hours Subtotal | | 11 |
| Total Hours | | 120 |

Elective Suggestions

| Code | Title | Hours |
|-----------|--|-------|
| NSCI 3223 | Nutrition Across the Life Span | 3 |
| NSCI 3543 | Food and the Human Environment (IS) | 3 |
| HHP 4480 | Internship in Health and Human Performance (additional internship hours) | 1-12 |
| HLTH 4783 | Health Issues in Gerontology | 3 |
| BIOL 3933 | Research Methods | 3 |
| MICR 3033 | Cell and Molecular Biology | 3 |
| BIOL 4215 | Mammalian Physiology | 5 |

| | | |
|-----------|--|---|
| BIOL 4223 | Mammalian Physiology Capstone Laboratory | 3 |
| PHIL 3833 | Biomedical Ethics (H) | 3 |
| PSYC 3013 | Psychology of Motivation | 3 |
| RT 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 2029.

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.

| Course | Title | Hours |
|---------------------------|---|-------|
| Freshman | | |
| Fall | | |
| ENGL 1113 or ENGL 1313 | Composition I or Critical Analysis and Writing I | 3 |
| MATH 1513 or MATH 1613 | College Algebra (A) or Trigonometry (A) | 3 |

| | | |
|---|--|-----------|
| BIOL 1113 & BIOL 1111 or BIOL 1114 | Introductory Biology (N) or Introductory Biology (LN) | 4 |
| HHP 1703 | Introduction to Exercise Science | 3 |
| EDHS 1112 | First Year Seminar | 2 |
| Hours | | 15 |
| Spring | | |
| ENGL 1213 or ENGL 1413 or ENGL 3323 | Composition II or Critical Analysis and Writing II or Technical Writing | 3 |
| POLS 1113 | American Government | 3 |
| CHEM 1215 or CHEM 1314 | Chemical Principles I (LN) or Chemistry I (LN) | 4 |
| NSCI 2114 | | 4 |
| Hours | | 14 |
| Sophomore | | |
| Fall | | |
| HIST 1103 or HIST 1483 or HIST 1493 | Survey of American History or American History to 1865 (H) or American History Since 1865 (DH) | 3 |
| CHEM 1225 or CHEM 1515 | Chemical Principles II (LN) or Chemistry II (LN) | 5 |
| STAT 2013 or STAT 2023 or STAT 2053 | Elementary Statistics (A) or Elementary Statistics for Business and Economics (A) or Elementary Statistics for the Social Sciences (A) | 3 |
| Course designated (A), (H), (N) or (S) | | 3 |
| Hours | | 14 |
| Spring | | |
| 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 |
| Hours | | 16 |
| Junior | | |
| Fall | | |
| CHEM 3013 | Survey of Organic Chemistry | 3 |
| CHEM 3012 | Survey of Organic Chemistry Laboratory | 2 |
| HHP 3223 | | 3 |
| BIOL 1604 | Animal Biology | 4 |
| HHP 2553 | Basic Athletic Injury Management | 3 |
| Hours | | 15 |
| Spring | | |
| 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 |
| Hours | | 17 |
| Senior | | |
| Fall | | |
| HHP 4013 | Motor Control and Learning | 3 |
| HHP 3123 or HHP 4124 | Principles of Personal Training or Principles of Strength and Conditioning | 3 |
| HHP 4773 | Principles of Exercise Testing and Prescription | 3 |
| BIOC 3653 | Survey of Biochemistry | 3 |
| Course designated (H) | | 3 |
| Hours | | 15 |
| Spring | | |
| HHP 4480 | Internship in Health and Human Performance | 5 |
| Course designated (A), (H), (N), or (S) | | 2 |
| NSCI 4133 | Nutrition for Exercise and Sport | 3 |

| | |
|---------------------|-----|
| 4 Hours of Elective | 4 |
| Hours | 14 |
| Total Hours | 120 |