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).

Hours

Minimum Overall Grade Point Average: 3.00

Title

Total Hours: 120

Code

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 American History & Government 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 Analytical & Quantitative Thought (A) MATH 1513 College Algebra (A) 3 or MATH 1613 Trigonometry (A) Humanities (H) Courses designated (H) 6 Natural Sciences (N) 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) Social & Behavioral Sciences (S) Course designated (S) 3 Additional General Education Courses designated (A), (H), (N), or (S) 8	Code	litle	Hours
See Academic Regulation 3.5 (http://catalog.okstate.edu/ university-academic-regulations/#english-composition) ENGL 1113 Composition I or ENGL 1313 Critical Analysis and Writing I Select one of the following: ENGL 1213 Composition II ENGL 1413 Critical Analysis and Writing II ENGL 3323 Technical Writing American History & Government Select one of the following: 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 Analytical & Quantitative Thought (A) MATH 1513 College Algebra (A) 3 or MATH 1613 Trigonometry (A) Humanities (H) Courses designated (H) Natural Sciences (N) Must include one Laboratory Science (L) course Select one of the following: 4 BIOL 1111 Introductory Biology (N) BIOL 1111 Introductory Biology (LN) ENEM 1215 Chemical Principles I (LN) or CHEM 1314 Chemistry I (LN) Social & Behavioral Sciences (S) Course designated (A), (H), (N), or (S) Hours Subtotal Diversity (D) & International Dimension (I) May be completed in any part of the degree plan Select at least one International Dimension (I) course	General Education F	Requirements	
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Course designated (S) 3 Additional General Education 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	or CHEM 1314	Chemistry I (LN)	
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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	Hours Subtotal		40
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	Diversity (D) & Inter	national Dimension (I)	
Select at least one Diversity (D) course Select at least one International Dimension (I) course			
Select at least one International Dimension (I) course			
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Minimum GPA 3.00 w	ith a minimum grade of "C"	
EDHS 1112	First Year Seminar	2
Select one of the follo	owing:	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 course	with a minimum grade of "C" or "P" in each	
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; onefourth 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	Introductory Biology (N)	4
& BIOL 1111	or Introductory Biology (LN)	
or BIOL 1114	Introduction to Eversion Colonse	2
HHP 1703 EDHS 1112	Introduction to Exercise Science First Year Seminar	3
- LDII3 1112	Hours	15
Spring	Tiouis	13
ENGL 1213	Composition II	3
or ENGL 1413	or Critical Analysis and Writing II	
or ENGL 3323	or Technical Writing	
POLS 1113	American Government	3
CHEM 1215	Chemical Principles I (LN)	4
or CHEM 1314 NSCI 2114	or Chemistry I (LN)	4
110012114	Hours	14
Sophomore	110410	
Fall		
HIST 1103	Survey of American History	3
or HIST 1483	or American History to 1865 (H)	
or HIST 1493	or American History Since 1865 (DH)	
CHEM 1225 or CHEM 1515	Chemical Principles II (LN) or Chemistry II (LN)	5
STAT 2013	Elementary Statistics (A)	3
or STAT 2023	or Elementary Statistics for Business and	ŭ
or STAT 2053	Economics (A)	
0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	or Elementary Statistics for the Social Sciences (A)	
Course designated (A), (H)	Hours	3 14
Spring	riouis	14
PHYS 1114	College Physics I (LN)	4
HHP 2654	Applied Anatomy	4
0		0
Course Designated (H)		3
3 Hours of Elective		3
	Medical Terminology for the Health Professions	
3 Hours of Elective	Medical Terminology for the Health Professions Hours	3
3 Hours of Elective HHP 2802 Junior		3
3 Hours of Elective HHP 2802 Junior Fall	Hours	3 2 16
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013	Hours Survey of Organic Chemistry	3 2 16
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012	Hours	3 2 16 3 2
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223	Hours Survey of Organic Chemistry Survey of Organic Chemistry Laboratory	3 2 16 3 2 2 3
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology	3 2 16 3 2 2 3 3 4
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management	3 2 16 3 2 3 4 3
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604 HHP 2553	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology	3 2 16 3 2 2 3 3 4
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management	3 2 16 3 2 3 4 3
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604 HHP 2553 Spring	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management Hours Physiology	3 2 16 3 2 3 4 3 15
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604 HHP 2553 Spring BIOL 3204	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management Hours Physiology	3 2 16 3 2 3 4 3 15
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604 HHP 2553 Spring BIOL 3204 Course Designated (A), (H)	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management Hours Physiology (, (N) or (S)	3 2 16 3 2 3 4 3 15
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604 HHP 2553 Spring BIOL 3204 Course Designated (A), (H) HHP 3663	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management Hours Physiology (), (N) or (S) Biomechanics	3 2 16 3 2 3 4 3 15 4 3 3 3
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604 HHP 2553 Spring BIOL 3204 Course Designated (A), (H) HHP 3663 HHP 3114 Course Designated (S)	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management Hours Physiology (), (N) or (S) Biomechanics	3 2 16 3 4 3 15 4 3 4 4 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604 HHP 2553 Spring BIOL 3204 Course Designated (A), (H) HHP 3663 HHP 3114 Course Designated (S)	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management Hours Physiology ,, (N) or (S) Biomechanics Physiology of Exercise	3 2 16 3 2 3 4 3 15 4 3 3 4 3
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604 HHP 2553 Spring BIOL 3204 Course Designated (A), (H) HHP 3663 HHP 3114 Course Designated (S) Senior Fall	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management Hours Physiology (), (N) or (S) Biomechanics Physiology of Exercise	3 2 16 3 2 3 4 3 15 4 3 3 4 3 7 17
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604 HHP 2553 Spring BIOL 3204 Course Designated (A), (H) HHP 3663 HHP 3114 Course Designated (S) Senior Fall HHP 4013	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management Hours Physiology (), (N) or (S) Biomechanics Physiology of Exercise Hours Motor Control and Learning	3 2 16 3 2 3 4 3 15 4 3 3 4 3 7 17
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604 HHP 2553 Spring BIOL 3204 Course Designated (A), (H) HHP 3663 HHP 3114 Course Designated (S) Senior Fall	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management Hours Physiology (), (N) or (S) Biomechanics Physiology of Exercise Hours Motor Control and Learning Principles of Personal Training	3 2 16 3 2 3 4 3 15 4 3 3 4 3 7 17
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604 HHP 2553 Spring BIOL 3204 Course Designated (A), (H) HHP 3663 HHP 3114 Course Designated (S) Senior Fall HHP 4013 HHP 3123	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management Hours Physiology (), (N) or (S) Biomechanics Physiology of Exercise Hours Motor Control and Learning	3 2 16 3 2 3 4 3 15 4 3 3 4 3 7 17
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604 HHP 2553 Spring BIOL 3204 Course Designated (A), (H) HHP 3663 HHP 3114 Course Designated (S) Senior Fall HHP 4013 HHP 4013 HHP 3123 or HHP 4124	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management Hours Physiology (), (N) or (S) Biomechanics Physiology of Exercise Hours Motor Control and Learning Principles of Personal Training or Principles of Strength and Conditioning	3 2 16 3 2 3 4 3 15 4 3 3 4 3 7 7
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604 HHP 2553 Spring BIOL 3204 Course Designated (A), (H) HHP 3663 HHP 3114 Course Designated (S) Senior Fall HHP 4013 HHP 4124 HHP 4773	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management Hours Physiology (), (N) or (S) Biomechanics Physiology of Exercise Hours Motor Control and Learning Principles of Personal Training or Principles of Strength and Conditioning Principles of Exercise Testing and Prescription	3 2 16 3 3 2 3 4 3 15 4 3 17 3 3 3 3 3 3
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604 HHP 2553 Spring BIOL 3204 Course Designated (A), (H) HHP 3663 HHP 3114 Course Designated (S) Senior Fall HHP 4013 HHP 3123 or HHP 4124 HHP 4773 BIOC 3653	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management Hours Physiology (), (N) or (S) Biomechanics Physiology of Exercise Hours Motor Control and Learning Principles of Personal Training or Principles of Strength and Conditioning Principles of Exercise Testing and Prescription	3 2 16 3 2 3 4 3 15 4 3 3 4 3 17
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604 HHP 2553 Spring BIOL 3204 Course Designated (A), (H) HHP 3663 HHP 3114 Course Designated (S) Senior Fall HHP 4013 HHP 3123 or HHP 4124 HHP 4773 BIOC 3653	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management Hours Physiology (), (N) or (S) Biomechanics Physiology of Exercise Hours Motor Control and Learning Principles of Personal Training or Principles of Strength and Conditioning Principles of Exercise Testing and Prescription Survey of Biochemistry	3 2 16 3 3 4 3 15 4 3 17 3 3 3 3 3 3 3 3 3 3
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604 HHP 2553 Spring BIOL 3204 Course Designated (A), (H) HHP 3663 HHP 3114 Course Designated (S) Senior Fall HHP 4013 HHP 3123 or HHP 4124 HHP 4773 BIOC 3653 Course designated (H)	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management Hours Physiology (), (N) or (S) Biomechanics Physiology of Exercise Hours Motor Control and Learning Principles of Personal Training or Principles of Strength and Conditioning Principles of Exercise Testing and Prescription Survey of Biochemistry	3 2 16 3 3 4 3 15 4 3 17 3 3 3 3 3 3 3 3 3 3
3 Hours of Elective HHP 2802 Junior Fall CHEM 3013 CHEM 3012 HHP 3223 BIOL 1604 HHP 2553 Spring BIOL 3204 Course Designated (A), (H) HHP 3663 HHP 3114 Course Designated (S) Senior Fall HHP 4013 HHP 3123 or HHP 4124 HHP 4773 BIOC 3653 Course designated (H)	Survey of Organic Chemistry Survey of Organic Chemistry Laboratory Animal Biology Basic Athletic Injury Management Hours Physiology (A) (N) or (S) Biomechanics Physiology of Exercise Hours Motor Control and Learning Principles of Personal Training or Principles of Strength and Conditioning Principles of Exercise Testing and Prescription Survey of Biochemistry Hours Internship in Health and Human Performance	3 2 16 3 3 4 4 3 3 15 4 3 3 17 3 3 3 3 3 3 15

Applied Exercise Science: Pre-Professional, BS

Total Hours	120
Hours	14
4 Hours of Elective	4