Applied Exercise Science studies how human movement improves overall physical health and fitness. Students study areas including biomechanics, anatomy, physiology of exercise, motor control, and athletic injury management, among other courses. Through both classroom and hands-on learning experiences, students are prepared to enter careers within the health, exercise, and athletics industries or to continue their learning in graduate school, medical school, physical therapy school, occupational therapy school, or other healthcare professional programs.

PROGRAM HIGHLIGHTS

- OSU’s state-of-the-art Applied Neuromuscular Physiology Laboratory provides students with opportunities to perform the clinical and performance-based tests learned about in the classroom.
- Students obtain practical experience through hands-on laboratory training and at least one “real-world” internship.
- Applied Exercise Sciences has a 3 + 2 agreement with the Master of Athletic Training program at the OSU Center for Health Sciences, allowing students the chance to complete both bachelor’s and master’s degrees in five years.

STUDENT PERSPECTIVE

“...The best part about being an AES student are the professors. They are passionate about their subject and about us as students. Another thing that makes our program great are our labs. In lab there are research opportunities we can participate in and apply the material we are learning.

— Nick Linn, an Applied Exercise Science student

education.okstate.edu

NOTABLE NUMBERS

Students gain at least 200 hours of experience in their chosen focus area through supervised internships.
BACHELOR OF SCIENCE IN APPLIED EXERCISE SCIENCE
PRE-PROFESSIONAL
(120 total credit hours).

**SAMPLE FOUR-YEAR PLAN OF STUDY**

<table>
<thead>
<tr>
<th>FALL</th>
<th>SPRING</th>
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<tbody>
<tr>
<td><strong>FALL</strong></td>
<td>Composition II*&lt;br&gt;Composition I*&lt;br&gt;College Algebra or Trigonometry&lt;br&gt;Biology&lt;br&gt;Introduction to Exercise Science</td>
</tr>
<tr>
<td>14 hrs.</td>
<td>16 hrs.</td>
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<tr>
<td><strong>FALL</strong></td>
<td>Physics&lt;br&gt;American History*&lt;br&gt;Chemistry II&lt;br&gt;Statistics*&lt;br&gt;Applied Anatomy</td>
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<tr>
<td>15 hrs.</td>
<td>14 hrs.</td>
</tr>
<tr>
<td><strong>FALL</strong></td>
<td>Nutrition for Sport &amp; Exercise&lt;br&gt;Survey of Organic Chemistry&lt;br&gt;Motor Learning&lt;br&gt;Physiology&lt;br&gt;Athletic Injury Management&lt;br&gt;Elective Course</td>
</tr>
<tr>
<td>17 hrs.</td>
<td>16 hrs.</td>
</tr>
<tr>
<td><strong>FALL</strong></td>
<td>Internship in HHP&lt;br&gt;Motor Control&lt;br&gt;Personal Training OR Strength &amp; Conditioning&lt;br&gt;Exercise Testing &amp; Prescription&lt;br&gt;Survey of Biochemistry&lt;br&gt;General Education Course</td>
</tr>
<tr>
<td>15 hrs.</td>
<td>13 hrs.</td>
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</tbody>
</table>

*Suggested for students seeking concurrent, dual credit, or AP course options to apply directly to this degree plan. Refer to the OSU Transfer Credit Guide & Credit By Exam Guide for specific course information at okstate.edu.

**RELATED MINORS**
- Nutritional Sciences
- Gerontology
- Sports Management
- Public Health

Minors are designed to enhance and complement a major field of study. They are not required and additional courses must be added to the plan above.

**CONTACT INFORMATION**

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