



Oklahoma State University

APPLIED EXERCISE SCIENCE: PRE-PROFESSIONAL, BS

The following plan is for students matriculating in or before the academic year **2019-2020**

This plan may be adjusted based on individual needs. For official degree requirements visit <https://registrar.okstate.edu/Degree-Requirements>.

Minimum Overall GPA: 3.00

Total Hours: 120

YEAR 1 FALL (14 hours)

ENGL 1113 Composition I or ENGL 1313 Critical Analysis and Writing I
MATH 1513 College Algebra or 1613 Trigonometry [Acceptable placement score; see http://mathplacement.okstate.edu/]
BIOL 1114 Introductory Biology (NL)
HHP 1703 Introduction to Exercise Science
EDUC 1111 First Year Seminar (Fall Only)

SPRING (17-18 hours)

ENGL 1213 Composition II or ENGL 1413 Critical Analysis and Writing II or ENGL 3323 Technical Writing [ENGL 1113 or ENGL 1123 or ENGL 1313]
POLS 1113 American Government
CHEM 1215 Chemical Principles I (NL) or CHEM 1314 Chemistry I (NL) [MATH 1483 or MATH 1513 or higher with a "C" grade or better] (Pre-Health students should take CHEM 1314)
NSCI 2114 Principles of Human Nutrition (N)
Course Designated (A), (H), (N), or (S) – 3 hours

YEAR 2 FALL (15 hours)

HIST 1103 Survey of American History or HIST 1483 American History to 1865 or HIST 1493 American History Since 1865
CHEM 1225 Chemical Principles II or CHEM 1515 Chemistry II [CHEM 1215 or CHEM 1314 or CHEM 1414 with a "C" grade or better AND MATH 1483 or MATH 1513 or higher with a "C" grade or better] (Pre-Health students should take CHEM 1515)
STAT 2013 Elementary Statistics or STAT 2023 Stat for Business & Economics or STAT 2053 Stat for Social Sciences [MATH 1483 or MATH 1513 with a "C" grade or better OR an acceptable placement score]
HHP 2654 Applied Anatomy

SPRING (14 hours)

PHYS 1114 College Physics I (NL) [MATH 1513 with a "C" grade or better OR an acceptable placement score]
BIOL 1604 Animal Biology [BIOL 1114]
Course Designated (H) – 3 hours
Elective Course ⁺ – 3 hours

*[Prerequisite courses are listed in brackets]

Course Attribute Guide: (A) Analytical and Quantitative Thought; (H) Humanities; (S) Social and Behavioral Sciences; (N) Natural Sciences; (L) Scientific Investigation – Laboratory Science; (D) Diversity; (I) International Dimension

Must have one course designated with "I" International Dimension. Students are encouraged to take H/I course.

Must have one course designated with "D" Diversity Dimension. Students are encouraged to take H/D or D/S course.

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YEAR 3**FALL (17 hours)**

CHEM 3015 Survey of Organic Chemistry [CHEM 1225 or CHEM 1515 with a "C" grade or better]
HHP 3223 Motor Learning
BIOL 3204 Physiology [BIOL 1114 and (CHEM 1215 or CHEM 1314 or CHEM 1414) with a "C" grade or better in both classes]
HHP 2553 Basic Athletic Injury Management
Elective Course [†] – 2 hours

SPRING (16 hours)

NSCI 4133 Nutrition for Sport & Exercise [HHP 3114 <u>AND</u> NSCI 2114]
Course Designated (A), (H), (N), or (S) – 3 hours
HHP 3663 Biomechanics
HHP 3114 Physiology of Exercise
Course Designated (S) – 3 hours

YEAR 4**FALL (14 hours)**

HHP 4013 Motor Control [BIOL 4013 or HHP 3114]
HHP 3123 Principles of Personal Training or HHP 4124 Principles of Strength & Conditioning
HHP 4773 Principles of Exercise Testing & Prescription
BIOC 3653 Survey of Biochemistry [CHEM 3015 or CHEM 3053]
Course Designated (A), (H), (N), or (S) – 2 hours

SPRING (13 hours)

HHP 4480 Internship in Health & Human Performance – 5 hours
HHP 2802 Medical Terminology for the Health Professions (Online Course Only)
Course Designated (H) – 3 hours
Elective Course [†] – 3 hours
File diploma application with enrollment.

*[Prerequisite courses are listed in brackets]

†Elective Suggestions

NSCI 3223 Nutrition Across the Life Span	MICR 3033 Cell and Molecular Biology	STAT 4013 Statistical Methods I (A)
NSCI 3543 Food & the Human Environment (IS)	BIOL 4215 Mammalian Physiology	BIOL 3123 Human Heredity (N)
HHP 4480 Internship in Health and Human Performance (additional internship hours)	BIOL 4223 Mammalian Physiology Laboratory	BIOL 3214 Human Anatomy
HLTH 4783 Health Issues in Gerontology	PHIL 3833 Biomedical Ethics (H)	BIOL 4253 Pharmacology
BIOL 3933 Research Methods	PSYC 3013 Psychology of Motivation	BIOL 4283 Endocrinology
	RMRT 2443 Contemporary Issues in Diversity (DS)	

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