



Oklahoma State University

## HEALTH EDUCATION & PROMOTION: EXERCISE & HEALTH, 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: 2.75

Total Hours: 120

### YEAR 1 FALL (14 hours)

ENGL 1113 Composition I or ENGL 1313 Critical Analysis and Writing I
MATH or STAT Course Designated (A) – 3 hours [Acceptable placement score; see <a href="http://mathplacement.okstate.edu/">http://mathplacement.okstate.edu/</a> ]
BIOL 1114 Introductory Biology (N,L)
HLTH 2603 Total Wellness
EDUC 1111 First Year Seminar (Fall Only)

### SPRING (16hours)

ENGL 1213 Composition II or ENGL1413 Critical Analysis and Writing II or ENGL 3323 Technical Writing
Course Designated (H) – 3 hours
CHEM 1215 or 1314 Chemical Principles I or Chemistry I (LN) [MATH 1483 or MATH 1513 or higher with a “C” grade or better] (Pre-Health students should take CHEM 1314)
HLTH 2213 Principles in Health Education and Promotion
Course Designated (S) – 3 hours

### YEAR 2 FALL (15 hours)

Course Designated (A), (H), (N), or (S) – 3 hours
HIST 1103 Survey of American History or HIST 1483 American History to 1865 or HIST 1493 American History Since 1865
ECON 1113 The Economics of Social Issues (S)
MATH or STAT Course Designated (A) – 3 hours
HLTH 3613 Community Health

### SPRING (16 hours)

POLS 1113 American Government
NSCI 2114 Principles of Human Nutrition (N)
Course Designated (H) – 3 hours
MSIS 2103 or EDTC 4113 Business Data Science Technologies or Applications of Media and Technology
MKTG 3213 Marketing (S)

\*[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 course.

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<b>YEAR 3</b>		<b>FALL (17 hours)</b>
	<b>BIOL 3204</b> Physiology ["C" or better in BIOL 1114 and CHEM 1215, 1314 or 1414]	
	<b>HHP 3223</b> Motor Learning	
	<b>HLTH 3643</b> Health Behavior Theory	
	<b>HHP 3114</b> Physiology of Exercise	
	<b>HLTH 3913</b> Alcohol & Drug Education	

		<b>SPRING (16 hours)</b>
	Course Designated (A), (H), (N), or (S) – 3 hours	
	<b>HLTH 3723</b> Principles of Epidemiology	
	<b>HHP 2654</b> [BIOL 1114] or <b>BIOL 3214</b> Applied Anatomy or Human Anatomy ["C" or better in BIOL 1604 or 3204]	
	<b>MGMT 3013</b> Fundamentals of Management	
	<b>HHP 3663</b> Biomechanics	

<b>YEAR 4</b>		<b>FALL (14 hours)</b>
	<b>BCOM 3113</b> Written Communication	
	<b>HLTH 4533</b> Psychosocial Issues in Health Education & Promotion	
	<b>HHP 4773</b> Principles of Exercise Testing & Prescription, <b>HLTH 3113</b> Health Issues in Diverse Populations (D), <b>HTLH 3603</b> Understanding HIV (DS), <b>HLTH 4783</b> Health Issues in Gerontology, or <b>NSCI 4133</b> Nutrition for Sport & Exercise	
	<b>HLTH 4973</b> Program Design in Health Education & Promotion	
	<b>HLTH 4902</b> Pre-Internship Seminar [Instructor Permission Required]	

		<b>SPRING (12 hours)</b>
	<b>HLTH 4990 – 12 hours Internship in Health Education &amp; Promotion: Exercise &amp; Health</b>	
<b>File diploma application with enrollment.</b>		

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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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