



FINISH IN FOUR

Oklahoma State University

APPLIED EXERCISE SCIENCE: PRE-PROFESSIONAL, BS

The following plan is for students matriculating in or before the academic year 2020-2021

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)

Table with 1 column and 5 rows listing Year 1 Fall courses: ENGL 1113, MATH 1513, BIOL 1114, HHP 1703, EDUC 1111.

YEAR 1 SPRING (17-18 hours)

Table with 1 column and 5 rows listing Year 1 Spring courses: ENGL 1213, POLS 1113, CHEM 1215, NSCI 2114, Course Designated.

YEAR 2 FALL (15 hours)

Table with 1 column and 4 rows listing Year 2 Fall courses: HIST 1103, CHEM 1225, STAT 2013, HHP 2654.

YEAR 2 SPRING (14 hours)

Table with 1 column and 4 rows listing Year 2 Spring courses: PHYS 1114, BIOL 1604, Course Designated, Elective Course.

*[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 3013 Survey of Organic Chemistry [CHEM 1225 or CHEM 1515 with a "C" grade or better]
CHEM 3012 Survey of Organic Chemistry Lab [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
 NSCI 3543 Food & the Human Environment (IS)
 HHP 4480 Internship in Health and Human Performance (additional internship hours)
 HLTH 4783 Health Issues in Gerontology
 BIOL 3933 Research Methods

MICR 3033 Cell and Molecular Biology
 BIOL 4215 Mammalian Physiology
 BIOL 4223 Mammalian Physiology Laboratory
 PHIL 3833 Biomedical Ethics (H)
 PSYC 3013 Psychology of Motivation
 RMRT 2443 Contemporary Issues in Diversity (DS)

STAT 4013 Statistical Methods I (A)
 BIOL 3123 Human Heredity (N)
 BIOL 3214 Human Anatomy
 BIOL 4253 Pharmacology
 BIOL 4283 Endocrinology

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

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