



APPLIED EXERCISE SCIENCE: PRE-PROFESSIONAL, BS

The following plan is for students matriculating in or before the academic year **2021-2022**. 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 (15 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 (LN)	
	HHP 1703 Introduction to Exercise Science	
	EDHS 1112 First Year Seminar (Fall Only)	
		SPRING (14-15 hours)
	ENGL 1213 Composition II or ENGL1413 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 (LN) or CHEM 1314 Chemistry I (LN) [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)	

YEAR 2		FALL (14 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]	
	Course Designated (A), (H), (N), or (S) – 3 hours	
		SPRING (16 hours)
	PHYS 1114 College Physics I (LN) [MATH 1513 with a "C" grade or better OR an acceptable placement score]	
	HHP 2654 Applied Anatomy	
	Course Designated (H) – 3 hours	
	Elective Course ⁺ – 3 hours	
	HHP 2802 Medical Terminology for the Health Professions (Online course only)	

*[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.

*Elective Suggestions

NSCI 3223 Nutrition Across the Lifespan

NSCI 3543 Food & the Human Environment (IS)

RMRT 2443 Contemporary Issues in Diversity (DS)

HLTH 4783 Health Issues in Gerontology

MICR 3033 Cell and Molecular Biology

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BIOL 4283 Endocrinology

BIOL 3214 Human Anatomy

PSYC 3013 Psychology of Motivation

BIOL 3933 Research Methods

STAT 4013 Statistical Methods I (A)

BIOL 3123 Human Heredity (N)

BIOL 4253 Pharmacology

PHIL 3833 Biomedical Ethics (H)

HHP 4480 (Additional Internship Hours)

YEAR 3		FALL (15 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 1604 Animal Biology [BIOL 1114]	
	HHP 2553 Basic Athletic Injury Management	
		SPRING (17 hours)
	BIOL 3204 Physiology [BIOL 1114 and (CHEM 1215 or CHEM 1314 or CHEM 1414) with a "C" grade or better in both classes]	
	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 (15-16 hours)
	HHP 4013 Motor Control [BIOL 3204 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]	
	NSCI 4133 Nutrition for Sport & Exercise [HHP 3114 AND NSCI 2114]	
		SPRING (14 hours)
	HHP 4480 Internship in Health & Human Performance – 5 hours	
	Course Designated (A), (H), (N), or (S) – 2 hours	
	Course Designated (H) – 3 hours	
	Elective Course ⁺ – 4 hours	
File diploma application with enrollment.		

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:

- 3.00 Overall GPA;
- 3.00 Overall GPA for enrollment in HHP 4480 Internship in Health and Human Performance;
- 3.00 GPA in College/Departmental Requirements; and
- 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; one-fourth 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 2027.

This plan is provided as a courtesy. The official degree requirements sheet is used to determine eligibility for graduation.