



APPLIED EXERCISE SCIENCE: PRE-PROFESSIONAL, BS

The following plan is for students matriculating in or before the academic year **2024-2025**. 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 1113 Introductory Biology (N) AND
BIOL 1111 Introductory Biology Laboratory (LN)
HHP 1703 Introduction to Exercise Science
UNIV 1111 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 2013 Principles of Human Nutrition
EDHS 1111 First Year Seminar (Spring Only)

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 (DH)
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 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 acceptable placement score]
HHP 2654 Applied Anatomy [BIOL 1114 or BIOL 1113 AND 1111 with a "C" grade or better]
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]

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)
RT 2443 Contemporary Issues in Diversity (DS)
HLTH 4783 Public Health and Aging
HHP 3933 Tactical Strength & Conditioning
MICR 3033 Cell and Molecular Biology [MICR 2123, MICR 2132, CHEM 1225 or 1515]

STAT 4013 Statistical Methods I (A)
BIOL 4283 Endocrinology [BIOL 3204, CHEM 3013 or 3053]
BIOL 3214 Human Anatomy [BIOL 3204]
PSYC 3013 Psychology of Motivation [PSYC 1113]

BIOL 3123 Human Heredity (N)
BIOL 4253 Pharmacology [BIOL 3204]
PHIL 3833 Biomedical Ethics (H)
HHP 4480 (Additional Internship Hours)
HHP 4083 Physiology of Aging
BIOL 3933 Research Methods [BIOL 1113, BIOL 1111, STAT 2013]

YEAR 3**FALL (16 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]
Elective Course ⁺ – 4 hours
BIOL 1604 Animal Biology [BIOL 1114 or BIOL 1113 <u>AND</u> BIOL 1111]
HHP 2553 Basic Athletic Injury Management

SPRING (17 hours)

BIOL 3204 Physiology [BIOL 1114 or BIOL 1113 <u>AND</u> BIOL 1111 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 (<i>Recommended: PSYC 1113 or SOC 1113</i>)

YEAR 4**FALL (15-16 hours)**

HHP 4013 Motor Control and Learning [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 3013 or CHEM 3053]
Course Designated (H) – 3 hours

SPRING (14 hours)

HHP 4480 Internship in Health & Human Performance – 5 hours
Course Designated (A), (H), (N), or (S) – 2 hours
NSCI 4133 Nutrition for Sport & Exercise [NSCI 2013]
Elective Course ⁺ – 4 hours

File diploma application with enrollment.

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

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 2030.

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

Visit our college's Career Development office for career & professional development assistance.
 101 Nancy Randolph Davis | careersuccess@okstate.edu | Schedule an appointment via Slate
 Check out our Student Success Community on Canvas!