



PUBLIC HEALTH: EXERCISE & HEALTH, 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: 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 http://mathplacement.okstate.edu/] | |
| | BIOL1113 Introductory Biology (N) and BIOL1111 Introductory Biology Lab (LN) or BIOL 1114 Introductory Biology (N,L) | |
| | HLTH 2213 Introduction to Public Health | |
| | UNIV1111 First Year Seminar | |
| | | SPRING (17 hours) |
| | ENGL 1213 Composition II or ENGL1413 Critical Analysis and Writing II or ENGL 3323 Technical Writing | |
| | EDHS 1111 Education and Human Sciences Seminar (SPRING ONLY) | |
| | Course Designated (H) – 3 hours | |
| | CHEM 1215 Chemical Principles I or CHEM 1314 Chemistry I (LN) [MATH 1483 or MATH 1513 or higher with a “C” grade or better] (<i>Pre-Health students should take CHEM 1314</i>) | |
| | HLTH 2603 Total Wellness | |
| | 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 | |
| | 3 Hours of Electives | |
| | STAT 2013 Elementary Statistics(A) or STAT 2023 Elementary Statistics for Business and Economics(A) or STAT 2053 Elementary Statistics for the Social Sciences(A) [MATH 1483 or MATH 1513 or higher with a “C” grade or better] | |
| | HLTH 3613 Community Health | |
| | | SPRING (15 hours) |
| | POLS 1113 American Government | |
| | NSCI 2013 Principles of Human Nutrition (N) | |
| | Course Designated (H) – 3 hours | |
| | MSIS 2103 Business Data Science Technologies or EDTC 4113 Applications of Media and Technology | |
| | HLTH 3343 Public Health Policy (SPRING 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 course.

YEAR 3 **FALL (15 hours)**

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| BIOL 3204 Physiology ["C" or better in BIOL 1113 & BIOL 1111 or BIOL 1114 and CHEM 1215, 1314 or 1414] |
| HLTH 3643 Health Behavior Theory |
| HLTH 3113 Health Issues in Diverse Populations (D) |
| Course Designated (A), (H), (N), or (S) – 5 hours |

SPRING (16 hours)

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| HLTH 3923 Principles of Social Justice or approved substitution (see academic advisor) |
| HLTH 3723 Principles of Epidemiology |
| HHP 2654 [BIOL 1113 & BIOL 1111 or BIOL 1114] Applied Anatomy or BIOL 3214 Human Anatomy ["C" or better in BIOL 1604 or 3204] |
| HHP 3663 Biomechanics |
| HLTH 3673 Physical Activity and Public Health or approved substitution (see academic advisor) |

YEAR 4 **FALL (16 hours)**

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| 3 Hours of Electives |
| HLTH 4313 Public Health Communication or approved substitution (see academic advisor) |
| HHP 3114 Physiology of Exercise |
| HLTH 4973 Program Design in Public Health |
| HLTH 4903 Pre-Internship Seminar [Instructor Permission Required] or approved substitution (see academic advisor) |

SPRING (12 hours)

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| HLTH 4990 – 12 hours Internship in Public Health: Exercise & Health |
| File diploma application with enrollment. |

Other Requirements

- 40 hours of upper-division coursework.
- Required for enrollment in HLTH 4990 Internship in Public Health: Exercise & Health
 - Documentation of current first aid/CPR certification; and
 - 2.75 GPA in Major Requirements, 2.75 GPA in College/Departmental Requirements, and 2.75 Overall GPA.

Required for graduation:

- 2.75 Overall GPA;
- 2.75 GPA in College/Departmental Requirements; and
- 2.75 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.