



APPLIED EXERCISE SCIENCE: PRE-PROFESSIONAL, BS

The following guide is for students matriculating in or before the academic year **2026-2027**. Official degree requirements can be found at <https://catalog.okstate.edu/degree-programs/>. This plan may be adjusted based on individual needs, please consult with your academic advisor. [Prerequisite coursework is listed below in brackets]

Minimum Overall GPA: 3.00

Total Hours: 120

YEAR 1, FALL SEMESTER (14 hours)

ENGL 1113 Composition I or ENGL 1313 Critical Analysis and Writing I
MATH 1513 College Algebra (Q) or 1613 Trigonometry (Q) [Acceptable placement score; see http://mathplacement.okstate.edu/]
BIOL 1113 Introductory Biology (L) AND
BIOL 1111 Introductory Biology Laboratory (LN)
HHP 1703 Introduction to Exercise Science
UNIV 1111 First Year Seminar (Fall Only)

YEAR 1, SPRING SEMESTER (13-14 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
NSCI 2013 Principles of Human Nutrition (N)
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)

YEAR 2, FALL SEMESTER (15 hours)

HIST 1103 Survey of American History or HIST 1483 American History to 1865 or HIST 1493 American History Since 1865
Approved Elective Course – 5 hours
STAT 2013 Elementary Statistics (Q) or STAT 2023 Elementary Statistics for Business & Economics (Q) or STAT 2053 Elementary Statistics for Social Sciences (Q) [MATH 1483 or MATH 1513 with a "C" grade or better OR acceptable placement score]
Course Designated (H) – 3 hours
EDHS 3111 Preparing for Your Future Career (Fall Only)

YEAR 2, SPRING SEMESTER (17 hours)

Approved Elective Course – 4 hours
Course Designated (H) – 3 hours
HHP 2654 Applied Anatomy (BIOL 1114 or BIOL 1113 AND BIOL 1111 with a grade "C" or better)
HHP 3133 Ergogenic Aids for Human Performance
Approved Elective Course – 3 hours

Official degree requirements can be found at <https://catalog.okstate.edu/education-human-sciences/kinesiology-applied-health-recreation/applied-exercise-science-pre-professional-bs/>

YEAR 3, FALL SEMESTER (15 hours)

Approved Elective Course – 3 hours
Approved Elective Course – 2 hours
HHP 2553 Basic Athletic Injury Management
Approved Elective Course – 4 hours
Course Designated (D) – 3 hours

YEAR 3, SPRING SEMESTER (17 hours)

HHP 3114 Physiology of Exercise [Grade of “C” or better in: HHP 1703 AND MATH 1513]
BIOL 3203 Physiology [BIOL 1114 or BIOL 1113 AND BIOL 1111 and (CHEM 1215 or CHEM 1314 or CHEM 1414) with a grade of “C” or better in both classes]
BIOL 3201 Physiology Lab [BIOL 1114 or BIOL 1113 AND BIOL 1111 and (CHEM 1215 or CHEM 1314 or CHEM 1414) with a grade of “C” or better in both classes]
HHP 3664 Biomechanics [Grade of “C” or better in: HHP 1703 AND HHP 2654]
Course Designated (S) (Recommended: PSYC 1113 or SOC 1113)

YEAR 4, FALL SEMESTER (16 hours)

HHP 3443 Psychosocial Aspects of Sport & Coaching
HHP 4124 Principles of Strength & Conditioning [Grade of “C” or better in: HHP 2654 AND HHP 3114 (Exercise Physiology) or BIOL 3203 + BIOL 3201]
Approved Elective Course – 4 hours
Course designated (Q), (H), (N), (S), (D), (G), or (F) – 2 hours
Course Designated (G) – 3 hours

YEAR 4, SPRING SEMESTER (15 hours)

HHP 4480 Internship in AES: Pre-Professional – 5 hours
NSCI 4133 Nutrition for Exercise and Sport [NSCI 2013] Course Designated (D) – 3 hours
HHP 4013 Motor Control and Learning [BIOL 3204 or HHP 3114]
Approved Elective Course – 4 hours

Prior to enrolling in an OSU math class, you will need to complete the Math Placement Exam to ensure success in your first math course. The OSU Math Placement Exam is designed to find the strengths and weaknesses of your mathematical knowledge, report results to you, and then, if necessary, provide you with online learning modules for improving your knowledge to prepare for the appropriate course. **Math Placement Exam:** <https://go.okstate.edu/admissions/orientation-and-enrollment/math-placement>

Elective Suggestions

HHP 2802 Medical Terminology
HHP 3010 Health and Human Performance Workshop
HHP 3123 Principles of Personal Training
HHP 3333 Ethics in Sports Administration & Coaching
HHP 3553 Theory & Practice of Coaching
HHP 3933 Tactical Strength & Conditioning
HHP 4010 Directed Study
HHP 4083 Physiology of Aging
HHP 4774 Principles of Exercise Testing & Prescription
BIOL 3123 Human Heredity
BIOL 3214 Human Anatomy
BIOL 4215 Mammalian Physiology
BIOL 4223 Mammalian Physiology Capstone Laboratory

BIOL 4253 Pharmacology
BIOL 4283 Endocrinology
HLTH 3643 Health Behavior Theory
HLTH 4783 Public Health and Aging
MICR 3033 Cell & Molecular Biology
MGMT 3943 Sports Management
NSCI 3223 Nutrition Across the Lifespan
NSCI 3543 Food & The Human Environment
PHIL 3833 Biomedical Ethics
PSYC 3013 Psychology of Motivation
RT 2443 Contemporary Issues in Diversity
STAT 4013 Statistical Methods I