



PUBLIC HEALTH: EXERCISE AND HEALTH, 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: 2.50

Total Hours: 120

YEAR 1, FALL SEMESTER (14 hours)

HLTH 2213 Introduction to Public Health
ENGL 1113 Composition I or ENGL 1313 Critical Analysis and Writing I
MATH or STAT Course Designated (Q) – 3 hours [Acceptable placement score; see http://mathplacement.okstate.edu/]
BIOL1113 Introductory Biology (N) & BIOL1111 Introductory Biology Lab (LN) or BIOL 1114 Introductory Biology (LN)
UNIV 1111 First Year Seminar

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>

YEAR 1, SPRING SEMESTER (16 hours)

HLTH 2603 Total Wellness (S)
ENGL 1213 Composition II or ENGL1413 Critical Analysis and Writing II or ENGL 3323 Technical Writing
CHEM 1215 Chemical Principles I 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)
Course Designated (H) – 3 hours
Course Designated (S) – 3 hours

YEAR 2, FALL SEMESTER (16 hours)

HLTH 3613 Community Health
EDHS 3111 Preparing for Your Future Career (FALL ONLY)
STAT 2013 Elementary Statistics(Q) or STAT 2023 Elementary Statistics for Business and Economics(Q) or STAT 2053 Elementary Statistics for the Social Sciences(Q) [MATH 1483 or MATH 1513 or higher with a “C” grade or better]
HIST 1103 Survey of American History or HIST 1483 American History to 1865 or HIST 1493 American History Since 1865
Course Designated (G)– 3 hours
3 Hours of Electives (recommended HHP1703)

YEAR 2, SPRING SEMESTER (15 hours)

HLTH 3343 Public Health Policy (SPRING ONLY)
MSIS 2103 Business Data Science Technologies or EDTC 4113 Applications of Media and Technology
NSCI 2013 Principles of Human Nutrition (N)
POLS 1113 American Government
Course Designated (H) – 3 hours

YEAR 3, FALL SEMESTER (15 hours)

HLTH 3643 Health Behavior Theory
HLTH 3113 Health Issues in Diverse Populations (D)
BIOL 3203 Physiology & BIOL 3201 Physiology Laboratory ["C" or better in BIOL 1113 & BIOL 1111 and CHEM 1215, 1314 or 1414]
Course Designated (Q), (H), (N), (S), (D), (G), or (F)-5 hours

YEAR 3, SPRING SEMESTER (15 hours)

HLTH 3923 Social Determinants of Health and Public Health Equity (see academic advisor) (SPRING ONLY)
HLTH 3723 Principles of Epidemiology
HLTH 3673 Physical Activity and Public Health or approved substitution (see academic advisor) (SPRING ONLY)
HHP 2654 Applied Anatomy [BIOL 1113 & BIOL 1111 or BIOL 1114] or BIOL 3214 Human Anatomy ["C" or better in BIOL 1604 or 3203 & 3201]
2 Hours of Electives

YEAR 4, FALL SEMESTER (17 hours)

HLTH 4903 Pre-Internship Seminar [Instructor Permission Required] or approved substitution (see academic advisor)
HLTH 4973 Program Design in Public Health
HLTH 4313 Public Health Communication (FALL ONLY)
HHP 3114 Physiology of Exercise [MATH1513 and HHP1703]
HHP 3664 Biomechanics [HHP1703 and HHP2654]

YEAR 4, SPRING SEMESTER (12 hours)

HLTH 4990 – 12 hours Internship in Public Health: Exercise & Health

IMPORTANT: 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 o 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 2032.

This plan is provided as a courtesy. The official degree requirements for this major can be found <https://catalog.okstate.edu/education-human-sciences/>.