



COLLEGE OF  
**EDUCATION AND  
HUMAN SCIENCES**

APPLIED EXERCISE SCIENCE:

# PRE-PROFESSIONAL



## OVERVIEW

Study how human movement improves overall physical health and fitness, including subjects such as biomechanics, anatomy, exercise physiology, physics, motor control and exercise prescription and testing. Through classroom learning and hands-on experiences, the lab, science-based curriculum of the Pre-Professional option provides you with an exceptional foundation for further graduate study in Applied Exercise Science or for medical school, dental school or physician assistant study.

## PROGRAM HIGHLIGHTS

- OSU's state-of-the-art Applied Neuromuscular Physiology Laboratory allows you to perform clinical and performance-based tests learned in the classroom.
- Integrated practical experience, including hands-on laboratory training and at least one professional internship.
- 3 + 2 agreement with the Master of Athletic Training program at the OSU Center for Health Sciences provides the chance to complete both bachelor's and master's degrees in five years.
- Curriculum provides preparation for career-launching professional certification exams, including Certified Strength and Conditioning Specialist (CSCS), Certified Special Population Specialist (CSPS), Certified Exercise Physiologists (EP-C) and others.

## NOTABLE NUMBERS



**200** is the minimum number of hours of experience students gain in their chosen focus area through supervised internships.

## STUDENT PERSPECTIVE

“ OSU won me over with its fantastic community. The faculty and staff genuinely want to help you reach your goals, and this program is the place to be for exercise science research. I've had countless opportunities to participate in research and laboratory practicums. What I've learned here, I'll carry with me throughout my career as I become a more knowledgeable; better resource for my future patients. ”

- Courtney Swink, Applied Exercise Science student

# PEOPLE. PASSION. PURPOSE.

# PRE-PROFESSIONAL

(120 total credit hours)

## SAMPLE FOUR-YEAR PLAN OF STUDY

1

### FALL

Composition I\*  
College Algebra\*  
Introductory Biology  
Introduction to Exercise Science  
First Year Seminar

14 hrs.

### SPRING

Composition II\*  
American Government\*  
Chemistry I  
Principles of Human Nutrition  
General Education Course

17 hrs.

2

### FALL

American History\*  
Chemistry II  
Elementary Statistics  
Applied Anatomy

15 hrs.

### SPRING

College Physics I  
Animal Biology  
Humanities Course\*  
Elective (3 hours)

14 hrs.

3

### FALL

Survey of Organic Chemistry  
Survey of Organic Chemistry Lab  
Motor Learning  
Physiology  
Basic Athletic Injury Management  
Elective (2 hours)

17 hrs.

### SPRING

Nutrition for Sport & Exercise  
Biomechanics  
Physiology of Exercise  
General Education Course  
Social and Behavioral Sciences Course

16 hrs.

4

### FALL

Motor Control  
Principles of Personal Training  
Principles of Exercise Testing & Prescription  
Survey of Biochemistry  
General Education Course (2 hours)

14 hrs.

### SPRING

Internship in Health & Human Performance (5 hours)  
Medical Terminology for the Health Professions  
Humanities Course\*  
Elective (3 hours)

13 hrs.

\*Suggested for students seeking concurrent, dual credit or Advanced Placement (AP) course options to apply directly to this degree plan. Refer to the OSU Transfer Credit Guide and Credit By Exam Guide for specific course information online at [okstate.edu](http://okstate.edu).

## RELATED MINORS AND CERTIFICATES

Biochemistry ○ Neuroscience ○ Nutritional Sciences ○ Public Health ○ Undergraduate Research

*Minors are designed to enhance and complement a major field of study. They are not required, and additional courses may need to be added to the plan above.*

## CONTACT INFORMATION

### Prospective Student Services

Watson Family Center for Student Development  
106 Willard | Stillwater, OK 74078  
(405) 744-6350 | [educate@okstate.edu](mailto:educate@okstate.edu)



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