

2017-2018 DEGREE REQUIREMENTS		CAREER DEVELOPMENT RECOMMENDATIONS		
FRESHMAN YEAR	Fall Semester 14 hours	<input type="checkbox"/> Establish relationships with faculty members, advisors, peers, and campus personnel. <input type="checkbox"/> Develop skills in time management, goal setting, and practice good study habits. <input type="checkbox"/> Develop a resume (EDUC 1111). <input type="checkbox"/> Activate your Hire System account online. Practice communication skills, both oral and written (ENGL 1113). <input type="checkbox"/> Explore OSU/Stillwater community through part-time work, volunteering, job-shadowing, and/or participating in events. <input type="checkbox"/> Identify and join student organizations (ex. Health Promotion Club) to explore interests & build skills. <input type="checkbox"/> Research your career: look for information about the industry you want to work in and the occupations ... OR... <input type="checkbox"/> Explore your skills, values, interests and personality with self-assessments and assistance from a career consultant.		
	EDUC 1111		First Year Seminar	
	ENGL 1113 <i>or</i> ENGL 1313		Composition I <i>or</i> Critical Analysis and Writing I	
	MATH 1513 <i>or</i> MATH 1613		College Algebra (A) <i>or</i> Trigonometry (A) [MATH 1513]	
	BIOL 1114		Introduction Biology (LN)	
	_____ 3		3 hours of <i>Social and Behavioral Sciences</i> (S) credit <i>PSYC 1113 (Introductory Psychology)</i> recommended	
	Spring Semester 14 hours		<input type="checkbox"/> Obtain relevant work experiences through internships, volunteer work, part-time jobs, and/or summer jobs. <input type="checkbox"/> Consider obtaining First Aid, CPR, or other relevant certification. <input type="checkbox"/> Create a professional LinkedIn account.	
	ENGL 1213 <i>or</i> ENGL 1413 <i>or</i> ENGL 3323			Composition II <i>or</i> Critical Analysis and Writing II <i>or</i> Technical Writing
	POLS 1113			American Government
	CHEM 1215 <i>or</i> CHEM 1314			General Chemistry (LN) <i>or</i> General Chemistry (LN) [C or better MATH 1513]
_____ 3	3 hours of <i>Humanities</i> (H)*			
_____ 3	3 hours of electives			
SUMMER				
SOPHOMORE YEAR	Fall Semester 15 hours	<input type="checkbox"/> Meet with a Career Consultant to develop and/or update a resume. <input type="checkbox"/> Continue to develop skills by seeking leadership positions in organizations and other activities. <input type="checkbox"/> Make contact with employers by attending information sessions, club speakers and other networking events on campus. <input type="checkbox"/> Continue to assess your interests, values, skills and abilities and revise your career plan. <input type="checkbox"/> Identify faculty, advisors, peers, administrators and staff that you can add to your professional network. <input type="checkbox"/> Attend a career fair in order to become familiar with employers recruiting OSU students. <input type="checkbox"/> Participate in a mock interview. <input type="checkbox"/> Update social media profiles (including your profile on the HIRE System).		
	HIST 1103 <i>or</i> HIST 1483 <i>or</i> HIST 1493		Survey of American History <i>or</i> American History to 1865 <i>or</i> American History Since 1865	
	CHEM 1225 <i>or</i> CHEM 1515		General Chemistry (LN) [C or better CHEM 1215 or CHEM 1314] <i>or</i> General Chemistry (LN) [C or better CHEM 1314]	
	STAT 2013 <i>or</i> STAT 2023 <i>or</i> STAT 2053		Elementary Statistics (A) [MATH 1513] <i>or</i> Elementary Statistics for Business and Economics (A) [MATH 1513] <i>or</i> Elementary Statistics for the Social Sciences (A) [MATH 1513]	
	HHP 2654		Applied Anatomy [BIOL 1114]	
	Spring Semester 15 hours		<input type="checkbox"/> Obtain relevant work experiences through volunteer work, part-time job, or summer job. <input type="checkbox"/> Conduct an informal interview and/or observe a physical therapist <input type="checkbox"/> Visit organizations in your field of interest - some may be happy to give you a tour with advanced notice or ask to conduct an informational interview.	
	CHEM 3015			The Chemistry of Organic Compounds [C or better CHEM 1225 or CHEM 1515]
	NSCI 2114			Principles of Human Nutrition (N)
	_____ 3			3 hours of electives
	_____ 3		3 hours of electives	
SUMMER				

[] = Pre-requisites for course. (*Italicized in parentheses*) courses are *recommended* as prerequisites.

(F) = Course offered in Fall semesters only; (S) = Course offered in Spring semesters only; (Su) = Course offered in Summer semester only.

* One course with *International Dimension* (I) credit and one course with *Diversity* (D) credit required. Can be met with an *Humanities-International Dimension* (H, I), *Social and Behavioral Sciences-Interational Dimension* (S, I), *Social and Behavioral Sciences-Diversity* (S, D) or elective course.

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JUNIOR YEAR	Fall Semester 14 hours	<input type="checkbox"/> Have resume critiqued by Career Consultant. <input type="checkbox"/> Research specific employers you are interested in working for. <input type="checkbox"/> Attend professional meetings and conferences. <input type="checkbox"/> Continue to build your network of faculty and professional contacts.
	BIOC 3653 Survey of Biochemistry [CHEM 3015]	
	HHP 3223 Motor Learning (F)	
	BIOL 3204 Physiology [C or better BIOL 1114 & CHEM 1215 or CHEM 1314]	
	HHP 2553 Basic Athletic Injury Management [HHP 2654]	
	_____ 3 3 hours of <i>Humanities</i> (H)*	<input type="checkbox"/> Purchase interview attire. <input type="checkbox"/> Attend a career fair and ask about internships. <input type="checkbox"/> Begin graduate/professional/medical school applications.
	Spring Semester 15 hours	
	NSCI 4133 Nutrition for Exercise and Sport (S) [HHP 3114, NSCI 4123 & BIOC 3653] <i>or</i>	
	NSCI 4323 Human Nutrition and Metabolism [BIOL 3204, BIOC 3653 or concurrent & NSCI 2114]	
	BIOL 4215 Mammalian Physiology (S) [C or better BIOL 3204 & CHEM 3015]	
HHP 3663 Biomechanics [HHP 2654]		
HHP 3114 Physiology of Exercise [MATH 1513] [BIOL 3204]		
SUMMER		<input type="checkbox"/> Obtain relevant work experiences through internships, volunteer work, part-time jobs, and/or summer jobs. <input type="checkbox"/> Sign up for graduate/professional/medical school entrance exams.
SENIOR YEAR	Fall Semester 16 hours	<input type="checkbox"/> Develop targeted resume and cover letter and receive feedback from career consultant. <input type="checkbox"/> Update your Hire System account. <input type="checkbox"/> Sign up for graduate/professional school entrance exams.
	BIOL 4223 Mammalian Physiology Laboratory (F) [C or better BIOL 4215]	
	HHP 3123 <i>or</i> Principles of Personal Training <i>or</i>	
	HHP 4123 Principles of Strength and Conditioning	
	HHP 4773 Principles of Exercise Testing and Prescription [HHP 3114]	
	PHYS 1114 General Physics (LN) [C or better MATH 1513 or higher]	<input type="checkbox"/> Network with peers and colleagues during internship. <input type="checkbox"/> Apply to positions of interest. <input type="checkbox"/> Contact career consultant for help transitioning into the workplace or graduate school. <input type="checkbox"/> Upon graduation, report your post-graduation status to your career consultant or academic advisor.
	_____ 3 3 hours of <i>Analytical and Quantitative Thought</i> (A), <i>Humanities</i> (H), <i>Natural Sciences</i> (N), or <i>Social and Behavioral Sciences</i> (S) credit*	
	Spring Semester 15 hours	
	HLTH 4480 (2) Internship (2 hours) [senior standing & 3.00 GPA]	
	_____ 3 _____ 3 6 hours of electives*	
HHP 2802 Medical Terminology for the Health Professions		
_____ 2 _____ 3 5 hours of <i>Analytical and Quantitative Thought</i> (A), <i>Humanities</i> (H), <i>Natural Sciences</i> (N), or <i>Social and Behavioral Sciences</i> (S) credit*		

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THIS PLAN IS ONLY A GUIDELINE. PLEASE REFER TO YOUR DEGREE REQUIREMENT SHEET FOR SPECIFIC REQUIREMENTS.

For assistance with career development contact the college career consultant by email at careersuccess@okstate.edu or call 405-744-6350.

Last Updated on 8/9/2017