

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 health industry and the type of jobs you are interested in ... OR... <input type="checkbox"/> Explore your skills, values, interests and personality with self-assessments and assistance from a career consultant. <input type="checkbox"/> Use career consultant to help you write resume for HLTH 2213 assignment.		
	EDUC 1111		First Year Seminar	
	ENGL 1113 <i>or</i> ENGL 1313		Composition I <i>or</i> Critical Analysis and Writing I	
	MATH 1513		College Algebra	
	BIOL 1114		Introduction Biology (LN)	
	HLTH 2603		Total Wellness (S)	
	Spring Semester 17 or 18 hours		<input type="checkbox"/> Obtain relevant work experiences through internships, volunteer work, part-time jobs, and/or summer jobs. <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
	_____ 3			3 hours of <i>Humanities (H), Diversity-Humanities (DH), or Humanities-International Dimension (HI) credit [LOWER DIVISION]</i>
	CHEM 1215 <i>or</i> CHEM 1314			General Chemistry (LN) <i>or</i> General Chemistry (LN)
HLTH 2213	Principles in Health Education and Promotion			
HHP 2654	Applied Anatomy			
SUMMER				
SOPHOMORE YEAR	Fall Semester 16 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"/> Consider obtaining CPR/First Aid Certification <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).		
	_____ 3		3 hours of <i>Analytical and Quantitative Thought (A), Humanities (H), Natural Sciences (N), or Social and Behavioral Sciences (S) credit</i>	
	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	
	ECON 1113		The Economics of Social Issues (S)	
	BIOL 3204		Physiology	
	HLTH 3613		Community Health	
	Spring Semester 16 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.	
	POLS 1113			American Government
	NSCI 2114			Principles of Human Nutrition (N)
	_____ 3			3 hours of <i>Humanities (H), Diversity-Humanities (DH), or Humanities-International Dimension (HI) credit</i>
MSIS 2103 <i>or</i> EDTC 4113	Business Computer Concepts and Applications <i>or</i> Applications of Media and Technology			
MKTG 3213	Marketing (S)			
SUMMER				

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JUNIOR YEAR	Fall Semester 16 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
	STAT 2013 Elementary Statistics	
	HPP 3223 Motor Learning (FALL ONLY)	
	_____ 3 3 hours of <i>Social and Behavioral Sciences (S) or International Dimension-Social and Behavioral Sciences (IS) or Diversity-Social and Behavioral Sciences (DS)</i> credit [GENERAL EDUCATION]	
	HHP 3114 Physiology of Exercise	
	HLTH 3913 Alcohol and Drug Education	
	Spring Semester 15 hours	<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.
	_____ 3 3 hours of <i>Analytical and Quantitative Thought (A), Humanities (H), Natural Sciences (N), or Social and Behavioral Sciences (S)</i> credit	
	HLTH 3723 Principles of Epidemiology	
	HLTH 3643 Health Behavior and Theory	
MGMT 3013 Fundamentals of Management		
_____ 3 3 hours HHP Elective (see advisor)*		
SUMMER		<input type="checkbox"/> Obtain relevant work experiences through internships, co-ops, 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 14 hours	<input type="checkbox"/> Participate in a mock interview (HLTH 4902) <input type="checkbox"/> Develop targeted resume and cover letter and receive feedback from career consultant (BCOM 3113, HLTH 4902) <input type="checkbox"/> Update your Hire System account.
	BCOM 3113 Written Communication	
	HLTH 4533 Psychosocial Issues in Health Education/Promotion	
	HHP 3663 Biomechanics	
	HLTH 4973 Program Design in Health Education and Promotion	
	HLTH 4902 Pre-Internship Seminar	
	Spring Semester 12 hours	<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. <input type="checkbox"/> Upon graduation, report your post-graduation status to your career consultant or academic advisor.
HLTH 4990 (12) Internship in Health Education and Promotion: Exercise and Health (12 hours)		

* Choose one additional course from list included. Check individual course pre-requisites.

HHP ELECTIVES (Exercise and Health): HHP 4773 – Principles of Exercise Testing and Prescription
 HLTH 3113 – Health Issues in Diverse Populations (D)
 HLTH 4783 – Health Issues in Gerontology
 NSCI 4133 – Nutrition for Exercise and Sport

Sixty (60) hours must be completed at a senior college and must include forty (40) upper-division hours.

Student must have 120 total hours with: (1) 2.75 graduation/retention GPA; (2) 2.75 graduation/retention GPA for enrollment in HHP 4990; (3) 2.75 GPA in College/Departmental Requirements; and (4) 2.75 GPA in Major Requirements. The student must earn minimum grades of "C" and "P" in the College/Departmental Requirements and Major Requirements.

Documentation of current first aid/CPR certification prior to completion of HHP 4990.

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.