

# PUBLIC HEALTH: EXERCISE AND HEALTH, BS

## Degree Requirements

**Requirements for Students Matriculating in or before Academic Year 2024-2025.** Learn more about University Academic Regulation 3.1 (<http://catalog.okstate.edu/university-academic-regulations/#matriculation>).

**Minimum Overall Grade Point Average: 2.75**

**Total Hours: 120**

| Code  | Title                                    | Hours     |
|---|--|-----------|
| <b>General Education Requirements</b>   |  |           |
| <i>English Composition</i>  |  |           |
| See Academic Regulation 3.5 ( <a href="http://catalog.okstate.edu/university-academic-regulations/#english-composition">http://catalog.okstate.edu/university-academic-regulations/#english-composition</a> ) |  |           |
| ENGL 1113   | Composition I                            | 3         |
| or ENGL 1313  | Critical Analysis and Writing I          |           |
| Select one of the following:  |  | 3         |
| ENGL 1213   | Composition II                           |           |
| ENGL 1413   | Critical Analysis and Writing II         |           |
| ENGL 3323   | Technical Writing                        |           |
| <i>American History &amp; Government</i>  |  |           |
| Select one of the following:  |  | 3         |
| HIST 1103   | Survey of American History               |           |
| HIST 1483   | American History to 1865 (H)             |           |
| HIST 1493   | American History Since 1865 (DH)         |           |
| POLS 1113   | American Government                      | 3         |
| <i>Analytical &amp; Quantitative Thought (A)</i>  |  |           |
| MATH or STAT course designated (A)  |  | 3         |
| <i>Humanities (H)</i>   |  |           |
| Courses designated (H)  |  | 6         |
| <i>Natural Sciences (N)</i>   |  |           |
| Must include one Laboratory Science (L) course  |  |           |
| BIOL 1113   | Introductory Biology (N)                 | 4         |
| & BIOL 1111   | and Introductory Biology Laboratory (LN) |           |
| or BIOL 1114  | Introductory Biology (LN)                |           |
| CHEM 1215   | Chemical Principles I (LN)               | 4         |
| or CHEM 1314  | Chemistry I (LN)                         |           |
| <i>Social &amp; Behavioral Sciences (S)</i>   |  |           |
| Course designated (S)   |  | 3         |
| <i>Additional General Education</i>   |  |           |
| Courses designated (A), (H), (N), or (S)  |  | 8         |
| <b>Hours Subtotal</b>   |  | <b>40</b> |
| <b>Diversity (D) &amp; International Dimension (I)</b>  |  |           |
| May be completed in any part of the degree plan   |  |           |
| Select at least one Diversity (D) course  |  |           |
| Select at least one International Dimension (I) course  |  |           |
| <b>College/Departmental Requirements</b>  |  |           |
| Minimum GPA 2.75 with a minimum grade of "C" or "P" in each course  |  |           |

|   |  |            |
|---|--|------------|
| UNIV 1111   | First Year Seminar (or other approved first year seminar course) | 1          |
| EDHS 1111   | First Year Seminar Supplement                                    | 1          |
| MSIS 2103   | Business Data Science Technologies                               | 3          |
| or EDTC 4113  | Applications of Media and Technology                             |            |
| NSCI 2013   | Principles of Human Nutrition (N)                                | 3          |
| BIOL 3204   | Physiology   | 4          |
| Select one of the following:  |  | 3          |
| STAT 2013   | Elementary Statistics (A)  |            |
| STAT 2023   | Elementary Statistics for Business and Economics (A)             |            |
| STAT 2053   | Elementary Statistics for the Social Sciences (A)                |            |
| <b>Hours Subtotal</b>   |  | <b>15</b>  |
| <b>Major Requirements</b>   |  |            |
| Minimum GPA of 2.75 with a minimum grade of "C" or "P" in each course |  |            |
| HHP 2654  | Applied Anatomy  | 4          |
| or BIOL 3214  | Human Anatomy  |            |
| HHP 3114  | Physiology of Exercise   | 4          |
| HHP 3663  | Biomechanics   | 3          |
| HLTH 2213   | Introduction to Public Health                                    | 3          |
| HLTH 2603   | Total Wellness (S)   | 3          |
| HLTH 3113   | Health Issues in Diverse Populations (D)                         | 3          |
| HLTH 3343   | Public Health Policy   | 3          |
| HLTH 3613   | Community Health   | 3          |
| HLTH 3643   | Health Behavior Theory   | 3          |
| HLTH 3673   | Physical Activity and Public Health                              | 3          |
| HLTH 3723   | Principles of Epidemiology                                       | 3          |
| HLTH 3923   | Principles of Social Justice in Health                           | 3          |
| HLTH 4313   | Public Health Communication                                      | 3          |
| HLTH 4903   | Pre-Internship Seminar   | 3          |
| HLTH 4973   | Program Design in Public Health                                  | 3          |
| HLTH 4990   | Internship in Public Health: Exercise and Health                 | 12         |
| <b>Elective hours</b>   |  |            |
| Select 6 hours  |  | 6          |
| <b>Hours Subtotal</b>   |  | <b>65</b>  |
| <b>Total Hours</b>  |  | <b>120</b> |

## Other Requirements

- 40 hours of upper-division course work.
- Required for enrollment in HLTH 4990 Internship in Public Health: Exercise and Health
  - a. Documentation of current first aid/CPR certification and
  - b. 2.75 GPA in Major Requirements, 2.75 GPA in College/Departmental Requirements, & 2.75 Overall GPA.
- Required for graduation:
  - a. 2.75 Overall GPA;
  - b. 2.75 GPA in College/Departmental Requirements; and
  - c. 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 2030.

## Example Plan of Study

### Finish in Four Plan of Study

The plan below is an **example** of how students can successfully complete degree requirements in four years. This suggested class schedule plan may be used as a guide and can be adjusted based on individual needs. Students are required to meet with an academic advisor prior to enrollment each semester to plan their class schedule, and students are ultimately responsible for completing all degree requirements.

| Course   | Title  | Hours     |
|--|--|-----------|
| <b>Freshman</b>  |  |           |
| <b>Fall</b>  |  |           |
| ENGL 1113<br>or ENGL 1313                              | Composition I<br>or Critical Analysis and Writing I  | 3         |
| MATH or STAT Course Designated (A) MATH 1513 suggested |  | 3         |
| BIOL 1113<br>& BIOL 1111<br>or BIOL 1114               | Introductory Biology (N)<br>or Introductory Biology (LN)   | 4         |
| HLTH 2213  | Introduction to Public Health  | 3         |
| UNIV 1111  | First Year Seminar   | 1         |
| <b>Hours</b>   |  | <b>14</b> |
| <b>Spring</b>  |  |           |
| ENGL 1213<br>or ENGL 1413<br>or ENGL 3323              | Composition II<br>or Critical Analysis and Writing II<br>or Technical Writing  | 3         |
| CHEM 1215<br>or CHEM 1314                              | Chemical Principles I (LN)<br>or Chemistry I (LN)  | 4         |
| 3 Hour General Education Humanities (H)                |  | 3         |
| HLTH 2603  | Total Wellness (S)   | 3         |
| 3 Hours General Education (S)                          |  | 3         |
| EDHS 1111  | First Year Seminar Supplement  | 1         |
| <b>Hours</b>   |  | <b>17</b> |
| <b>Sophomore</b>                                       |  |           |
| <b>Fall</b>  |  |           |
| HIST 1103<br>or HIST 1483<br>or HIST 1493              | Survey of American History<br>or American History to 1865 (H)<br>or American History Since 1865 (DH)   | 3         |
| 3 Hours General Education (A, H, N, or S)              |  | 3         |
| 3 Hours of Elective                                    |  | 3         |
| STAT 2013<br>or STAT 2023<br>or STAT 2053              | Elementary Statistics (A)<br>or Elementary Statistics for Business and Economics (A)<br>or Elementary Statistics for the Social Sciences (A) | 3         |
| HLTH 3613  | Community Health   | 3         |
| <b>Hours</b>   |  | <b>15</b> |
| <b>Spring</b>  |  |           |
| POLS 1113  | American Government  | 3         |

|   |   |            |
|---|---|------------|
| NSCI 2013                               | Principles of Human Nutrition (N)   | 3          |
| 3 Hour General Education Humanities (H) |   | 3          |
| MSIS 2103<br>or EDTC 4113               | Business Data Science Technologies<br>or Applications of Media and Technology | 3          |
| HLTH 3343                               | Public Health Policy (Spring Only)  | 3          |
| <b>Hours</b>                            |   | <b>15</b>  |
| <b>Junior</b>                           |   |            |
| <b>Fall</b>                             |   |            |
| BIOL 3204                               | Physiology  | 4          |
| HLTH 3643                               | Health Behavior Theory  | 3          |
| 5 Hours General Education (A, H, N, S)  |   | 5          |
| HLTH 3113                               | Health Issues in Diverse Populations (D)                                      | 3          |
| <b>Hours</b>                            |   | <b>15</b>  |
| <b>Spring</b>                           |   |            |
| HLTH 3723                               | Principles of Epidemiology  | 3          |
| HHP 2654<br>or BIOL 3214                | Applied Anatomy<br>or Human Anatomy   | 4          |
| HHP 3663                                | Biomechanics  | 3          |
| HLTH 3673                               | Physical Activity and Public Health (Spring Only)                             | 3          |
| HLTH 3923                               | Principles of Social Justice in Health  | 3          |
| <b>Hours</b>                            |   | <b>16</b>  |
| <b>Senior</b>                           |   |            |
| <b>Fall</b>                             |   |            |
| 4 Hours of Electives                    |   | 3          |
| HHP 3114                                | Physiology of Exercise  | 4          |
| HLTH 4973                               | Program Design in Public Health   | 3          |
| HLTH 4903                               | Pre-Internship Seminar  | 3          |
| HLTH 4313                               | Public Health Communication   | 3          |
| <b>Hours</b>                            |   | <b>16</b>  |
| <b>Spring</b>                           |   |            |
| HLTH 4990                               | Internship in Public Health: Exercise and Health                              | 12         |
| <b>Hours</b>                            |   | <b>12</b>  |
| <b>Total Hours</b>                      |   | <b>120</b> |