

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
General Education Requirements		
<i>English Composition</i>		
See Academic Regulation 3.5 (http://catalog.okstate.edu/university-academic-regulations/#english-composition)		
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 & 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 & 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 & Behavioral Sciences (S)</i>		
Course designated (S)		3
<i>Additional General Education</i>		
Courses designated (A), (H), (N), or (S)		8
Hours Subtotal		40
Diversity (D) & International Dimension (I)		
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		
College/Departmental Requirements		
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)	
Hours Subtotal		15
Major Requirements		
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
Elective hours		
Select 6 hours		6
Hours Subtotal		65
Total Hours		120

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

NSCI 2013	Principles of Human Nutrition (N)	3
3 Hour General Education Humanities (H)		3
MSIS 2103 or EDTC 4113	Business Data Science Technologies or Applications of Media and Technology	3
HLTH 3343	Public Health Policy (Spring Only)	3
Hours		15
Junior		
Fall		
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
Hours		15
Spring		
HLTH 3723	Principles of Epidemiology	3
HHP 2654 or BIOL 3214	Applied Anatomy 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
Hours		16
Senior		
Fall		
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
Hours		16
Spring		
HLTH 4990	Internship in Public Health: Exercise and Health	12
Hours		12
Total Hours		120