

APPLIED EXERCISE SCIENCE: PRE-PROFESSIONAL, 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: 3.00

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 1513	College Algebra (A)	3
or MATH 1613	Trigonometry (A)	
<i>Humanities (H)</i>		
Courses designated (H)		6
<i>Natural Sciences (N)</i>		
Must include one Laboratory Science (L) course		
Select one of the following:		4
BIOL 1113 & BIOL 1111	Introductory Biology (N) and Introductory Biology Laboratory (LN)	
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 3.00 with a minimum grade of "C"

UNIV 1111	First Year Seminar (or other approved first year seminar course)	1
EDHS 1111	First Year Seminar Supplement	1
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 5

Major Requirements

Minimum GPA of 3.00 with a minimum grade of "C" or "P" in each course

HHP 1703	Introduction to Exercise Science	3
HHP 2553	Basic Athletic Injury Management	3
HHP 2654	Applied Anatomy	4
HHP 2802	Medical Terminology for the Health Professions	2
HHP 3114	Physiology of Exercise	4
HHP 3663	Biomechanics	3
HHP 4124	Principles of Strength and Conditioning	4
HHP 4013	Motor Control and Learning	3
HHP 4773	Principles of Exercise Testing and Prescription	3
HHP 4480	Internship in Health and Human Performance (5 hours)	5
BIOC 3653	Survey of Biochemistry	3
CHEM 1225	Chemical Principles II (LN)	5
or CHEM 1515	Chemistry II (LN)	
CHEM 3013	Survey of Organic Chemistry	3
CHEM 3012	Survey of Organic Chemistry Laboratory	2
NSCI 2013	Principles of Human Nutrition (N)	3
NSCI 4133	Nutrition for Exercise and Sport	3
PHYS 1114	College Physics I (LN)	4
BIOL 1604	Animal Biology	4
BIOL 3204	Physiology	4

Hours Subtotal 65

Electives

Select 10 hours 10

Hours Subtotal 10

Total Hours 120

Elective Suggestions

Code	Title	Hours
NSCI 3223	Nutrition Across the Life Span	3
NSCI 3543	Food and the Human Environment (IS)	3
HHP 3123	Principles of Personal Training	3
HHP 4480	Internship in Health and Human Performance (additional internship hours)	1-12
HHP 3933	Tactical Strength and Conditioning	3
HHP 4083	Physiology of Aging	3
HLTH 4783	Public Health and Aging	3

BIOL 3933	Research Methods	3
MICR 3033	Cell and Molecular Biology	3
BIOL 4215	Mammalian Physiology	5
BIOL 4223	Mammalian Physiology Capstone Laboratory	3
PHIL 3833	Biomedical Ethics (H)	3
PSYC 3013	Psychology of Motivation	3
RT 2443	Contemporary Issues in Diversity (DS)	3
STAT 4013	Statistical Methods I (A)	3
BIOL 3123	Human Heredity (N)	3
BIOL 3214	Human Anatomy	4
BIOL 4253	Pharmacology	3
BIOL 4283	Endocrinology	3

Other Requirements

- 40 hours of upper-division coursework.
- Documentation of current first aid/CPR certification prior to completion of HHP 4480 Internship in Health and Human Performance.
- Required for graduation:
 - a. 3.00 Overall GPA;
 - b. 3.00 Overall GPA for enrollment in HHP 4480 Internship in Health and Human Performance;
 - c. 3.00 GPA in College/Departmental Requirements; and
 - d. 3.00 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 1513 or MATH 1613	College Algebra (A) or Trigonometry (A)	3
BIOL 1113 & BIOL 1111 or BIOL 1114	Introductory Biology (N) or Introductory Biology (LN)	4
HHP 1703	Introduction to Exercise Science	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
POLS 1113	American Government	3
CHEM 1215 or CHEM 1314	Chemical Principles I (LN) or Chemistry I (LN)	4
NSCI 2013	Principles of Human Nutrition (N)	3
EDHS 1111	First Year Seminar Supplement	1
Hours		14
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
CHEM 1225 or CHEM 1515	Chemical Principles II (LN) or Chemistry II (LN)	5
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
Course designated (A), (H), (N) or (S)		3
Hours		14
Spring		
PHYS 1114	College Physics I (LN)	4
HHP 2654	Applied Anatomy	4
Course Designated (H)		3
3 Hours of Elective		3
HHP 2802	Medical Terminology for the Health Professions	2
Hours		16
Junior		
Fall		
CHEM 3013	Survey of Organic Chemistry	3
CHEM 3012	Survey of Organic Chemistry Laboratory	2
BIOL 1604	Animal Biology	4
HHP 2553	Basic Athletic Injury Management	3
4 Hours Electives		4
Hours		16
Spring		
BIOL 3204	Physiology	4
Course Designated (A), (H), (N) or (S)		3
HHP 3663	Biomechanics	3
HHP 3114	Physiology of Exercise	4
Course Designated (S)		3
Hours		17
Senior		
Fall		
HHP 4013	Motor Control and Learning	3
HHP 3123 or HHP 4124	Principles of Personal Training or Principles of Strength and Conditioning	3
HHP 4773	Principles of Exercise Testing and Prescription	3
BIOC 3653	Survey of Biochemistry	3
Course designated (H)		3
Hours		15
Spring		
HHP 4480	Internship in Health and Human Performance	5

Course designated (A), (H), (N), or (S)	2
NSCI 4133 Nutrition for Exercise and Sport	3
4 Hours of Elective	4
Hours	14
Total Hours	120