

APPLIED EXERCISE SCIENCE: PRE-PROFESSIONAL, BS

Degree Requirements

Requirements for Students Matriculating in or before Academic Year 2025-2026. 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>Quantitative Thought & Logical Reasoning (Q)</i>		
MATH 1513	College Algebra (Q)	3
or MATH 1613	Trigonometry (Q)	
<i>Understanding Humanities-Human Heritage & Cultures (H)</i>		
Courses designated (H)		6
<i>Reasoning in the Natural Sciences (N)</i>		
Must include one Laboratory-Based Inquiry (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>Exploring Society & Human Behavior (S)</i>		
Course designated (S)		3
<i>Diversity (D)</i>		
Courses designated (D)		3
<i>Global Cultural Competency (G)</i>		
Courses designated (G)		3
<i>Additional General Education</i>		

Additional general education credit hours (at least 2 hours) are required to meet the total 40-hour minimum. If courses carry more than one general education designation and can be used to meet multiple minimum general education designation hours above, more than 2 hours of additional general education will be required here to meet the 40-hour minimum.

Courses designated (Q), (H), (N), (S), (D), (G), or (F). 2

Hours Subtotal 40

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 3111 Preparing for Your Future Career 1

Select one of the following: 3

STAT 2013 Elementary Statistics (Q)

STAT 2023 Elementary Statistics for Business and Economics (Q)

STAT 2053 Elementary Statistics for the Social Sciences (Q)

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 (GS)	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 (Q)	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 and 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 2031.