

PUBLIC HEALTH: EXERCISE AND HEALTH, BS

Degree Requirements

Requirements for Students Matriculating in or before Academic Year 2026-2027. Learn more about University Academic Regulation 3.1 (<https://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 (https://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 or STAT course designated (Q)		3
<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		
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>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 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 3111	Preparing for Your Future Career	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 (Q)	
STAT 2023	Elementary Statistics for Business and Economics (Q)	
STAT 2053	Elementary Statistics for the Social Sciences (Q)	
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	Social Determinants of Health and Public Health Equity	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 2032.