



Health and Exercise Science



Special Points of Interest

- Health and Exercise Science has approximately 200 students in the major and admits approximately 100 new students each year into the major.
- Full admission to the HES program requires an application and is highly competitive.
- Nearly 60% of graduates go on to health-related programs of study.
- Average class size of 50 students.

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Interested in Health and Exercise Science?

About the Major

The Bachelor of Science (BS) degree program in Health and Exercise Science is designed to train students who plan to work in the health, fitness and sport fields or to prepare students for graduate studies in Health and Exercise Science or related fields. The program consists of a single core curriculum emphasizing applied science and professional preparation in combination with an elective block sufficiently broad to allow students to specialize in an area of personal interest related to health and exercise. A minor in Health and Exercise Science is also available at the undergraduate level for non-HES majors. The major integrates the biological, physiological, medial, and behavior sciences as they relate to physiological responses to exercise and human health. Our entire faculty is involved with both the undergraduate and graduate programs.

Student Organizations

HESSA
Health and Exercise Science Student Association is a student organization in the Department of Health and Exercise Science made up of undergraduate and graduate students. Each year HESSA plans activities that help support our Major (HES and Pre-HES) and Graduate students, and foster relationships across the department (faculty, staff, students).



Internship Opportunities

The purpose of the HES Internship Program is to provide a planned transition from the University curriculum to a professional Health and Exercise Science work setting. During the internship experience, the student will test the practical application of the theories of academic learning in a professional setting under the guidance and supervision of a professional staff member and a university faculty advisor. As part of the internship experience the student will be evaluated on his/her work attributes and contributions to the assigned field Agency. The student will also interact with the Agency in assessing his/her skills, accomplishments, and professional growth.

HES Curriculum

As an undergraduate student, whether you're studying Health Promotion or Exercise Physiology, you will have an broad educational experience that includes biological, physical, medical and behavioral sciences as they relate to human health and physiological response. These multidisciplinary experiences will prepare you for many exercise physiology and health promotion related careers. Students complete courses in introductory health and exercise science, nutrition, personal health, health promotion, lifestyle intervention, exercise physiology, stress management and prerequisite courses to the major include chemistry, math, psychology, biology, and communication.