



Associate in Science in Health, Human Performance and Physical Education (TCC) to Bachelor of Science in Public Health, Exercise and Health Option (OSU)

Available in Stillwater

Tulsa Community College (years 1 and 2) – 2025-26

Year One – Tulsa Community College

Fall

TCC Equivalent or Substitute	OSU Requirement	✓
ENGL 1113 Composition I	ENGL 1113	✓
BIOL 1414 – Introduction to Cell and Molecular Biology	BIOL 1113 (N) BIOL 1111 (LN)	
MATH 1513 Precalculus I	MATH 1513 (Q)	
POLS 1113 American Federal Government	POLS 1113	
Semester Credit Hours at TCC: 13		

Spring

TCC Equivalent or Substitute	OSU Requirement	✓
ENGL 1213 Composition II	ENGL 1213	
CHEM 1315 General Chemistry I	CHEM 1314 (LN) + CHEM 1---(LN)	
HIST 1483 U.S. Hist 1492 - Civil War or HIST 1493 U.S. Hist Civil War - now	HIST 1483 (H) or HIST 1493 (DH)	
HHPE 2212 First Aid	HHP 2602 General Education – waived with AS	
HHPE 2653 Applied Anatomy and Kinesiology	HHP 2654	
Semester Credit Hours at TCC: 16		

*A higher-level MATH may be selected based on student ACT or placement test score

Year Two- Tulsa Community College

Fall

TCC Equivalent or Substitute	OSU Requirement	✓
BIOL 1383 Nutrition	NSCI 2013 (N)	
ECON 2013 Principles of Macroeconomics	ECON 2203 (S) General Education	
Humanities (3 credit hours)	Humanities (H)	
HHPE 2263 Principles in Health Education and Health Promotion	HLTH 2213	
PSYC 1113 Introduction to Psychology	PSYC 1113 (S) Social Sciences	
Semester Credit Hours at TCC: 15		

Spring

TCC Equivalent or Substitute	OSU Requirement	✓
BIOL 2154 Human Physiology	BIOL 2--4 subs for BIOL 3204	
COMM 1113 Public Speaking	SPCH 2713 (S) General Education	
Humanities (3 credit hours)	Humanities (H)	
HHPE 2603 Total Wellness	HLTH 2603 (S)	
MATH 2193 Elementary Statistics	STAT 2013 (Q)	
Semester Credit Hours at TCC: 16		

Before transferring to OSU, have the TCC Registrar send an official transcript to the OSU Admissions Office with any degrees earned noted on the transcript. If you have not completed the requirements for an associate degree, talk with your OSU Academic Advisor about Reverse Transfer options to use OSU coursework to complete your TCC associate degree.



Oklahoma State University (years 3 and 4) – 2025-26

Year Three – Oklahoma State University

Fall

OSU Requirement	✓
EDHS 3111 Preparing for Your Future Career	
HLTH 3113 Health Issues in Diverse Populations (D)	
HHP 3114 Physiology of Exercise	
HHP 3663 Biomechanics	
HLTH 3723 Principles of Epidemiology	
1 credit hour OSU elective	
Semester Credit Hours at OSU: 15	

Spring

OSU Requirement	✓
HLTH 3343 Public Health Policy	
HLTH 3613 Community Health	
HLTH 3643 Health Behavior Theory	
HLTH 3673 Physical Activity and Public Health	
3 credit hours OSU elective	
Semester Credit Hours at OSU: 15	

Year Four – Oklahoma State University

Fall

OSU Requirement	✓
HLTH 4903 Pre-Internship Seminar	
HLTH 3923 Principles of Social Justice in Health	
HLTH 4973 Program Design in Public Health	
MSIS 2103 or EDTC 4113^	
HLTH 4313 Public Health Communication	
3 credit hours OSU Elective	
Semester Credit Hours at OSU: 18	

Spring

OSU Requirement	✓
HLTH 4990(12) Internship in Public Health: Exercise and Health	
Semester Credit Hours at OSU: 12	

^Courses are available on the Stillwater campus or online. See your OSU Advisor for course rotation.

