## Applied Exercise Science: Strength and Conditioning, BS

### Requirements for Students Matriculating in or before Academic Year 2019-2020

Learn more about University Academic Regulation 3.1 ([link](http://catalog.okstate.edu/university-academic-regulations/#matriculation)).

**Minimum Overall Grade Point Average:** 2.75

**Total Hours:** 120

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 1113</td>
<td>Composition I</td>
<td>3</td>
</tr>
<tr>
<td>or ENGL 1313</td>
<td>Critical Analysis and Writing I</td>
<td>3</td>
</tr>
<tr>
<td>Select one of the following:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ENGL 1213</td>
<td>Composition II</td>
<td></td>
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<tr>
<td>ENGL 1413</td>
<td>Critical Analysis and Writing II</td>
<td></td>
</tr>
<tr>
<td>ENGL 3323</td>
<td>Technical Writing</td>
<td></td>
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</tbody>
</table>

**American History & Government**

Select one of the following: 3

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>HIST 1103</td>
<td>Survey of American History</td>
<td>3</td>
</tr>
<tr>
<td>HIST 1483</td>
<td>American History to 1865 (H)</td>
<td></td>
</tr>
<tr>
<td>HIST 1493</td>
<td>American History Since 1865 (DH)</td>
<td></td>
</tr>
<tr>
<td>POLS 1113</td>
<td>American Government</td>
<td>3</td>
</tr>
</tbody>
</table>

**Analytical & Quantitative Thought (A)**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>MATH 1513</td>
<td>College Algebra (A)</td>
<td>3</td>
</tr>
<tr>
<td>or MATH 1613</td>
<td>Trigonometry (A)</td>
<td></td>
</tr>
<tr>
<td>Select one of the following:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>STAT 2013</td>
<td>Elementary Statistics (A)</td>
<td>3</td>
</tr>
<tr>
<td>STAT 2023</td>
<td>Elementary Statistics for Business and Economics (A)</td>
<td></td>
</tr>
<tr>
<td>STAT 2053</td>
<td>Elementary Statistics for the Social Sciences (A)</td>
<td></td>
</tr>
</tbody>
</table>

**Humanities (H)**

Courses designated (H) 6

**Natural Sciences (N)**

Must include one Laboratory Science (L) course

Courses designated (N) with one (L) 8

**Social & Behavioral Sciences (S)**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSYC 1113</td>
<td>Introductory Psychology (S)</td>
<td>3</td>
</tr>
</tbody>
</table>

**Additional General Education**

Courses designated (A), (H), (N), or (S) 5

**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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>NSCI 3223</td>
<td>Nutrition Across the Life Span</td>
<td>3</td>
</tr>
<tr>
<td>NSCI 4133</td>
<td>Nutrition for Exercise and Sport</td>
<td>3</td>
</tr>
<tr>
<td>HHP 3123</td>
<td>Principles of Personal Training</td>
<td>3</td>
</tr>
<tr>
<td>HHP 4480</td>
<td>Internship in Health and Human Performance (additional internship hours)</td>
<td>1-7</td>
</tr>
<tr>
<td>HLTH 3643</td>
<td>Health Behavior Theory</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 4783</td>
<td>Health Issues in Gerontology</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 3933</td>
<td>Research Methods</td>
<td>3</td>
</tr>
<tr>
<td>PHIL 3833</td>
<td>Biomedical Ethics (H)</td>
<td>3</td>
</tr>
</tbody>
</table>

**College/Departmental Requirements**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>EDUC 1111</td>
<td>First Year Seminar</td>
<td>1</td>
</tr>
<tr>
<td>BCOM 3113</td>
<td>Written Communication</td>
<td>3</td>
</tr>
<tr>
<td>MGMT 3013</td>
<td>Fundamentals of Management (S)</td>
<td>3</td>
</tr>
<tr>
<td>MKTG 3213</td>
<td>Marketing (S)</td>
<td>3</td>
</tr>
<tr>
<td>MSIS 2103</td>
<td>Business Data Science Technologies</td>
<td>3</td>
</tr>
<tr>
<td>or EDTC 4113</td>
<td>Applications of Media and Technology</td>
<td></td>
</tr>
<tr>
<td>PHYS 1014</td>
<td>Descriptive Physics (N)</td>
<td>4</td>
</tr>
<tr>
<td>or PHYS 1114</td>
<td>College Physics I (LN)</td>
<td></td>
</tr>
<tr>
<td>NSCI 2114</td>
<td>Principles of Human Nutrition (N)</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 3204</td>
<td>Physiology</td>
<td>4</td>
</tr>
</tbody>
</table>

**Hours Subtotal** 25

**Major Requirements**

Minimum GPA of 2.75 with a minimum grade of “C” or “P” in each course

<table>
<thead>
<tr>
<th>Code</th>
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<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HHP 1703</td>
<td>Introduction to Exercise Science</td>
<td>3</td>
</tr>
<tr>
<td>HHP 2553</td>
<td>Basic Athletic Injury Management</td>
<td>3</td>
</tr>
<tr>
<td>HHP 2654</td>
<td>Applied Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>HHP 2802</td>
<td>Medical Terminology for the Health Professions</td>
<td>2</td>
</tr>
<tr>
<td>HHP 3114</td>
<td>Physiology of Exercise</td>
<td>4</td>
</tr>
<tr>
<td>HHP 3223</td>
<td>Motor Learning</td>
<td>3</td>
</tr>
<tr>
<td>HHP 3333</td>
<td>Ethics in Sports Administration and Coaching</td>
<td>3</td>
</tr>
<tr>
<td>HHP 3443</td>
<td>Psychosocial Aspects of Sport and Coaching</td>
<td>3</td>
</tr>
<tr>
<td>HHP 3663</td>
<td>Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>HHP 4013</td>
<td>Motor Control</td>
<td>3</td>
</tr>
<tr>
<td>HHP 4124</td>
<td>Principles of Strength and Conditioning</td>
<td>4</td>
</tr>
<tr>
<td>HHP 4773</td>
<td>Principles of Exercise Testing and Prescription</td>
<td>3</td>
</tr>
<tr>
<td>HHP 4480</td>
<td>Internship in Health and Human Performance (5 hours)</td>
<td>5</td>
</tr>
<tr>
<td>MGMT 3943</td>
<td>Sports Management</td>
<td>3</td>
</tr>
</tbody>
</table>

**Hours Subtotal** 46

**Electives**

Select 9 hours

**Hours Subtotal** 9

**Total Hours** 120

**Elective Suggestions**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
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<tbody>
<tr>
<td>NCIS 3223</td>
<td>Nutrition Across the Life Span</td>
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<td>Nutrition for Exercise and Sport</td>
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<tr>
<td>PHIL 3833</td>
<td>Biomedical Ethics (H)</td>
<td>3</td>
</tr>
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</table>
PSYC 3013  Psychology of Motivation  3
NSCI 3543  Food and the Human Environment (IS)  3
RMRT 2443  Contemporary Issues in Diversity (DS)  3

Other Requirements

- 40 hours of upper-division course work. Documentation of current first aid/CPR certification prior to completion of HHP 4480 Internship in Health and Human Performance.
- Required for graduation:
  a. 2.75 Overall GPA;
  b. 2.75 Overall GPA for enrollment in HHP 4480 Internship in Health and Human Performance;
  c. 2.75 Overall GPA in College/Departmental Requirements; and
  d. 2.75 Grad/Ret 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 2025.