APPLIED EXERCISE SCIENCE: STRENGTH AND CONDITIONING, BS

Degree Requirements
Requirements for Students Matriculating in or before Academic Year 2024-2025. Learn more about University Academic Regulation 3.1 (http://catalog.okstate.edu/university-academic-regulations/#matriculation).

Minimum Overall Grade Point Average: 2.75
Total Hours: 120

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**General Education Requirements**

*English Composition*

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  3

Select one of the following:  3

ENGL 1213  Composition II

ENGL 1413  Critical Analysis and Writing II

ENGL 3323  Technical Writing

*American History & Government*

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)

POLI 1113  American Government  3

*Analytical & Quantitative Thought (A)*

MATH 1513  College Algebra (A)  3

or MATH 1613  Trigonometry (A)  3

Select one of the following:  3

STAT 2013  Elementary Statistics (A)

STAT 2023  Elementary Statistics for Business and Economics (A)

STAT 2053  Elementary Statistics for the Social Sciences (A)

*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)*

PSYC 1113  Introductory Psychology (S)  3

*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

**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 1111  First Year Seminar Supplement  1

NSCI 2013  Principles of Human Nutrition (N)  3

BIOL 3204  Physiology  4

HHP 1703  Introduction to Exercise Science  3

HHP 2553  Basic Athletic Injury Management  3

HHP 2654  Applied Anatomy  4

**Hours Subtotal**  19

*Major Requirements*

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

HHP 3114  Physiology of Exercise  4

HHP 3133  Ergogenic Aids for Sports and Human Performance  3

HHP 3443  Psychosocial Aspects of Sport and Coaching  3

HHP 3663  Biomechanics  3

HHP 4013  Motor Control and Learning  3

HHP 4124  Principles of Strength and Conditioning  4

HHP 4480  Internship in Health and Human Performance  5

NSCI 4133  Nutrition for Exercise and Sport  3

**Hours Subtotal**  28

*Electives*  33

Select 33 hours from the following list:

HHP 2802  Medical Terminology for the Health Professions

BIOL 3933  Research Methods

HHP 3010  Health and Human Performance Workshop

HHP 3123  Principles of Personal Training

HHP 3333  Ethics in Sports Administration and Coaching

HHP 3553  Theory and Practice of Coaching

HHP 4010  Directed Study

HHP 4480  Internship in Health and Human Performance

HHP 4773  Principles of Exercise Testing and Prescription

HLTH 3643  Health Behavior Theory

HLTH 4783  Public Health and Aging

MGMT 3943  Sports Management

NSCI 3223  Nutrition Across the Life Span

PSYC 3013  Psychology of Motivation

**Hours Subtotal**  33

**Total Hours**  120
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 GPA in College/Departmental Requirements; and
  d. 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 2030.