HEALTH AND HUMAN PERFORMANCE: APPLIED EXERCISE SCIENCE, MS

Requirements for Students Matriculating in or before Academic Year 2023-2024. Learn more about Graduate College Academic Regulation 7.0 (http://catalog.okstate.edu/graduate-college/#70).

## Thesis Option

**Total Hours:** 36

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Core Courses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RMRT 5023</td>
<td>Legal Aspects of Recreation Management, Health, Physical Education, and Leisure Services</td>
<td>3</td>
</tr>
<tr>
<td>REMS 5953</td>
<td>Statistical Methods in Education</td>
<td>3</td>
</tr>
<tr>
<td>REMS 5013</td>
<td>Research Design and Methodology</td>
<td>3</td>
</tr>
<tr>
<td>or HHP 5053</td>
<td>Research Design in Leisure, Health and Human Performance</td>
<td></td>
</tr>
<tr>
<td>HHP 5523</td>
<td>Current Readings in Health</td>
<td>3</td>
</tr>
<tr>
<td><strong>Hours Subtotal</strong></td>
<td>12</td>
<td></td>
</tr>
<tr>
<td><strong>Required Courses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HHP 5853</td>
<td>Clin Ex Test &amp; Prescript</td>
<td>3</td>
</tr>
<tr>
<td>HHP 5873</td>
<td>Human Bioenergetics</td>
<td>3</td>
</tr>
<tr>
<td><strong>Hours Subtotal</strong></td>
<td>6</td>
<td></td>
</tr>
<tr>
<td><strong>Departmental Electives</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Select 12 hours from the following:</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>HLTH 5113</td>
<td>Psychological Aspects of Health</td>
<td></td>
</tr>
<tr>
<td>HHP 5073</td>
<td>Psychological Aspects of Sport</td>
<td></td>
</tr>
<tr>
<td>HHP 5733</td>
<td>Motor Learning</td>
<td></td>
</tr>
<tr>
<td>HHP 5823</td>
<td>Applied Neuromuscular Physiology</td>
<td></td>
</tr>
<tr>
<td>NSCI 5133</td>
<td>Advanced Nutrition for Exercise and Sport</td>
<td></td>
</tr>
<tr>
<td>NSCI 5303</td>
<td>Human Nutrition and Metabolism I</td>
<td></td>
</tr>
<tr>
<td>BIOL 5215</td>
<td>Mammalian Physiology</td>
<td></td>
</tr>
<tr>
<td>HHP 5843</td>
<td>Applied Biomechanics</td>
<td></td>
</tr>
<tr>
<td><strong>Hours Subtotal</strong></td>
<td>12</td>
<td></td>
</tr>
<tr>
<td><strong>Creative Component</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HHP 5030</td>
<td>Field Problems in Health and Human Performance</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total Hours</strong></td>
<td>33</td>
<td></td>
</tr>
</tbody>
</table>

**Graduate College Master's Program Requirements**

Learn more about Graduate College 2023-2024 Master’s Degree Program Requirements (http://catalog.okstate.edu/graduate-college/). Check the General Graduate College academic regulations for minimal GPA, language proficiency and other general requirements.

## Non-Thesis Option

**Total Hours:** 36

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Core Courses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RMRT 5023</td>
<td>Legal Aspects of Recreation Management, Health, Physical Education, and Leisure Services</td>
<td>3</td>
</tr>
<tr>
<td>REMS 5953</td>
<td>Statistical Methods in Education</td>
<td>3</td>
</tr>
<tr>
<td>REMS 5013</td>
<td>Research Design and Methodology</td>
<td>3</td>
</tr>
</tbody>
</table>