

# 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

Code	Title	Hours
<b>Core Courses</b>		
RMRT 5023	Legal Aspects of Recreation Management, Health, Physical Education, and Leisure Services	3
REMS 5953	Statistical Methods in Education	3
REMS 5013	Research Design and Methodology	3
or HHP 5053	Research Design in Leisure, Health and Human Performance	
HHP 5523	Current Readings in Health	3
<b>Hours Subtotal</b>		<b>12</b>
<b>Required Courses</b>		
HHP 5853	Clin Ex Test & Prescript	3
HHP 5873	Human Bioenergetics	3
<b>Hours Subtotal</b>		<b>6</b>
<b>Departmental Electives</b>		
Select 12 hours from the following:		12
HLTH 5113	Psychological Aspects of Health	
HHP 5073	Psychological Aspects of Sport	
HHP 5733	Motor Learning	
HHP 5823	Applied Neuromuscular Physiology	
NSCI 5133	Advanced Nutrition for Exercise and Sport	
NSCI 5303	Human Nutrition and Metabolism I	
BIOL 5215	Mammalian Physiology	
HHP 5843	Applied Biomechanics	
<b>Hours Subtotal</b>		<b>12</b>
<b>Thesis</b>		
HHP 5000	Master's Thesis	6
<b>Total Hours</b>		<b>36</b>

## Non-Thesis Option

**Total Hours:** 33

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

or HHP 5053	Research Design in Leisure, Health and Human Performance	
HHP 5523	Current Readings in Health	3
<b>Hours Subtotal</b>		<b>12</b>
<b>Required Courses</b>		
HHP 5853	Clin Ex Test & Prescript	3
HHP 5873	Human Bioenergetics	3
<b>Hours Subtotal</b>		<b>6</b>
<b>Departmental Electives</b>		
Select 12 hours from the following:		12
HLTH 5113	Psychological Aspects of Health	
HHP 5073	Psychological Aspects of Sport	
HHP 5733	Motor Learning	
HHP 5823	Applied Neuromuscular Physiology	
NSCI 5133	Advanced Nutrition for Exercise and Sport	
NSCI 5303	Human Nutrition and Metabolism I	
BIOL 5215	Mammalian Physiology	
HHP 5843	Applied Biomechanics	
<b>Hours Subtotal</b>		<b>12</b>
<b>Creative Component</b>		
HHP 5030	Field Problems in Health and Human Performance	3
<b>Total Hours</b>		<b>33</b>

## 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.