

APPLIED EXERCISE SCIENCE: STRENGTH AND CONDITIONING, BS

Degree Requirements

Requirements for Students Matriculating in or before Academic Year 2023-2024. 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

Code	Title	Hours
General Education Requirements		
<i>English Composition</i>		
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	
Select one of the following:		3
ENGL 1213	Composition II	
ENGL 1413	Critical Analysis and Writing II	
ENGL 3323	Technical Writing	
<i>American History & Government</i>		
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)	
POLS 1113	American Government	3
<i>Analytical & Quantitative Thought (A)</i>		
MATH 1513	College Algebra (A)	3
or MATH 1613	Trigonometry (A)	
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)	
<i>Humanities (H)</i>		
Courses designated (H)		6
<i>Natural Sciences (N)</i>		
Must include one Laboratory Science (L) course		
Courses designated (N) with one (L)		8
<i>Social & Behavioral Sciences (S)</i>		
PSYC 1113	Introductory Psychology (S)	3
<i>Additional General Education</i>		
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

College/Departmental Requirements

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

EDHS 1112	First Year Seminar	2
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 of 2.75 with a minimum grade of "C" or "P" in each course

HHP 3114	Physiology of Exercise	4
HHP 3133	Sport Supplements For 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

Select 33 hours from the following list: 33

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	Health Issues in Gerontology	
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 2029.

Example Plan of Study

Finish in Four Plan of Study

The plan below is an **example** of how students can successfully complete degree requirements in four years. This suggested class schedule plan may be used as a guide and can be adjusted based on individual needs. Students are required to meet with an academic advisor prior to enrollment each semester to plan their class schedule, and students are ultimately responsible for completing all degree requirements.

Course	Title	Hours
Freshman		
Fall		
ENGL 1113 or ENGL 1313	Composition I or Critical Analysis and Writing I	3
MATH 1513 or MATH 1613	College Algebra (A) or Trigonometry (A)	3
BIOL 1113 & BIOL 1111 or BIOL 1114	Introductory Biology (N) or Introductory Biology (LN)	4
HHP 1703	Introduction to Exercise Science	3
EDHS 1112	First Year Seminar	2
Hours		15
Spring		
ENGL 1213 or ENGL 1413 or ENGL 3323	Composition II or Critical Analysis and Writing II or Technical Writing	3
POLS 1113	American Government	3
STAT 2013 or STAT 2023 or STAT 2053	Elementary Statistics (A) or Elementary Statistics for Business and Economics (A) or Elementary Statistics for the Social Sciences (A)	3
NSCI 2114		4
Course designated (H)		3
Hours		16
Sophomore		
Fall		
HIST 1103 or HIST 1483 or HIST 1493	Survey of American History or American History to 1865 (H) or American History Since 1865 (DH)	3

CHEM 1215 or CHEM 1314	Chemical Principles I (LN) or Chemistry I (LN)	4
Course designated (H)		3
HHP 3223		3
Controlled Elective Course ¹		3
Hours		16
Spring		
PSYC 1113	Introductory Psychology (S)	3
HHP 3333	Ethics in Sports Administration and Coaching	3
Course designated (A), (H), (N), or (S)		3
HHP 2802	Medical Terminology for the Health Professions	2
HHP 2654	Applied Anatomy	4
Hours		15
Junior		
Fall		
HHP 3553	Theory and Practice of Coaching	3
HHP 2553	Basic Athletic Injury Management	3
HHP 3443	Psychosocial Aspects of Sport and Coaching	3
HHP 3663	Biomechanics	3
Controlled Elective Course ¹		3
Hours		15
Spring		
HHP 3114	Physiology of Exercise	4
BIOL 3204	Physiology	4
Controlled Elective Course ¹		3
HHP 3133	Sport Supplements For Human Performance	3
Hours		14
Senior		
Fall		
HHP 4773	Principles of Exercise Testing and Prescription	3
HHP 4124	Principles of Strength and Conditioning	4
HHP 4013	Motor Control and Learning	3
Elective Course ¹		3
Course designated (A), (H), (N), or (S)		2
Hours		15
Spring		
HHP 4480	Internship in Health and Human Performance	5
NSCI 4133	Nutrition for Exercise and Sport	3
Controlled Elective Course ¹		3
Controlled Elective Course ¹		3
Hours		14
Total Hours		120

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Controlled Elective Options include: NSCI 3223, HLTH 4783, PSYC 3013, HHP 3010, RMRT 2443, HHP 3123, BIOL 3933, NSCI 3543, MGMT 3943, HHP 4480, HLTH 3643, PHIL 3833, HHP 4010