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 English Composition | | | |
| , | lation 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: | | | |
| ENGL 1213 | Composition II | | |
| ENGL 1413 | Critical Analysis and Writing II | | |
| ENGL 3323 | Technical Writing | | |
| American History & Government | | | |
| Select one of the following: | | | |
| 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 | |
| Analytical & Quantita | tive Thought (A) | | |
| 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) | | |
| Humanities (H) | | | |
| Courses designated (H) | | | |
| Natural Sciences (N) | | | |
| Must include one La | boratory Science (L) course | | |
| Courses designated (N) with one (L) | | 8 | |
| Social & Behavioral S | ciences (S) | | |
| PSYC 1113 | Introductory Psychology (S) | 3 | |
| Additional General Ed | lucation | | |
| Courses designated (A), (H), (N), or (S) | | | |
| Hours Subtotal | | | |
| Diversity (D) & International Dimension (I) | | | |
| May be completed in any part of the degree plan | | | |
| Select at least one Diversity (D) course | | | |

| | nternational Dimension (I) course | |
|------------------------------|--|-----|
| College/Department | • | |
| Minimum GPA 2.75 v course | with a minimum grade of "C" or "P" in each | |
| 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 2.7 course | 5 with a minimum grade of "C" or "P" in each | |
| 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 | n 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; onefourth 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.