

# APPLIED EXERCISE SCIENCE: SPORT AND COACHING SCIENCE, 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: 2.0**

**Total Hours: 120**

Code	Title	Hours
<b>General Education Requirements</b>		
<i>English Composition</i>		
See Academic Regulation 3.5 ( <a href="http://catalog.okstate.edu/university-academic-regulations/#english-composition">http://catalog.okstate.edu/university-academic-regulations/#english-composition</a> )		
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 &amp; 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 &amp; 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 &amp; Behavioral Sciences (S)</i>		
PSYC 1113	Introductory Psychology (S)	3
<i>Additional General Education</i>		
Courses designated (A), (H), (N), or (S)		5
<b>Hours Subtotal</b>		<b>40</b>
<b>Diversity (D) &amp; International Dimension (I)</b>		
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		
<b>College/Departmental Requirements</b>		
Minimum GPA 2.00		
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
HHP 1703	Introduction to Exercise Science	3
HHP 2553	Basic Athletic Injury Management	3
HHP 2654	Applied Anatomy	4
<b>Hours Subtotal</b>		<b>15</b>
<b>Major Requirements</b>		
Minimum GPA of 2.00		
HHP 3114	Physiology of Exercise	4
HHP 3133	Ergogenic Aids for Sports and Human Performance	3
HHP 3333	Ethics in Sports Administration and Coaching	3
HHP 4013	Motor Control and Learning	3
HHP 3443	Psychosocial Aspects of Sport and Coaching	3
HHP 3553	Theory and Practice of Coaching	3
HHP 3663	Biomechanics	3
HHP 4124	Principles of Strength and Conditioning	4
HHP 4480	Internship in Health and Human Performance	5
HHP 4773	Principles of Exercise Testing and Prescription	3
NSCI 4133	Nutrition for Exercise and Sport	3
<b>Hours Subtotal</b>		<b>37</b>
<b>Electives</b>		
Minimum GPA of 2.00		
Select 28 hours from the following list:		28
HHP 3010	Health and Human Performance Workshop	
HHP 3123	Principles of Personal Training	
HHP 4010	Directed Study	
HHP 4733	Organization, Administration and Curriculum in Physical Education and Athletics	
MGMT 3943	Sports Management	
MGMT 3963	Social Issues in Sports Management	
NSCI 3223	Nutrition Across the Life Span	
NSCI 4373	Principles of Nutrition Education and Behavior Change	
RM 2473	Foundation of Recreation Management Leadership	
SPM 2843	Sports and the Media	
SPM 3843	Contemporary Sport Consumption	
<b>Hours Subtotal</b>		<b>28</b>
<b>Total Hours</b>		<b>120</b>

## Other Requirements:

- 40 Hours of upper-division coursework
- Required for Graduation:

- 2.00 Overall GPA;
  - 2.00 Overall GPA for enrollment in HHP 4480.
  - 2.00 GPA in College/Departmental Requirements;
  - 2.00 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.

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
Course designated (A, H, N, S)		3
BIOL 1113 & BIOL 1111 or BIOL 1114	Introductory Biology (N) or Introductory Biology (LN)	4
HHP 1703	Introduction to Exercise Science	3
UNIV 1111	First Year Seminar	1
Hours		14
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
Course Designated (H)		3
MATH 1513	College Algebra (A)	3
NSCI 2013	Principles of Human Nutrition (N)	3
EDHS 1111	First Year Seminar Supplement	1
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
Course Designated (H)		3
HHP 3133	Ergogenic Aids for Sports and Human Performance	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
Controlled Elective Course		3
Hours		15
Spring		
PSYC 1113	Introductory Psychology (S)	3
HHP 3333	Ethics in Sports Administration and Coaching	3
HHP 2654	Applied Anatomy	4
Controlled Elective Course		3
Controlled Elective Course		2
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		3
Hours		15
Spring		
HHP 3114	Physiology of Exercise	4
Controlled Elective Course		3
Controlled Elective Course		2
Controlled Elective Course		3
Course designated (N)		4
Hours		16
Senior		
Fall		
HHP 4773	Principles of Exercise Testing and Prescription	3
HHP 4124	Principles of Strength and Conditioning	4
Controlled Elective Course		3
Controlled Elective Course		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		3
HHP 4013	Motor Control and Learning	3
Hours		14
Total Hours		120