# 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	
General Education R	equirements		
<b>English Composition</b>			
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:			
ENGL 1213	Composition II		
ENGL 1413	Critical Analysis and Writing II		
ENGL 3323	Technical Writing		
American History & G	overnment		
Select one of the foll	owing:	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	
Analytical & Quantitative Thought (A)			
MATH 1513	College Algebra (A)	3	
or MATH 1613	Trigonometry (A)		
Select one of the following:			
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 Laboratory Science (L) course			
Courses designated (N) with one (L)			
Social & Behavioral Sciences (S)			
PSYC 1113	Introductory Psychology (S)	3	
Additional General Education			
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 D	iversity (D) course		

HHP 3663 Biomechanics 3 HHP 4124 Principles of Strength and Conditioning 4 HHP 4480 Internship in Health and Human Performance HHP 4773 Principles of Exercise Testing and Prescription NSCI 4133 Nutrition for Exercise and Sport 3 Hours Subtotal 37 Electives Minimum GPA of 2.00	Coloot at least one le	ternational Dimension (I) serves	
Minimum GPA 2.00  UNIV 1111 First Year Seminar (or other approved first year seminar course)  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  Hours Subtotal 15  Major Requirements  Minimum GPA of 2.00  HHP 3114 Physiology of Exercise 4  HHP 3133 Ergogenic Aids for Sports and Human Performance HHP 3133 Ethics in Sports Administration and Coaching 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 4  HHP 4124 Principles of Strength and Conditioning 4  HHP 4480 Internship in Health and Human Performance HHP 4773 Principles of Exercise Testing and Prescription NSCI 4133 Nutrition for Exercise and Sport 3  HOURS Subtotal 3  Flectives  Minimum GPA of 2.00  Select 28 hours from the following list: 28  HHP 3123 Principles of Personal Training HHP 4010 Directed Study HHP 473 Organization, Administration and Curriculum in Physical Education and Athletics MGMT 3943 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 3843 Contemporary Sport Consumption Hours Subtotal SPM 3843 Contemporary Sport Consumption Hours Subtotal Sports and the Media SPM 3843 Contemporary Sport Consumption Hours Subtotal Subtotal Sports and the Media SPM 3843 Contemporary Sport Consumption			
UNIV 1111 First Year Seminar (or other approved first year seminar course)  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 4 HHP 2654 Applied Anatomy 4 Hours Subtotal 15  Major Requirements Minimum GPA of 2.00 HHP 3114 Physiology of Exercise 4 HHP 3133 Ergogenic Aids for Sports and Human Performance 4 HHP 3413 Performance 3 HHP 4013 Motor Control and Learning 3 HHP 3443 Psychosocial Aspects of Sport and Coaching 4 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 4 HHP 4773 Principles of Exercise Testing and Prescription 5 NSCI 4133 Nutrition for Exercise and Sport 3 HOurs Subtotal Electives 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 473 Organization, Administration and Curriculum in Physical Education and Athletics MGMT 3943 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 3843 Contemporary Sport Consumption Hours Subtotal		ii Requirements	
year seminar course)  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 4 HHP 2654 Applied Anatomy 4 Hours Subtotal 15  Major Requirements Minimum GPA of 2.00 HHP 3114 Physiology of Exercise 4 HHP 3133 Ergogenic Aids for Sports and Human Performance HHP 3333 Ethics in Sports Administration and Coaching HHP 4013 Motor Control and Learning 3 HHP 3443 Psychosocial Aspects of Sport and Coaching 3 HHP 3663 Biomechanics 3 HHP 3663 Biomechanics 3 HHP 4124 Principles of Strength and Conditioning 4 HHP 4480 Internship in Health and Human Performance HHP 4773 Principles of Exercise Testing and Prescription NSCI 4133 Nutrition for Exercise and Sport 3 HOurs Subtotal Electives 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 NSCI 3223 Nutrition Across the Life Span NSCI 4373 Principles of Nutrition Education and Behavior Change RM 2473 Foundation of Recreation Management Leadership SPM 3843 Contemporary Sport Consumption Hours Subtotal		First Variation of the three control of the three c	
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 Hours Subtotal Major Requirements Minimum GPA of 2.00 HHP 3114 Physiology of Exercise 4 HHP 3133 Ergogenic Aids for Sports and Human Performance 4 HHP 3133 Ethics in Sports Administration and Coaching 5 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 4 HHP 4773 Principles of Exercise Testing and Prescription 7 NSCI 4133 Nutrition for Exercise and Sport 3 Hours Subtotal 1 Electives 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 3943 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 3843 Contemporary Sport Consumption Hours Subtotal	UNIVIIII	` ''	ı
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 Hours Subtotal 15 Major Requirements Minimum GPA of 2.00 HHP 3114 Physiology of Exercise 4 HHP 3133 Ergogenic Aids for Sports and Human Performance 4 HHP 3333 Ethics in Sports Administration and Coaching 4 HHP 3443 Psychosocial Aspects of Sport and Coaching 4 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 4 HHP 4773 Principles of Exercise Testing and Prescription 7 NSCI 4133 Nutrition for Exercise and Sport 3 Hours Subtotal 5 Electives Minimum GPA of 2.00 Select 28 hours from the following list: 28 HHP 3123 Principles of Personal Training 4 HHP 4730 Organization, Administration and Curriculum in Physical Education and Athletics 4 MGMT 3943 Sports Management MGMT 3943 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 Hours Subtotal 5 Hours Subtotal 5 Hours Subtotal 5  Electives Agent Administration and Curriculum of Recreation Management Leadership SPM 2843 Sports and the Media SPM 3843 Contemporary Sport Consumption Hours Subtotal 5  Hours Subtotal 5  Health and Human Performance Management Leadership SPM 2843 Sports and the Media SPM 3843 Contemporary Sport Consumption 4  Hours Subtotal 5  Health and Human Performance Management Leadership SPM 3843 Contemporary Sport Consumption 4  Hours Subtotal 5  Health And Human Performance Management Leadership SPM 3843 Contemporary Sport Consumption 4  Hours Subtotal 5  Health And Human Performance Management Leadership SPM 3843 Contemporary Sport Consumption 4  Health And Human Performance Management Leadership SPM 3843 Contemporary Sport Consumption 4  Health And Human Performance SPM 3843 Princi	EDUC 1111	,	1
HHP 1703 Introduction to Exercise Science 3 HHP 2553 Basic Athletic Injury Management 3 HHP 2654 Applied Anatomy 4 Hours Subtotal 15 Major Requirements Minimum GPA of 2.00 HHP 3114 Physiology of Exercise 4 HHP 3133 Ergogenic Aids for Sports and Human Performance HHP 3333 Ethics in Sports Administration and Coaching HHP 4013 Motor Control and Learning 3 HHP 3443 Psychosocial Aspects of Sport and Coaching 4 HHP 3553 Theory and Practice of Coaching 3 HHP 3663 Biomechanics 3 HHP 4124 Principles of Strength and Conditioning 4 HHP 4470 Internship in Health and Human Performance 4 HHP 4773 Principles of Exercise Testing and Prescription NSCI 4133 Nutrition for Exercise and Sport 3 HOURS Subtotal Electives 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 Hours Subtotal		• • • • • • • • • • • • • • • • • • • •	-
HHP 2553 Basic Athletic Injury Management 3 HHP 2654 Applied Anatomy 4 Hours Subtotal 15 Major Requirements Minimum GPA of 2.00 HHP 3114 Physiology of Exercise 4 HHP 3133 Ergogenic Aids for Sports and Human Performance HHP 3333 Ethics in Sports Administration and Coaching HHP 4013 Motor Control and Learning 3 HHP 3443 Psychosocial Aspects of Sport and Coaching HHP 3663 Biomechanics 3 HHP 4124 Principles of Strength and Conditioning 4 HHP 4480 Internship in Health and Human Performance HHP 4773 Principles of Exercise Testing and Prescription NSCI 4133 Nutrition for Exercise and Sport 3 HOurs Subtotal Electives Minimum GPA of 2.00 Select 28 hours from the following list: 28 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 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		, , ,	
HHP 2654 Applied Anatomy 15  Major Requirements Minimum GPA of 2.00 HHP 3114 Physiology of Exercise 4 HHP 3133 Ergogenic Aids for Sports and Human Performance HHP 3333 Ethics in Sports Administration and Coaching HHP 4013 Motor Control and Learning 3 HHP 3443 Psychosocial Aspects of Sport and Coaching 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 HHP 4773 Principles of Exercise Testing and Prescription NSCI 4133 Nutrition for Exercise and Sport 3 Hours Subtotal Electives Minimum GPA of 2.00 Select 28 hours from the following list: 28 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 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			
Hours Subtotal  Major Requirements  Minimum GPA of 2.00  HHP 3114 Physiology of Exercise 4  HHP 3133 Ergogenic Aids for Sports and Human Performance  HHP 3333 Ethics in Sports Administration and Coaching  HHP 4013 Motor Control and Learning 3  HHP 3443 Psychosocial Aspects of Sport and Coaching  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  HHP 4773 Principles of Exercise Testing and Prescription  NSCI 4133 Nutrition for Exercise and Sport 3  Hours Subtotal  Electives  Minimum GPA of 2.00  Select 28 hours from the following list: 28  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 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	2000	, , ,	
Major RequirementsMinimum GPA of 2.00HHP 3114Physiology of Exercise4HHP 3133Ergogenic Aids for Sports and Human Performance3HHP 3333Ethics in Sports Administration and Coaching3HHP 4013Motor Control and Learning3HHP 3443Psychosocial Aspects of Sport and Coaching3HHP 3553Theory and Practice of Coaching3HHP 3663Biomechanics3HHP 4124Principles of Strength and Conditioning4HHP 4480Internship in Health and Human Performance5HHP 4773Principles of Exercise Testing and Prescription3NSCI 4133Nutrition for Exercise and Sport3Hours Subtotal37ElectivesMinimum GPA of 2.00Select 28 hours from the following list: HHP 301028HHP 3010Health and Human Performance WorkshopHHP 4010Directed StudyHHP 4733Organization, Administration and Curriculum in Physical Education and AthleticsMGMT 3943Sports ManagementMGMT 3963Social Issues in Sports ManagementNSCI 3223Nutrition Across the Life SpanNSCI 4373Principles of Nutrition Education and Behavior ChangeRM 2473Foundation of Recreation Management LeadershipSPM 2843Sports and the MediaSPM 3843Contemporary Sport ConsumptionHours Subtotal28		Applied Anatomy	
Minimum GPA of 2.00 HHP 3114			15
HHP 3114 Physiology of Exercise 4 HHP 3133 Ergogenic Aids for Sports and Human Performance HHP 3333 Ethics in Sports Administration and Coaching HHP 4013 Motor Control and Learning 3 HHP 3443 Psychosocial Aspects of Sport and Coaching 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 HHP 4773 Principles of Exercise Testing and Prescription NSCI 4133 Nutrition for Exercise and Sport 3 Hours Subtotal Electives 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 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 Hours Subtotal 28	, ,		
HHP 3133 Ergogenic Aids for Sports and Human Performance  HHP 3333 Ethics in Sports Administration and Coaching  HHP 4013 Motor Control and Learning  3 HHP 3443 Psychosocial Aspects of Sport and Coaching  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  HHP 4773 Principles of Exercise Testing and Prescription  NSCI 4133 Nutrition for Exercise and Sport  3 Hours Subtotal  Electives  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 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  Hours Subtotal 28			
HHP 3333 Ethics in Sports Administration and Coaching HHP 4013 Motor Control and Learning 3 HHP 3443 Psychosocial Aspects of Sport and Coaching 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 5 Performance HHP 4773 Principles of Exercise Testing and Prescription NSCI 4133 Nutrition for Exercise and Sport 3 Hours Subtotal 37 Electives 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			•
Coaching HHP 4013 Motor Control and Learning 3 HHP 3443 Psychosocial Aspects of Sport and Coaching 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 HHP 4773 Principles of Exercise Testing and Prescription NSCI 4133 Nutrition for Exercise and Sport 3 Hours Subtotal 37 Electives 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 Hours Subtotal 28	HHP 3133		3
HHP 3443 Psychosocial Aspects of Sport and Coaching 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 HHP 4773 Principles of Exercise Testing and Prescription NSCI 4133 Nutrition for Exercise and Sport 3 Hours Subtotal 37 Electives 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 Hours Subtotal 28	HHP 3333		3
Coaching  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  HHP 4773 Principles of Exercise Testing and Prescription  NSCI 4133 Nutrition for Exercise and Sport 3  Hours Subtotal 37  Electives  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  Hours Subtotal 28	HHP 4013	Motor Control and Learning	3
HHP 3663 Biomechanics 3 HHP 4124 Principles of Strength and Conditioning 4 HHP 4480 Internship in Health and Human Performance HHP 4773 Principles of Exercise Testing and Prescription NSCI 4133 Nutrition for Exercise and Sport 3 Hours Subtotal 37 Electives 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 Hours Subtotal 28	HHP 3443	·	3
HHP 4124 Principles of Strength and Conditioning HHP 4480 Internship in Health and Human Performance HHP 4773 Principles of Exercise Testing and Prescription NSCI 4133 Nutrition for Exercise and Sport 3 Hours Subtotal 37 Electives 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 Hours Subtotal 28	HHP 3553	Theory and Practice of Coaching	3
HHP 4480 Internship in Health and Human Performance  HHP 4773 Principles of Exercise Testing and Prescription  NSCI 4133 Nutrition for Exercise and Sport 3  Hours Subtotal 37  Electives  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  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  Hours Subtotal 28	HHP 3663	Biomechanics	3
HHP 4480 Internship in Health and Human Performance  HHP 4773 Principles of Exercise Testing and Prescription  NSCI 4133 Nutrition for Exercise and Sport 3  Hours Subtotal 37  Electives  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  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  Hours Subtotal 28	HHP 4124	Principles of Strength and Conditioning	4
HHP 4773 Principles of Exercise Testing and Prescription  NSCI 4133 Nutrition for Exercise and Sport 3  Hours Subtotal 37  Electives  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  Hours Subtotal 28	HHP 4480		5
Prescription  NSCI 4133 Nutrition for Exercise and Sport 3  Hours Subtotal 37  Electives  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  Hours Subtotal 28		Performance	
Hours Subtotal  Electives  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	HHP 4773		3
Electives  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  Hours Subtotal	NSCI 4133	Nutrition for Exercise and Sport	3
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  Hours Subtotal 28	Hours Subtotal		37
Select 28 hours from the following list:  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  Hours Subtotal	Electives		
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  Hours Subtotal 28	Minimum GPA of 2.00	)	
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  Hours Subtotal 28	Select 28 hours from	the following list:	28
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  Hours Subtotal 28	HHP 3010	Health and Human Performance Workshop	
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  Hours Subtotal	HHP 3123	Principles of Personal Training	
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  Hours Subtotal 28	HHP 4010	Directed Study	
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 Hours Subtotal 28	HHP 4733	Curriculum in Physical Education and	
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  Hours Subtotal  28	MGMT 3943	Sports Management	
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  Hours Subtotal 28	MGMT 3963	Social Issues in Sports Management	
Behavior Change  RM 2473 Foundation of Recreation Management Leadership  SPM 2843 Sports and the Media SPM 3843 Contemporary Sport Consumption  Hours Subtotal 28	NSCI 3223	Nutrition Across the Life Span	
Leadership  SPM 2843 Sports and the Media  SPM 3843 Contemporary Sport Consumption  Hours Subtotal 28	NSCI 4373		
SPM 3843 Contemporary Sport Consumption  Hours Subtotal 28	RM 2473		
Hours Subtotal 28	SPM 2843	Sports and the Media	
	SPM 3843	Contemporary Sport Consumption	
Total Hours 120	Hours Subtotal		28
	Total Hours		120

### **Other Requirements:**

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

- 2
- · 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; 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 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	Elementary Statistics (A) or Elementary Statistics for Business and	3
or STAT 2053	Economics (A)	
Controlled Elective Course	or Elementary Statistics for the Social Sciences (A)	3
Controlled Elective Could	Hours	15
Spring	Tiouis .	
PSYC 1113	Introductory Psychology (S)	3
HHP 3333	Ethics in Sports Administration and Coaching	3
HHP 2654	Applied Anatomy	4
Controlled Elective Course	e	3
Controlled Elective Course	е	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	e	3
	Hours	15
Spring		
HHP 3114	Physiology of Exercise	4
Controlled Elective Course	e	3
Controlled Elective Course	e	2
Controlled Elective Course	e	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		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