

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 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 2.00

| | | |
|-----------|--|---|
| 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 |

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 | 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 |

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

Total Hours

120

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.