

APPLIED EXERCISE SCIENCE: STRENGTH AND CONDITIONING, 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: 2.75

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		
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
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	Ergogenic Aids for Sports and 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	Public Health and Aging	
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 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
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
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
NSCI 2013	Principles of Human Nutrition (N)	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
Course designated (H)		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
CHEM 1215 or CHEM 1314	Chemical Principles I (LN) or Chemistry I (LN)	4
Course designated (H)		3
Controlled Elective Course ¹		3
Controlled Elective Course		3
Hours		16
Spring		
PSYC 1113	Introductory Psychology (S)	3
Controlled Elective Course		3
Course designated (A), (H), (N), or (S)		3
HHP 2654	Applied Anatomy	4
Controlled Elective Course		3
Hours		16
Junior		
Fall		
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
Controlled Elective Course		3
Hours		15
Spring		
HHP 3114	Physiology of Exercise	4
BIOL 3204	Physiology	4
Controlled Elective Course ¹		3
HHP 3133	Ergogenic Aids for Sports and Human Performance	3
Hours		14
Senior		
Fall		
HHP 4124	Principles of Strength and Conditioning	4
HHP 4013	Motor Control and Learning	3
Course designated (A), (H), (N), or (S)		2
Controlled Elective Course		3
Controlled Elective Course		3
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