# 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](http://catalog.okstate.edu/university-academic-regulations/#matriculation)).

Minimum Overall Grade Point Average: 2.75  
Total Hours: 120

### General Education Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL</td>
<td>English Composition</td>
<td></td>
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<tr>
<td></td>
<td>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>)</td>
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<tr>
<td>ENGL</td>
<td>Composition I</td>
<td>3</td>
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<tr>
<td>or</td>
<td>Critical Analysis and Writing I</td>
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<tr>
<td>ENGL</td>
<td>Composition II</td>
<td>3</td>
</tr>
<tr>
<td>ENGL</td>
<td>Composition III</td>
<td>3</td>
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<tr>
<td>ENGL</td>
<td>Critical Analysis and Writing II</td>
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<tr>
<td>ENGL</td>
<td>Technical Writing</td>
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</tbody>
</table>

### American History & Government

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

### Analytical & Quantitative Thought (A)

Select one of the following: 3  
MATH 1513 College Algebra (A)  
or MATH 1613 Trigonometry (A)  
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) 6  
Natural Sciences (N)  
Must include one Laboratory Science (L) course  
Courses designated (N) with one (L) 8  
Social & Behavioral Sciences (S)  
PSYC 1113 Introductory Psychology (S) 3

### Additional General Education

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HHP 3114</td>
<td>Physiology of Exercise</td>
<td>4</td>
</tr>
<tr>
<td>HHP 3133</td>
<td>Sport Supplements For Human Performance</td>
<td>3</td>
</tr>
<tr>
<td>HHP 3443</td>
<td>Psychosocial Aspects of Sport and Coaching</td>
<td>3</td>
</tr>
<tr>
<td>HHP 3663</td>
<td>Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>HHP 4013</td>
<td>Motor Control and Learning</td>
<td>3</td>
</tr>
<tr>
<td>HHP 4124</td>
<td>Principles of Strength and Conditioning</td>
<td>4</td>
</tr>
<tr>
<td>HHP 4480</td>
<td>Internship in Health and Human Performance</td>
<td>5</td>
</tr>
<tr>
<td>NSCI 4133</td>
<td>Nutrition for Exercise and Sport</td>
<td>3</td>
</tr>
<tr>
<td>NSCI 3223</td>
<td>Nutrition Across the Life Span</td>
<td></td>
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</tbody>
</table>

### College/Departmental Requirements

Minimum GPA 2.75 with a minimum grade of “C” or “P” in each course  
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 2.75 with a minimum grade of “C” or “P” in each course  
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 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; 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.