

# APPLIED EXERCISE SCIENCE: STRENGTH AND CONDITIONING, BS

## Degree Requirements

**Requirements for Students Matriculating in or before Academic Year 2025-2026.** 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
<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>Quantitative Thought &amp; Logical Reasoning (Q)</i>		
MATH 1513	College Algebra (Q)	3
or MATH 1613	Trigonometry (Q)	
Select one of the following:		3
STAT 2013	Elementary Statistics (Q)	
STAT 2023	Elementary Statistics for Business and Economics (Q)	
STAT 2053	Elementary Statistics for the Social Sciences (Q)	
<i>Understanding Humanities-Human Heritage &amp; Cultures (H)</i>		
Courses designated (H)		6
<i>Reasoning in the Natural Sciences (N)</i>		
Must include one Laboratory-Based Inquiry (L) course		
Courses designated (N) with one (L)		8
<i>Exploring Society &amp; Human Behavior (S)</i>		
PSYC 1113	Introductory Psychology (S)	3
<i>Diversity (D)</i>		
Courses designated (D)		3
<i>Global Cultural Competency (G)</i>		
Courses designated (G)		3
<i>Additional General Education</i>		

Additional general education credit hours may be required to meet the total 40-hour minimum of general education credit if courses carry more than one general education designation and can be used to meet multiple general education designation hour requirements above.

Courses designated (Q), (H), (N), (S), (D), (G), or (F).		0
<b>Hours Subtotal</b>		<b>41</b>
<b>College/Departmental Requirements</b>		
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 3111	Preparing for Your Future Career	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
<b>Hours Subtotal</b>		<b>19</b>
<b>Major Requirements</b>		
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
<b>Hours Subtotal</b>		<b>28</b>
<b>Electives</b>		
Select 32 hours from the following list:		32
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	32
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 and 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 2031.