

# APPLIED EXERCISE SCIENCE: STRENGTH AND CONDITIONING, BS

**Requirements for Students Matriculating in or before Academic Year 2018-2019.** 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 or ENGL 1313	Composition I Critical Analysis and Writing I	3
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	
HIST 1493	American History Since 1865	
POLS 1113	American Government	3
<i>Analytical &amp; Quantitative Thought (A)</i>		
MATH 1513 or MATH 1613	College Algebra (A) Trigonometry (A)	3
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 &amp; Behavioral Sciences (S)</i>		
PSYC 1113	Introductory Psychology (S)	3
<i>Additional General Education</i>		
Courses designated (A), (H), (N), or (S)		5
<b>Hours Subtotal</b>		<b>40</b>
<b>Diversity (D) &amp; International Dimension (I)</b>		
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		
EDUC 1111	First Year Seminar	1
BCOM 3113	Written Communication	3
HLTH 2603	Total Wellness (S)	3
MGMT 3013	Fundamentals of Management (S)	3
MKTG 3213	Marketing (S)	3
MSIS 2103 or EDTC 4113	Business Data Science Technologies Applications of Media and Technology	3
PHYS 1014 or PHYS 1114	Descriptive Physics (N) College Physics I (LN)	4
NSCI 2114	Principles of Human Nutrition (N)	4
BIOL 3204	Physiology	4
<b>Hours Subtotal</b>		<b>28</b>

## Major Requirements

Minimum GPA of 2.75 with a minimum grade of "C" or "P" in each course		
HHP 2553	Basic Athletic Injury Management	3
HHP 2654	Applied Anatomy	4
HHP 2802	Medical Terminology for the Health Professions	2
HHP 3114	Physiology of Exercise	4
HHP 3223	Motor Learning	3
HHP 3333	Ethics in Sports Administration and Coaching	3
HHP 3443	Psychosocial Aspects of Sport and Coaching	3
HHP 3553	Theory and Practice of Coaching	3
HHP 3663	Biomechanics	3
HHP 4123	Principles of Strength and Conditioning	3
HHP 4773	Principles of Exercise Testing and Prescription	3
HHP 4480	Internship in Health and Human Performance (5 hours)	5
MGMT 3943	Sports Management	3
<b>Hours Subtotal</b>		<b>42</b>
<b>Electives</b>		
Select 10 hours		10
<b>Hours Subtotal</b>		<b>10</b>
<b>Total Hours</b>		<b>120</b>

## Elective Suggestions

Code	Title	Hours
NSCI 3223	Nutrition Across the Life Span	3
NSCI 4133	Nutrition for Exercise and Sport	3
NSCI 4323	Human Nutrition and Metabolism	3
HHP 3123	Principles of Personal Training	3
HHP 4480	Internship in Health and Human Performance (additional internship hours)	1-7
HLTH 3643	Health Behavior Theory	3
HLTH 4783	Health Issues in Gerontology	3
BIOL 3933	Research Methods	3

PHIL 3833	Biomedical Ethics (H)	3
PSYC 3013	Psychology of Motivation	3
NSCI 3543	Food and the Human Environment (IS)	3
RMRT 2443	Contemporary Issues in Diversity (DS)	3

## 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 Overall GPA in College/Departmental Requirements; and
  - d. 2.75 Grad/Ret 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 2024.