**Oklahoma State University**

**APPLIED EXERCISE SCIENCE: STRENGTH & CONDITIONING, BS**

The following plan is for students matriculating in or before the academic year **2019-2020**

This plan may be adjusted based on individual needs. For official degree requirements visit [https://registrar.okstate.edu/Degree-Requirements](https://registrar.okstate.edu/Degree-Requirements).

**Minimum Overall GPA:** 2.75  
**Total Hours:** 120

### YEAR 1

#### FALL (14 hours)

- **ENGL 1113** Composition I or **ENGL 1313** Critical Analysis and Writing I
- **MATH 1513** College Algebra or **1613** Trigonometry [Acceptable placement score; see [http://mathplacement.okstate.edu/](http://mathplacement.okstate.edu/)]
- **BIOL 1114** Introductory Biology (NL)
- **HHP 1703** Introduction to Exercise Science
- **EDUC 1111** First Year Seminar (Fall Only)

#### SPRING (16 hours)

- **ENGL 1213** Composition II or **ENGL 1413** Critical Analysis and Writing II or **ENGL 3323** Technical Writing  
  [ENGL 1113 or ENGL 1123 or ENGL 1313]
- **POLS 1113** American Government
- **STAT 2013** Elementary Statistics or **STAT 2023** Stat for Business & Economics or **STAT 2053** Stat for Social Sciences [MATH 1483 or MATH 1513 with a “C” grade or better OR an acceptable placement score]
- **NSCI 2114** Principles of Human Nutrition (N)
- Course Designated (H) – 3 hours

### YEAR 2

#### FALL (16 hours)

- **HIST 1103** Survey of American History or **HIST 1483** American History to 1865 or **HIST 1493** American History Since 1865
- **CHEM 1215** Chemical Principles I (NL) or **CHEM 1314** Chemistry I (NL) [MATH 1483 or MATH 1513 or higher with a “C” grade or better]  
  (Pre-Health students should take CHEM 1314)
- Course Designated (H) – 3 hours
- **MSIS 2103** Business Data Science Technologies or **EDTC 4113** Applications of Media & Technology
- **HHP 3333** Ethics in Sports Administration & Coaching

#### SPRING (15 hours)

- **PSYC 1113** Introductory Psychology
- **PHYS 1014** Descriptive Physics (N) or **PHYS 1114** College Physics I (NL) (Pre-Health students should take PHYS 1114)
- Course Designated (A), (H), (N), or (S) – 3 hours
- **HHP 2802** Medical Terminology for the Health Professions (Online Course Only)
- **MKTG 3213** Marketing (S)

*Prerequisite courses are listed in brackets*

**Course Attribute Guide:**  
(A) Analytical and Quantitative Thought; (H) Humanities; (S) Social and Behavioral Sciences; (N) Natural Sciences; (L) Scientific Investigation – Laboratory Science; (D) Diversity; (I) International Dimension

Must have one course designated with “I” International Dimension. Students are encouraged to take H/I course.  
Must have one course designated with “D” Diversity Dimension. Students are encouraged to take H/D or D/S course.

This plan is provided as a courtesy. The official degree requirements sheet is used to determine eligibility for graduation.
<table>
<thead>
<tr>
<th>YEAR 3</th>
<th>FALL (16 hours)</th>
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<tbody>
<tr>
<td>HHP 2654 Applied Anatomy</td>
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<tr>
<td>HHP 2553 Basic Athletic Injury Management</td>
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<td>HHP 3223 Motor Learning</td>
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<td>HHP 3663 Biomechanics</td>
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<td>MGMT 3013 Fundamentals of Management (S)</td>
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<tr>
<th>SPRING (14 hours)</th>
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<tbody>
<tr>
<td>HHP 3114 Physiology of Exercise</td>
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<tr>
<td>BIOL 3204 Physiology [BIOL 1114 and (CHEM 1215 or CHEM 1314 or CHEM 1414) with a grade of “C” or better in both classes]</td>
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<tr>
<td>HHP 3443 Psychosocial Aspects of Sport &amp; Coaching</td>
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<td>BCOM 3113 Written Communication</td>
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<tr>
<th>YEAR 4</th>
<th>FALL (15 hours)</th>
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<tbody>
<tr>
<td>HHP 4773 Principles of Exercise Testing &amp; Prescription</td>
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<tr>
<td>HHP 4124 Principles of Strength &amp; Conditioning</td>
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<td>HHP 4013 Motor Control [BIOL 4013 or HHP 3114]</td>
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<tr>
<td>Elective Course* – 3 hours</td>
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<tr>
<td>Course Designated (A), (H), (N), or (S) – 2 hours</td>
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<th>SPRING (14 hours)</th>
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<tr>
<td>HHP 4480 Internship in Health &amp; Human Performance – 5 hours</td>
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<tr>
<td>MGMT 3943 Sports Management [MGMT 3013]</td>
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<tr>
<td>Elective Course* – 3 hours</td>
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<td>Elective Course* – 3 hours</td>
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File diploma application with enrollment.

* [Prerequisite courses are listed in brackets]

**Elective Suggestions**
- NSCI 3223 Nutrition Across the Life Span
- NSCI 4133 Nutrition of Exercise and Sport
- HHP 3123 Principles of Personal Training
- HHP 4480 Internship in Health and Human Performance (additional internship hours)
- HLTH 3643 Health Behavior Theory
- HLTH 4783 Health Issues in Gerontology
- BIOL 3933 Research Methods
- PHIL 3833 Biomedical Ethics (H)
- PSYC 3013 Psychology of Motivation
- NSCI 3543 Food and the Human Environment (IS)
- RMRT 2443 Contemporary Issues in Diversity (DS)

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Visit our college’s Career Services office for career & professional development assistance.
101 Human Sciences | careersuccess@okstate.edu | Schedule an appointment via the STAR system
Check out our Student Success Community on Canvas!