

2018-2019 DEGREE REQUIREMENTS		CAREER DEVELOPMENT RECOMMENDATIONS		
<b>FRESHMAN YEAR</b>	<b>Fall Semester 14 hours</b>	<input type="checkbox"/> Establish relationships with faculty members, advisors, peers, and campus personnel. <input type="checkbox"/> Develop skills in time management, goal setting, and practice good study habits. <input type="checkbox"/> Develop a resume (EDUC 1111). <input type="checkbox"/> Access Hire System account & update your profile. <input type="checkbox"/> Practice communication skills, both oral and written (ENGL 1113). <input type="checkbox"/> Explore OSU/Stillwater community through part-time work, volunteering, job-shadowing, and/or participating in events. <input type="checkbox"/> Identify and join student organizations (ex. Health Promotion Club) to explore interests & build skills. <input type="checkbox"/> Research the sports industry and occupations of interest ... OR... <input type="checkbox"/> Explore your skills, values, interests and personality with self-assessments and assistance from a career consultant.		
	EDUC 1111		First Year Seminar	
	ENGL 1113		Composition I	
	MATH 1513		College Algebra (A)	
	_____ 4		4 hours of <i>Scientific Investigation-Natural Sciences</i> (LN) ( <i>BIOL 1114 recommended</i> )	
	HLTH 2603		Total Wellness (S)	
	<b>Spring Semester 15 hours</b>		<input type="checkbox"/> Obtain relevant work experiences through internships, volunteer work, part-time jobs, and/or summer jobs. <input type="checkbox"/> Create a professional LinkedIn account.	
	ENGL 1213			Composition II
	POLS 1113			American Government
	STAT 2013			Elementary Statistics (A) [MATH 1483 or MATH 1513]
_____ 3	3 hours of <i>Humanities</i> (H)*			
HHP 1833	Pedagogy of Team Activities			
<b>SUMMER</b>				
<b>SOPHOMORE YEAR</b>	<b>Fall Semester 14 hours</b>	<input type="checkbox"/> Meet with a Career Consultant to develop and/or update a resume. <input type="checkbox"/> Continue to develop skills by seeking leadership positions in organizations and other activities. <input type="checkbox"/> Make contact with employers by attending information sessions, club speakers and other networking events on campus. <input type="checkbox"/> Continue to assess your interests, values, skills and abilities and revise your career plan. <input type="checkbox"/> Identify faculty, advisors, peers, administrators and staff that you can add to your professional network. <input type="checkbox"/> Attend a career fair in order to become familiar with employers recruiting OSU students. <input type="checkbox"/> Participate in a mock interview. <input type="checkbox"/> Update social media profiles (including your profile on the Hire System).		
	HIST 1103		Survey of American History	
	NSCI 2114		Principles of Human Nutrition (N)	
	HHP 2654		Applied Anatomy [BIOL 1114]	
	HHP 1843		Pedagogy of Individual Activities	
	<b>Spring Semester 15 hours</b>		<input type="checkbox"/> Obtain relevant work experiences through volunteer work, part-time job, or summer job. <input type="checkbox"/> Consider obtaining CPR/First Aid or other relevant certification.	
	PSYC 1113			Introductory Psychology (S)
	_____ 4			4 hours of <i>Natural Sciences</i> (N)
	_____ 3			3 hours of <i>Humanities</i> (H)*
	HHP 2553			Basic Athletic Injury Management [HHP 2654]
HHP 2712	Psychomotor Development			
<b>SUMMER</b>				

[ ] = Pre-requisites for course. (*Italicized in parentheses*) courses are *recommended* as prerequisites.

(F) = Course offered in Fall semesters only; (S) = Course offered in Spring semesters only; (Su) = Course offered in Summer semester only.

\* One course with *International Dimension* (I) credit and one course with *Diversity* (D) credit required. Can be met with an *Humanities-International Dimension* (H, I), *Social and Behavioral Sciences-Interational Dimension* (S, I), *Social and Behavioral Sciences-Diversity* (S, D) or elective course.

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<b>JUNIOR YEAR</b>	<b>Fall Semester</b>	<b>15 hours</b>	<input type="checkbox"/> Have resume critiqued by Career Consultant. <input type="checkbox"/> Research specific employers you are interested in working for. <input type="checkbox"/> Attend professional meetings and conferences. <input type="checkbox"/> Continue to build your network of faculty and professional contacts.  <input type="checkbox"/> Purchase interview attire. <input type="checkbox"/> Attend a career fair and ask about internships. <input type="checkbox"/> Begin graduate/professional/medical school applications.
	HHP 3333	Ethics in Sports Administration and Coaching <b>(F)</b>	
	HHP 3553	Theory and Practice of Coaching <b>(F)</b>	
	HHP 3663	Biomechanics [HHP 2654]	
	_____3	3 hours of electives – NSCI 3223 or NSCI 3543	
	SPM 2843	Sports and the Media (departmental majors only)	
	<b>Spring Semester</b>	<b>16 hours</b>	
	_____3	3 hours of <i>Analytical and Quantitative Thought (A), Humanities (H), Natural Sciences (N), or Social and Behavioral Sciences (S)</i> credit*	
	_____3	3 hours of electives – SPM 3843, RMRT 2473 or MGMT 3963	
	MGMT 3943	Sports Management [MGMT 3013]	
HHP 3114	Physiology of Exercise [MATH 1513] [ <b>BIOL 3204 recommended</b> ]		
HHP 4123	Principles of Strength and Conditioning		
<b>SUMMER</b>	<b>Summer Semester</b>	<b>3 hours</b>	<input type="checkbox"/> Obtain relevant work experiences through Coaching Internship (HHP 3883) and other volunteer work, part-time jobs, and/or summer jobs. <input type="checkbox"/> Sign up for graduate/professional/medical school entrance exams.
	HHP 3883	Coaching Internship (Summer Only)	
<b>SENIOR YEAR</b>	<b>Fall Semester</b>	<b>14 hours</b>	<input type="checkbox"/> Develop targeted resume and cover letter and receive feedback from career consultant. <input type="checkbox"/> Update your Hire System account. <input type="checkbox"/> Sign up for graduate/professional school entrance exams.  <input type="checkbox"/> Network with peers and colleagues during internship. <input type="checkbox"/> Apply to positions of interest. <input type="checkbox"/> Contact career consultant for help transitioning into the workplace or graduate school. <input type="checkbox"/> Upon graduation, report your post-graduation status to your career consultant or academic advisor.
	HHP 3133	Sport Supplements for Human Performance	
	HHP 3223	Motor Learning <b>(F or Su)</b>	
	HHP 4773	Principles of Exercise Testing and Prescription [HHP 3114]	
	HHP 4733	Organization, Administration and Curriculum in Physical Education <b>(F)</b>	
	_____2	2 hours of <i>Analytical and Quantitative Thought (A), Humanities (H), Natural Sciences (N), or Social and Behavioral Sciences (S)</i> credit*	
	<b>Spring Semester</b>	<b>14 hours</b>	
	HLTH 3443	Psychosocial Aspects of Sport and Coaching <b>(S)</b>	
	_____2	11 hours of electives – MGMT 4743, NSCI 4133, 4373 or SOC 49500	
	_____3		
_____3			
_____3			
_____3	3 hours of <i>Analytical and Quantitative Thought (A), Humanities (H), Natural Sciences (N), or Social and Behavioral Sciences (S)</i> credit*		

[ ] = Pre-requisites for course. [***Italicized in parentheses***] courses are recommended as prerequisites.

**(F)** = Course offered in Fall semesters only; **(S)** = Course offered in Spring semesters only

\* One course with *International Dimension (I)* credit and one course with *Diversity (D)* credit required. Can be met with an *Humanities-International Dimension (H, I)*, *Social and Behavioral Sciences-Interational Dimension (S, I)*, *Social and Behavioral Sciences-Diversity (S, D)* or elective course.

**THIS PLAN IS ONLY A GUIDELINE. PLEASE REFER TO YOUR DEGREE REQUIREMENT SHEET FOR SPECIFIC REQUIREMENTS.**

For assistance with career development contact the college career consultant by email at [careersuccess@okstate.edu](mailto:careersuccess@okstate.edu) or call 405-744-6350.

Last Updated on 5/24/2018