



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>.

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/]
BIOL 1114 Introductory Biology (NL)
HHP 1703 Introduction to Exercise Science
EDUC 1111 First Year Seminar (Fall Only)

SPRING (16hours)

ENGL 1213 Composition II or ENGL1413 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] (<i>Pre-Health students should take CHEM 1314</i>)
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) (<i>Pre-Health students should take PHYS 1114</i>)
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.

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YEAR 3**FALL (16 hours)**

HHP 2654 Applied Anatomy
HHP 2553 Basic Athletic Injury Management
HHP 3223 Motor Learning
HHP 3663 Biomechanics
MGMT 3013 Fundamentals of Management (S)

SPRING (14 hours)

HHP 3114 Physiology of Exercise
BIOL 3204 Physiology [BIOL 1114 and (CHEM 1215 or CHEM 1314 or CHEM 1414) with a grade of "C" or better in both classes]
HHP 3443 Psychosocial Aspects of Sport & Coaching
BCOM 3113 Written Communication

YEAR 4**FALL (15 hours)**

HHP 4773 Principles of Exercise Testing & Prescription
HHP 4124 Principles of Strength & Conditioning
HHP 4013 Motor Control [BIOL 4013 or HHP 3114]
Elective Course ⁺ – 3 hours
Course Designated (A), (H), (N), or (S) – 2 hours

SPRING (14 hours)

HHP 4480 Internship in Health & Human Performance – 5 hours
MGMT 3943 Sports Management [MGMT 3013]
Elective Course ⁺ – 3 hours
Elective Course ⁺ – 3 hours
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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Must have one course designated with "D" Diversity Dimension. Students are encouraged to take H/D or D/S course.

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