



Oklahoma State University
SPORTS and COACHING SCIENCE, 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
HLTH 2603 Total Wellness (S)
MATH 1513 College Algebra (A) or MATH 1613 Trigonometry (A)
Course designated (N,L) – 4 hours
EDUC 1111 First Year Seminar (Fall Only)

SPRING (15 hours)

ENGL 1213 Composition II or ENGL 1413 Critical Analysis and Writing II or ENGL 3323 Technical Writing
POLS 1113 American Government
STAT 2013 Elementary Statistics (A) or STAT 2023 Elementary Statistics for Business and Economics (A) or STAT 2053 Elementary Statistics for the Social Sciences (A)
HHP 1833 Pedagogy of Team Activities
Course designated (H) or (DH) or (HI) – 3 hours

YEAR 2 **FALL (17 hours)**

HIST 1103 Survey of American History or HIST 1483 American History to 1865 or HIST 1493 American History Since 1865
NSCI 2114 Principles of Human Nutrition (N)
HHP 2654 Applied Anatomy
HHP 1843 Pedagogy of Individual Activities
Controlled Elective – 3 hours

SPRING (15 hours)

PSYC 1113 Introductory Psychology (S)
Course designated (N, L) – 4 hours
Course designated (H) or (DH) or (HI) - 3 hours
HHP 2553 Basic Athletic Injury Management
HHP 2712 Psychomotor Development (Spring Only)

*[Prerequisite courses are listed in brackets]

**Foreign Language requirement may be converted to an elective if competency in a Foreign Language can be demonstrated by 2 years of the same foreign language with a grade of "B" or better on the high school transcript.

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

YEAR 3**FALL (15 hours)**

HHP 3333 Ethics in Sports Administration and Coaching
HHP 3553 Theory and Practice of Coaching
HHP 3663 Biomechanics
SPM 2843 Sports and the Media (Fall Only)
Controlled Elective – 3 hours

SPRING (17 hours)

Course designated (A), (H), (N), or (S) – 3 hours
Controlled Elective – 3 hours
MGMT 3943 Sports Management
HHP 3114 Physiology of Exercise
HHP 4124 Principles of Strength and Conditioning

YEAR 4**FALL (14 hours)**

HHP 3133 Sport Supplements for Human Performance
HHP 3223 Motor Learning
HHP 4773 Principles of Exercise Testing and Prescription
HHP 4733 Organization, Administration and Curriculum in Physical Education and Athletics
Course designated (A), (H), (N), or (S) – 2 hours

SPRING (13 hours)

HHP 3443 Psychosocial Aspects of Sport and Coaching
HHP 3883 Coaching Internship (Spring Only)
Controlled Electives – 7 hours
File diploma application with enrollment.

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