



APPLIED EXERCISE SCIENCE: SPORT AND COACHING SCIENCE, BS

The following plan is for students matriculating in or before the academic year **2022-2023**. 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: 121

YEAR 1		FALL (15 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 1113 Introductory Biology (N) AND	
	BIOL 1111 Introductory Biology Laboratory (LN)	
	HHP 1703 Introduction to Exercise Science	
	EDHS 1112 First Year Seminar (Fall Only)	
		SPRING (16 hours)
	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	
	Course Designated (N) – 4 hours	
	Course Designated (H) – 3 hours	
	HHP 3223 Motor Learning	
	Controlled Elective Course ⁺ – 3 hours	
		SPRING (15 hours)
	PSYC 1113 Introductory Psychology	
	HHP 3333 Ethics in Sports Administration and Coaching	
	Course Designated (A), (H), (N), or (S) – 3 hours	
	HHP 2712 Psychomotor Development (Spring Only)	
	HHP 2654 Applied Anatomy [BIOL 1114 or BIOL 1113 AND BIOL 1111 with a grade "C" or better]	

*[Prerequisite courses are listed in brackets]

***Controlled Elective Options from Degree Sheet (Course Availability Subject to Change)**

HHP 1833 Pedagogy of Team Activities	HHP 1843 Pedagogy of Individual Activities	HHP 3010 Health & Human Performance Workshop	HHP 3123 Principles of Personal Training
HHP 4010 Directed Study	HHP 4013 Motor Control [BIOL 3204 or HHP 3114]	HHP 4733 Organization, Administration, and Curriculum in Physical Education and Athletics	NSCI 4373 Principles of Nutrition Education and Behavior Change [NSCI 2114 AND NSCI 3011 AND NSCI 3223]
MGMT 3963 Social Issues in Sports Management	NSCI 3223 Nutrition Across the Lifespan [NSCI 2114]	NSCI 3543 Food and the Human Environment (IS) [NSCI 2114]	MGMT 3943 Sports Management [MGMT 3013]
RMRT 2473 Foundation of Recreation Management Leadership	SOC 4950 Current Topics in Sociology	SPM 2843 Sports and the Media	SPM 3843 Contemporary Sports Media

YEAR 3 **FALL (15 hours)**

HHP 3553 Theory and Practice of Coaching
HHP 2553 Basic Athletic Injury Management
HHP 3443 Psychosocial Aspects of Sport and Coaching
HHP 3663 Biomechanics
Controlled Elective Course⁺ – 3 hours

SPRING (15 hours)

HHP 3114 Physiology of Exercise
Controlled Elective Course⁺ – 3 hours
Controlled Elective Course⁺ – 3 hours
Controlled Elective Course⁺ – 2 hours
HHP 3133 Sport Supplements for Human Performance

YEAR 4 **FALL (15 hours)**

HHP 4773 Principles of Exercise Testing & Prescription
HHP 4124 Principles of Strength & Conditioning
Controlled Elective Course⁺ – 3 hours
Controlled 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
NSCI 4133 Nutrition for Exercise and Sport [HHP 3114 AND NSCI 2114]
Controlled Elective Course⁺ – 3 hours
Controlled Elective Course⁺ – 3 hours
File diploma application with enrollment.

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.

Other Requirements

- 40 hours of upper-division coursework.
- Documentation of current first aid/CPR certification prior to completion of HHP 4480 Internship in Health and Human Performance.

Required for graduation:

- 2.75 Overall GPA;
- 2.75 Overall GPA for enrollment in HHP 4480 Internship in Health and Human Performance;
- 2.75 GPA in College/Departmental Requirements; and
- 2.75 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 2027.

This plan is provided as a courtesy. The official degree requirements sheet is used to determine eligibility for graduation.