



APPLIED EXERCISE SCIENCE: STRENGTH & CONDITIONING, BS

The following plan is for students matriculating in or before the academic year **2024-2025**. 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 1113 Introductory Biology (L) <u>AND</u>	
	BIOL 1111 Introductory Biology Laboratory (LN)	
	HHP 1703 Introduction to Exercise Science	
	UNIV 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 acceptable placement score]	
	NSCI 2013 Principles of Human Nutrition	
	Course Designated (H) – 3 hours	
	EDHS 1111 First Year Seminar (Spring Only)	

YEAR 2		FALL (16-17 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	
	Controlled Elective Course ⁺ – 3 hours	
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		SPRING (16 hours)
	PSYC 1113 Introductory Psychology	
	Controlled Elective Course ⁺ – 3 hours	
	Course Designated (A), (H), (N), or (S) – 3 hours	
	Controlled Elective Course ⁺ – 3 hours	
	HHP 2654 Applied Anatomy (BIOL 1114 or BIOL 1113 <u>AND</u> BIOL 1111 with a grade "C" or better)	

*[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.

***Controlled Elective Options**

NSCI 3223 Nutrition Across the Life Span [NSCI 2013]
HHP 2802 Medical Terminology for the Health Professions
PSYC 3013 Psychology of Motivation [PSYC 1113]
HHP 3010 Health and Human Performance Workshop
HHP 3333 Ethics in Sports Administration and Coaching

HHP 3123 Principles of Personal Training
MGMT 3943 Sports Management [MGMT 3013]
HHP 4010 Directed Study
BIOL 3933 Research Methods [BIOL 1113, BIOL 1111, STAT 2013]
HHP 4480 Internship in Health and Human Performance (additional internship hours)

HLTH 3643 Health Behavior Theory
HHP 3553 Theory and Practice of Coaching
HLTH 4783 Public Health and Aging

YEAR 3		FALL (15 hours)
	Controlled Elective Course⁺ – 3 hours	
	HHP 2553 Basic Athletic Injury Management	
	HHP 3443 Psychosocial Aspects of Sport and Coaching	
	HHP 3663 Biomechanics	
	Controlled Elective Course⁺ – 3 hours	
		SPRING (14 hours)
	HHP 3114 Physiology of Exercise	
	BIOL 3204 Physiology [BIOL 1114 or BIOL 1113 <u>AND</u> BIOL 1111 and (CHEM 1215 or CHEM 1314 or CHEM 1414) with a grade of “C” or better in both classes]	
	Controlled Elective Course⁺ – 3 hours	
	HHP 3133 Ergogenic Aids for Sports and Human Performance	

YEAR 4		FALL (15 hours)
	Controlled Elective Course⁺ – 3 hours	
	HHP 4124 Principles of Strength & Conditioning	
	HHP 4013 Motor Control and Learning [BIOL 3204 or HHP 3114]	
	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 [NSCI 2013]	
	Controlled Elective Course⁺ – 3 hours	
	Controlled Elective Course⁺ – 3 hours	
File diploma application with enrollment.		

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 2030.

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