



APPLIED EXERCISE SCIENCE: SPORT AND COACHING SCIENCE, 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: 2.00

Total Hours: 120

YEAR 1		FALL (14 hours)
ENGL 1113 Composition I or ENGL 1313 Critical Analysis and Writing I		
Course Designated (A), (H), (N), or (S) – 3 hours		
BIOL 1113 Introductory Biology (N) <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 ENGL1413 Critical Analysis and Writing II or ENGL 3323 Technical Writing [ENGL 1113 or ENGL 1123 or ENGL 1313]		
POLS 1113 American Government		
MATH 1513 College Algebra or 1613 Trigonometry [Acceptable placement score; see http://mathplacement.okstate.edu/]		
NSCI 2013 Principles of Human Nutrition		
Course Designated (H) – 3 hours		
EDHS 1111 First Year Seminar (Spring Only)		

YEAR 2		FALL (15 hours)
HIST 1103 Survey of American History or HIST 1483 American History to 1865 or HIST 1493 American History Since 1865		
HHP 3133 Ergogenic Aids for Sports and Human Performance		
Course Designated (H) – 3 hours		
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]		
Controlled Elective Course [†] – 3 hours		
		SPRING (15 hours)
PSYC 1113 Introductory Psychology		
HHP 3333 Ethics in Sports Administration and Coaching		
Controlled Elective Course [†] – 3 hours		
Controlled Elective Course [†] – 2 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 from Degree Sheet (Course Availability Subject to Change)

NSCI 3223 Nutrition Across the Life Span [NSCI 2013]	HHP 3123 Principles of Personal Training	HHP 4010 Directed Study
MGMT 3943 Sports Management [MGMT 3013]	MGMT 3963 Social Issues in Sports Management	SPM 2843 Sports and the Media
HHP 3010 Health and Human Performance Workshop	SPM 3843 Contemporary Sports Media [MC 2003 AND MC 2023]	
RM 2473 Foundation of Recreation Management Leadership		
NSCI 4373 Principles of Nutrition Education and Behavior Change [NSCI 2013, NSCI 3021 [BIOL 3204], NSCI 3223]		
HHP 4733 Organization, Administration and Curriculum in Physical Education and Athletics [HHP 3753, HHP 3773, full admission to professional education]		

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 (16 hours)

HHP 3114 Physiology of Exercise
Controlled Elective Course ⁺ – 3 hours
Controlled Elective Course ⁺ – 3 hours
Controlled Elective Course ⁺ – 2 hours
Course Designated (N) – 4 hours

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 2013]
HHP 4013 Motor Control and Learning [HHP 3114 or BIOL 3204]
Controlled Elective Course ⁺ – 3 hours
File diploma application with enrollment.

Other Requirements

- 40 hours of upper-division coursework.

Required for graduation:

- 2.00 Overall GPA;
- 2.00 Overall GPA for enrollment in HHP 4480 Internship in Health and Human Performance;
- 2.00 GPA in College/Departmental Requirements; and
- 2.00 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.