



APPLIED EXERCISE SCIENCE: SPORT AND COACHING SCIENCE, BS

The following guide is for students matriculating in or before the academic year **2026-2027**. Official degree requirements can be found at <https://catalog.okstate.edu/degree-programs/>. This plan may be adjusted based on individual needs, please consult with your academic advisor. [Prerequisite coursework is listed below in brackets]

Minimum Overall GPA: 2.00

Total Hours: 120

YEAR 1, FALL SEMESTER (14 hours)

ENGL 1113 Composition I <i>or</i> ENGL 1313 Critical Analysis and Writing I
Course Designated (D) – 3 hours
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)

YEAR 1, SPRING SEMESTER (15 hours)

ENGL 1213 Composition II <i>or</i> ENGL1413 Critical Analysis and Writing II <i>or</i> ENGL 3323 Technical Writing [ENGL 1113 <i>or</i> ENGL 1123 <i>or</i> ENGL 1313]
POLS 1113 American Government
MATH 1513 College Algebra (Q) <i>or</i> 1613 Trigonometry (Q) [Acceptable placement score; see http://mathplacement.okstate.edu/]
NSCI 2013 Principles of Human Nutrition (N)
Course Designated (H) – 3 hours

YEAR 2, FALL SEMESTER (14-15 hours)

HIST 1103 Survey of American History <i>or</i> HIST 1483 American History to 1865 <i>or</i> HIST 1493 American History Since 1865
HHP 3133 Ergogenic Aids for Sports and Human Performance [HHP 1703]
Course Designated (H) – 3 hours
Controlled Elective Course – 3 hours
STAT 2013 Elementary Statistics (Q) <i>or</i> STAT 2023 Elementary Statistics for Business & Economics (Q) <i>or</i> STAT 2053 Elementary Statistics for Social Sciences (Q) [MATH 1483 <i>or</i> MATH 1513 with a “C” grade or better OR acceptable placement score]
EDHS 3111 Preparing for Your Future Career (Fall Only)

YEAR 2, SPRING SEMESTER (16 hours)

PSYC 1113 Introductory Psychology
Controlled Elective Course – 3 hours
HHP 3333 Ethics in Sports Administration & Coaching
Controlled Elective Course – 3 hours
HHP 2654 Applied Anatomy (BIOL 1114 <i>or</i> BIOL 1113 <u>AND</u> BIOL 1111 with a grade “C” or better)

YEAR 3, FALL SEMESTER (16 hours)

HHP 3553 Theory & Practice of Coaching
HHP 2553 Basic Athletic Injury Management
HHP 3443 Psychosocial Aspects of Sport and Coaching
HHP 3664 Biomechanics [Grade of "C" or better in: HHP 1703 AND HHP 2654]
Controlled Elective Course – 3 hours

YEAR 3, SPRING SEMESTER (17 hours)

HHP 3114 Physiology of Exercise [Grade of "C" or better in: HHP 1703 AND MATH 1513]
Controlled Elective Course – 3 hours
Controlled Elective Course – 3 hours
Course Designated (N) – 4 hours

YEAR 4, FALL SEMESTER (16 hours)

Controlled Elective Course – 3 hours
HHP 4124 Principles of Strength & Conditioning [Grade of "C" or better in: HHP 2654 AND HHP 3114 (Exercise Physiology) or BIOL 3203 + BIOL 3201]
HHP 4774 Principles of Exercise Testing & Prescription [Grade of "C" or better in HHP 3114]
Controlled Elective Course – 3 hours
Course Designated (G) – 3 hours

YEAR 4, SPRING SEMESTER (12 hours)

HHP 4960 Internship in AES: Sport and Coaching Science – 5 hours
NSCI 4133 Nutrition for Exercise and Sport [NSCI 2013]
HHP 4013 Motor Control & Learning
Controlled Elective Course – 1 hour

Prior to enrolling in an OSU math class, you will need to complete the Math Placement Exam to ensure success in your first math course. The OSU Math Placement Exam is designed to find the strengths and weaknesses of your mathematical knowledge, report results to you, and then, if necessary, provide you with online learning modules for improving your knowledge to prepare for the appropriate course. **Math Placement Exam:** <https://go.okstate.edu/admissions/orientation-and-enrollment/math-placement>

Elective Suggestions

HHP 3010 Health and Human Performance Workshop
HHP 3123 Principles of Personal Training
HHP 4010 Directed Study
HHP 4960 Internship in AES: Sport and Coaching Science
MGMT 3943 Sports Management
MGMT 3963 Social Issues in Sports Management

NSCI 3223 Nutrition Across the Lifespan
NSCI 4373 Principles of Nutrition Education and Behavior Change
RM 2473 Foundation of Recreation Management Leadership
SPM 2843 Sports and the Media
SPM 3843 Contemporary Sports Issues

Official degree requirements can be found at <https://catalog.okstate.edu/education-human-sciences/kinesiology-applied-health-recreation/applied-exercise-science-sport-coaching-science-bs/>