



COLLEGE OF
**EDUCATION AND
HUMAN SCIENCES**

APPLIED EXERCISE SCIENCE:

STRENGTH AND CONDITIONING



OVERVIEW

The curriculum of the Strength and Conditioning option emphasizes the relationships between physiology, physical wellness and fitness through courses in biomechanics, nutrition, exercise physiology, motor control, sports psychology and athletic injury management. This well-rounded, hands-on education provides you with an ideal path for meeting prerequisites for further study in physical therapy, occupational therapy, athletic training and other professional allied healthcare programs. If further education is not your goal, you will also be ready to contribute to careers within the health, exercise and athletics industries, such as personal training, high-level coaching and strength and conditioning coaching.

PROGRAM HIGHLIGHTS

- Curriculum provides preparation for career-launching professional certification exams, including Certified Strength and Conditioning Specialist (CSCS), Certified Special Population Specialist (CSPS), Certified Exercise Physiologists (EP-C) and others.
- Integrated practical experience, including hands-on laboratory training and at least one professional internship.
- 3 + 2 agreement with the Master of Athletic Training program at the OSU Center for Health Sciences provides the chance to complete both bachelor's and master's degrees in five years.

NOTABLE NUMBERS



200 is the minimum number of hours of experience students gain in their chosen focus area through supervised internships.

STUDENT PERSPECTIVE

“The best part about being an Applied Exercise Science student is the professors. They are passionate about the subject and about us as students. Another thing that makes our program great are our labs. There are research opportunities we can participate in and apply the material we are learning.”

- Nick Linn, Applied Exercise Science student

PEOPLE. PASSION. PURPOSE.

STRENGTH AND CONDITIONING

(120 total credit hours)

SAMPLE FOUR-YEAR PLAN OF STUDY

1

FALL

Composition I*
College Algebra*
Introductory Biology
Introduction to Exercise Science
First Year Seminar

14 hrs.

SPRING

Composition II*
American Government*
Elementary Statistics
Principles of Human Nutrition
Humanities Course*

16 hrs.

2

FALL

American History*
Chemistry
Humanities Course*
Business Data Science Technologies
or Applications of Media and Technology
Elective (3 hours)

16 hrs.

SPRING

Introductory Psychology*
Physics
General Education Course
Medical Terminology for the Health Professions
Marketing

15 hrs.

3

FALL

Applied Anatomy
Basic Athletic Injury Management
Motor Learning
Biomechanics
Fundamentals of Management

16 hrs.

SPRING

Physiology of Exercise
Physiology
Written Communications
Elective (3 hours)

14 hrs.

4

FALL

Principles of Exercise Testing and Prescription
Principles of Strength and Conditioning
Motor Control
General Education Course (2 hours)
Elective (3 hours)

15 hrs.

SPRING

Internship in Health and Human Performance (5 hours)
Sports Management
Electives (6 hours)

14 hrs.

*Suggested for students seeking concurrent, dual credit or Advanced Placement (AP) course options to apply directly to this degree plan. Refer to the OSU Transfer Credit Guide and Credit By Exam Guide for specific course information online at okstate.edu.

RELATED MINORS AND CERTIFICATES

Coaching Science ○ General Business ○ Nutritional Sciences ○ Sports Management

Minors are designed to enhance and complement a major field of study. They are not required, and additional courses may need to be added to the plan above.

PROSPECTIVE STUDENT SERVICES

Watson Family Center for Student Development
106 Willard | Stillwater, OK 74078
(405) 744-6350 | educate@okstate.edu

More about this major: okla.st/AES



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