

**Oklahoma State University**  
**School of Applied Health and Educational Psychology**  
**Master of Science in Health and Human Performance**  
**Option: Health Promotion Option:**  
**Applied Exercise Science Option:**  
**Physical Education**

**GENERAL REQUIREMENTS :**

The Master of Science degree may be earned by one of two plans: the THESIS PLAN which requires 36 semester credit hours with six credit hours for the Thesis and an oral defense; or the NON THESIS PLAN which requires 36 semester hours, a \*Creative Component, an oral defense of the Creative Component, plus a four hour, written comprehensive examination. Under both plans, 1) no more than nine semester credit hours may be accepted as transfer credit towards the Master's degree, 2) the last eight semester credit hours for the degree must be taken through Oklahoma State University, and 3) 21 hours of course work must be taken at the 5000 level. Any 4000 level course marked with an asterisk in the graduate catalog may be taken for graduate credit with approval from the student's committee. The number of credits for each plan does not reflect undergraduate prerequisites.

\*The Creative Component (CC) must include enrollment in three credit hours of Field Problems. The CC may be a special report, an annotated bibliography, a project in research or design, or other creative activity agreed upon by the student's committee and instructor of record. Prior to enrolling in the CC independent study, the student must obtain and complete a CC proposal which must be signed by the instructor of record and distributed to all Advisory Committee members.

**REQUIREMENTS FOR ADMISSION:**

Admissible without qualification:

1. Apply for admission through the graduate college in 202 Whitehurst (405) 744-6368. For information pertinent to the application process, for forms, and/or on-line admission, go to <http://www.osu-ours.okstate.edu/gradcoll/default.html>.
2. Bachelor's degree from an accredited institution (> 3.00 GPA).
3. Miller Analogies Test scaled score of > 400 *or* a Graduate Record Exam score of >950 (with preferred minimums of 500/153 verbal and 450/141 quantitative).
4. Three letters of recommendation providing information related to past academic ability, potential for graduate study, and writing ability.
5. Be a BOC certified athletic trainer or eligible to take the BOC examination before starting the program.

Provisional Admission

1. Admission on a provisional basis may be possible if either #2 or #3 above is not met.
2. Students admitted on a provisional basis should not take more than nine credit hours during the first semester.
3. Students admitted on a provisional basis will be reviewed for full admission by HHP faculty prior to enrollment in the second semester.

Persons wishing to become candidates for the MS degree in HHP should first complete a Graduate College application through their website:

<http://gradcollege.okstate.edu/apply>

### ACADEMIC PREREQUISITES:

Prerequisite courses have been identified for selected degree options. Consult the options below for details.

### UPON ADMISSION:

1. Plan of study. The plan of study is a listing of the classes which the student intends to take for completion of the degree. The student must develop the plan with his/her committee chair and his/her Advisory Committee. Any change(s) to the plan of study must be approved by all committee members the preliminary plan of study for the degree should be filed with the Graduate College as soon as possible, but not later than enrollment in the 17th graduate credit hour.
2. Complete coursework according to degree to plan of study.
3. Write proposal (Thesis or Creative Component).
4. Hold a committee meeting to present proposal.
5. Upon committee approval of the proposal, proceed to exit requirements.

### EXIT REQUIREMENTS:

1. Thesis Option - Students must submit and have accepted a thesis proposal, complete the thesis project, and successfully defend the thesis in a public meeting.
2. Creative Component Option - Students must complete an approved creative component project, an oral defense of the Creative Component, successfully pass the oral defense, and pass a comprehensive written examination.

### Faculty Members

Miller, Bridget, Health Promotion  
Croff, Julie, Health Promotion  
Story, Chandra, Health Promotion  
Smith, Doug, Applied Exercise Science  
Jacobson, Bert, Applied Exercise  
Science Defreitas, Jason, Applied Exercise  
Science Warren, Aric, Athletic Training  
O'Brien, Matt, Athletic Training  
Volberding, Jennifer, Athletic Training  
Hughes, Trish, Physical Education  
Christenson, Bob, Physical Education  
Baghurst, Tim, Physical Education

For additional information contact:

Dr. Doug Smith, Coordinator of Graduate Studies  
Health and Human Performance Program  
School of Applied Health and Educational Psychology  
Oklahoma State University  
CRC 197  
Stillwater, OK 74078  
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*Information adopted from the COE graduate web page*

**Master of Science in HHP: Option in Health Promotion (36 hours)**

**CORE COURSES** (12 hours)

LEIS 5023	Legal Aspects of HHP and Leisure	3
REMS 5953	Elementary Statistical Methods in Education	3
REMS 5013	Research Design and Methodology	3
or		
HHP 5053	Research Design and Methodology (recommended)	3
HHP 5523	Current Readings in Health	3

**REQUIRED COURSES** (12 hours)

HHP 5663	Philosophical Foundations of HEP (Fall-even)	3
HHP 5683	Theoretical Applications in HEP (Spring-odd)	3
HHP 5973	Program Design in HEP (Fall-odd)	3
HHP 5983	HEP Program Imp & Eval (Spring-even)	3

**DEPARTMENTAL ELECTIVES** (6 hours)

HHP 5113	Psychological Aspects of Health (Fall-even)	3
HHP 5453	Cultural Issues in Health (Spring-even)	3
HHP 5853	Stress Testing and Ex Prescription I	3
HHP 5873	Bioenergetics	3
HHP 5073	Sport: Psychological Aspects	3

**THESIS** (6 hours)

HHP 5000	Master's Thesis	6
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**NON-THESIS** (3 hours)

HHP 5030	Field Problems	3
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**Master of Science in HHP: Option in Applied Exercise Science (36 hours)**

**CORE COURSES** (12 hours)

LEIS 5023	Legal Aspects of HHP and Leisure	3
REMS 5953	Elementary Statistical Methods in Education	3
REMS 5013	Research Design and Methodology	3
or		
HHP 5053	Research Design and Methodology (recommended)	3
HHP 5523	Current Readings in Health	3

**REQUIRED COURSES** (6 hours)

HHP 5853	Stress Testing and Ex Prescription I	3
HHP 5873	Bioenergetics	3

**DEPARTMENTAL ELECTIVES** (12 hours)

HHP 5113	Psychological Aspects of Health (Fall-even)	3
HHP 5073	Sport: Psychological Aspects	3
HHP 5733	Motor Learning	3
HHP 5823	Advanced Applied Anatomy	3
NSCI 5133	Advanced Nutrition for Ex and Sport	3
NSCI 5333	Human Nutrition and Metabolism	3
Z00L 4215	Mammalian Physiology	5
HHP 5843	Quantitative Biomechanics	3

**THESIS** (6 hours)

HHP 5000	Master's Thesis	6
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**NON-THESIS** (3 hours)

**Master of Science in HHP: Option in Physical Education (36 hours)**

**CORE COURSES** (12 hours)

LEIS 5023	Legal Aspects of HHP and Leisure	3
REMS 5953	Elementary Statistical Methods in Education	3
REMS 5013	Research Design and Methodology	3

or

HHP 5053	Research Design and Methodology (recommended)	3
HHP 5523	Current Readings in Health	3

**REQUIRED COURSES** (6 hours)

HHP 5723	Curriculum Development	3
HHP 5883	Program Dev for Adapt Phys Ed	3

**DEPARTMENTAL ELECTIVES** (12hours)

HHP 5073	Sport: Psychological Aspects	3
HHP 5873	Bioenergetics	3
HHP 5733	Motor Learning	3
HHP 5763	Admin of HPEL and Sport Programs	3
HHP 5833	Methods in Physical Education	3
CIED 5043	Fundamentals of Teaching	3
EPSY 5663	Creativity for Teachers	3

**THESIS** (6 hours)

HHP 5000	Master's Thesis	6
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**NON-THESIS** (3 hours)

HHP 5030	Field Problems	3
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Oklahoma State University  
Department of Health & Human Performance

### **Creative Component Policy**

#### **From MS in HHP Degree Sheet**

##### **GENERAL REQUIREMENTS:**

*NON THESIS PLAN* which requires 36 semester hours, a \*Creative Component, an oral defense of the Creative Component, plus a four hour, written comprehensive examination.

*\*The Creative Component (CC) must include enrollment in three credit hours of Field Problems. The CC may be a special report, an annotated bibliography, a project in research or design, or other creative activity agreed upon by the student's committee and instructor of record. Prior to enrolling in the CC independent study, the student must obtain and complete a CC proposal which must be signed by the instructor of record and distributed to all Advisory Committee members.*

##### **EXIT REQUIREMENTS:**

*1. Thesis Option - Students must submit and have accepted a thesis proposal, complete the thesis project, and successfully defend the thesis in a public meeting.*

*2. Creative Component Option - Students must complete an approved creative component project, an oral defense of the Creative Component, successfully pass the oral defense, and pass a comprehensive written examination.*

##### **Requirements:**

Upon completion of the Creative Component:

- Creative Component proposal must occur prior to the completion the student's 15<sup>th</sup> credit hour. Upon confirmation of the CC committee, the candidate may begin formal development of CC document.
- Document including original thought supported through existing research and legitimate resources that conforms to a refereed journal or organizations guidelines for submission.
- Upon completion and defense, CC document must be in acceptable form for journal publication or presentation at a national forum.
- Document must include several facets from courses completed on student's plan of study ensuring a true capstone experience and assimilation of knowledge.
- Defense of document in a public forum advertised no less than two weeks prior to submission to the committee for final review. Defense will include a formal presentation and open discussion to determine students understanding of material and process.

Suggested format for all student defenses will occur on a pre-determined day at the end of each semester after appropriate advertisement and notification. All current graduate students are encouraged to attend.