### Health & Exercise Science

**Bachelor of Science in Health & Exercise Science**

**Requirements for the Bachelor of Science in Health and Exercise Science**

**College of Arts and Sciences**

**The University of Oklahoma**

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### General Education and College Requirements

Courses graded P/NP will not apply.

**Courses for fulfillment of General Education and College of Arts & Sciences requirements must be from the approved General Education course list published in the Class Schedule or at [http://www.ou.edu/enrollment/home/](http://www.ou.edu/enrollment/home/)**

### University-Wide General Education (minimum 40 hours) and College of Arts and Sciences Requirements

**Core Area I: Symbolic and Oral Communication (9-22 hours, 3-6 courses)**

- **English Composition** (6 hours, 2 courses)
  1. English 1113, Principles of English Composition
  2. English 1213, Principles of English Composition, or EXPO 1213, Expository Writing

- **Foreign Language** (0-13 hours in the same language)
  - The College of Arts and Sciences requirement cannot be met by high school coursework

  1. Beginning Course (0-5 hours) ____________________________
  2. Beginning Course, continued (0-5 hours) __________________
  3. Intermediate Course (2000 level, 0-3 hours): ____________________________
     - One course at the intermediate level or demonstrated competency at that level.

- **Mathematics** (3 hours, 1 course): MATH 1503 or higher

**Core Area II: Natural Science (7 hours, 2 courses) including one laboratory component.**

- **1. Biological Science**
  - Chosen from the following approved General Education designators: BIOL, HES, MBIO, or PBIO. (BIOL 1114, 1121)

- **2. Physical Science**
  - Chosen from the following approved General Education designators: AGSC, ASTR, CHEM, GEOG, GEOL, GPHY, METR, or PHYS. (CHEM 1315)

**Core Area III: Social Science (6 hours, 2 courses)**

- **1. Political Science**
  - 1113, American Federal Government
  - 1113, Principles of Political Science (SOC 1113, PSY 1113)

**Core Area IV: Humanities (18 hours, 6 courses)**

- **Understanding Artistic Forms** (3 hours, 1 course)
- **Western Civilization and Culture** (6 hours, 2 courses)
  1. History 1483, U.S., 1492-1865, or History 1493, U.S., 1865-Present,
  2. _______ (excluding HIST 1483 and 1493)
- **Non-Western Culture** (3 hours, 1 course)
- **Additional Core IV Humanities courses** (6 upper-division hours, 2 courses at the 3000-4000-level). Must be outside the major and selected from Understanding Artistic Forms, Western Civilization and Culture, or Non-Western Culture.
  1. _______
  2. _______

**Core Area V: Senior Capstone Experience** (3 hours, 1 course): HES 4953

**College of Arts and Sciences Requirements: College requirements are not automatically fulfilled by a previous degree.**

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### Major Requirements

**Some courses required for the major may also fulfill University General Education and/or College of Arts & Sciences Requirements**

**Admission to this major is a selective process. Not all students with the minimum 2.75 are admitted due to limited resources for this program. Contact the Department of Health & Exercise Science for information about the HES admission process. A grade of C or better is required in all HES courses and in all major support requirements.**

### Major Support Requirements

**HEALTH & EXERCISE SCIENCE:**

- 2131 Intro. to HES
- 2823 Introductory Nutrition
- 2913 Personal Health
- 3513 Health Promotion Program Plan.
- 3563 Lifestyle Intervention
- 3813 Principles of Health & Fitness
- 3823 Physiology of Exercise
- 3853 Principles of Community Health, or Chronic Disease Intervention
- 4953 Senior Capstone (Core V)
- 4833 Exercise Physiology Lab

**HEALTH ELECTIVES — 15 upper-division hours**

- CHEM 1315, General Chemistry (Core II)
- MATH 1503, College Algebra (Core I, Math) or higher
- PSY 1113 Elements of Psychology (Core III)
- SOC 1113 Intro. to Sociology (Core III)
- BIOL 1114, Introductory Zoology, (Core II)
- BIOL 1005, Concepts in Biology (Core II)
- BIOL 1121, Intro. Zoology Lab (Core II)
- BIOL 2124, Human Physiology
- BIOL 2234, Intro. to Human Anatomy, or
- BIOL 2255, Human Anatomy

**Free Electives**

Electives to bring total applicable hours to 122 including 48 upper-division hours.

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**Minimum Credit Hours and Grade Point Averages Required**

<table>
<thead>
<tr>
<th>Total Hours —</th>
<th>122</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upper-Division Within Total</td>
<td>48</td>
</tr>
<tr>
<td>Grade Point Averages:</td>
<td></td>
</tr>
<tr>
<td>Overall &amp; Major: Combined OU/Transfer</td>
<td>2.00</td>
</tr>
<tr>
<td>OU - 2.00</td>
<td>48 Upper-Division Hours REQUIRED</td>
</tr>
</tbody>
</table>

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**OU encourages students to complete at least 30 hours of applicable coursework each year to have the opportunity to graduate in four years.**

**OU/Transfer Credit Policy:**

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- **Core Area IV: Humanities (18 hours, 6 courses)**
- **Core Area V: Senior Capstone Experience** (3 hours, 1 course): HES 4953

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- **Core Area IV: Humanities (18 hours, 6 courses)**
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INFORMATION CONCERNING GENERAL RULES, REGULATIONS AND MINIMUM REQUIREMENTS

TOTAL HOURS: A minimum of 122 semester hours acceptable toward graduation must be completed. Only two (2) semester hours of lifetime skill electives may be applied to the total of 122 hours.

UPPER-DIVISION HOURS: A minimum of 48 upper-division semester hours acceptable toward graduation must be completed. OU courses numbered 3000 or above are upper-division. Transfer work is counted as lower-division or upper-division credit depending on the level at which it was offered at the institution where it was earned. Two-year college work is accepted only as lower-division credit.

ARTS AND SCIENCES HOURS: At least 80 semester hours of liberal arts and sciences courses are required for a BA degree. At least 55 semester hours of liberal arts and sciences courses are required for a BS degree.

MAJOR WORK: A minimum of 30 semester hours must be earned in the major, including a minimum of 15 credit hours at the upper-division level.

PASS/NO PASS ENROLLMENT: A maximum of 16 semester hours of free elective credit may be attempted under this option.

INDIVIDUAL STUDIES (e.g., courses titled "Independent Study"): A maximum of 12 total semester hours may be counted toward graduation, excluding Honors Reading and Honors Research.

LIFETIME SKILL ACTIVITY COURSES: No lifetime skill activity courses will be counted toward the 120 semester hours of acceptable credit for graduation.

SENIOR INSTITUTION HOURS: A minimum of 60 semester hours applied toward graduation must be earned at senior (4-year) institutions.

RESIDENCY:
- At least 15 of the final 30 hours applied toward the degree or at least 50 percent of the hours required by the institution in the major field must be satisfactorily completed at the awarding institution.
- At least 15 semester hours of upper-division major work must be completed in residence at OU.
- OU correspondence courses are not considered resident credit.
- Credits earned via examination are neither resident nor nonresident credit.

GRADE POINT AVERAGES: Students must earn a minimum overall 2.00 for each of the following: Combined Retention GPA (all college grades), OU Retention GPA, GPA for all major courses, and GPA for all major courses taken at OU. Some schools and departments of the College have higher minimum grade point averages required for their students.

SPECIAL DEGREES: Students may qualify for an Honors degree (cum Laude, Magna cum Laude, or Summa cum Laude) by completing specific requirements of the Honors College. A degree will be earned with Special Distinction if the student completes at least 60 semester hours at OU with at least a 3.90 combined retention GPA and OU retention GPA. A degree will be earned with Special Distinction if the student completes at least 60 semester hours at OU with at least a 3.60 combined retention GPA and OU retention GPA.

APPLICATION FOR GRADUATION: Students must apply for graduation during the term in which they complete their degree requirements in order to graduate in that term. The graduation application is available on line on your Ozone site. Deadlines for the OU Graduation Application are: March 1 for Spring certification and the University of Oklahoma Commencement book; July 1 for Summer graduation certification; and, October 1 for Fall graduation certification.

Refer to the OU General Catalog for more complete information.

Suggested Semester Plan of Study — Health and Exercise Science - B500

This plan shows one possible grouping of courses that would allow students to graduate in four years. Please refer to the front of the degree checksheet for official requirements.

Students must consult with College of Arts and Sciences and/or Department of Health & Exercise Science academic advisers to verify that courses selected each semester fulfill the recommended plan and satisfy university, College of Arts and Sciences, and Health & Exercise Science major requirements.

<table>
<thead>
<tr>
<th>Year</th>
<th>FIRST SEMESTER</th>
<th>HOURS</th>
<th>SECOND SEMESTER</th>
<th>HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRESMAN</td>
<td>ENGL 1113, Principles of English Composition (Core I)</td>
<td>3</td>
<td>ENGL 1213, Principles of English Composition (Core I), or</td>
<td>3</td>
</tr>
<tr>
<td>MATH 1503, College Algebra (Core I) or higher</td>
<td>3</td>
<td>EXPO 1213, Expository Writing (Core I)</td>
<td>3</td>
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</tr>
<tr>
<td>PSY 1113, Elements of Psychology (Core III)</td>
<td>3</td>
<td>CHEM 1315, General Chemistry (Core II)</td>
<td>5</td>
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</tr>
<tr>
<td>SOC 1113, Introduction to Sociology (Core III)</td>
<td>3</td>
<td>COMM 1113, Principles of Communication, or</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>BIOL 1114, Introductory Zoology (Core II)</td>
<td>4</td>
<td>2613, Public Speaking, or</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>BIOL 1121, Introductory Zoology Lab (Core II)</td>
<td>1</td>
<td>3483, Communication and Argumentation</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>HES Lifetime Skill Activity</td>
<td>1</td>
<td>HES 2913, Personal Health</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Total Credit Hours</td>
<td>18</td>
<td></td>
<td>Understanding Artistic Forms (Core IV)</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>SOPHOMORE</td>
<td>HES 2131, Introduction to Health and Exercise Science</td>
<td>3</td>
<td>PSY 1113, American Federal Government (Core III)</td>
<td>3</td>
</tr>
<tr>
<td>HIST 1483, United States 1492-1865, or</td>
<td>3</td>
<td>BIOL 2124, Exercising for Life</td>
<td>4</td>
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<tr>
<td>1493, United States 1865-Present (Core IV)</td>
<td>3</td>
<td>Beginning Foreign Language continued (Core I)</td>
<td>5</td>
<td></td>
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<tr>
<td>BIOL 2224, Introduction to Human Anatomy or</td>
<td>4-5</td>
<td>Western Civilization &amp; Culture (Core IV)</td>
<td>3</td>
<td></td>
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<tr>
<td>Beginning Foreign Language (Core I)</td>
<td>5</td>
<td></td>
<td></td>
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<tr>
<td>Total Credit Hours</td>
<td>16-17</td>
<td></td>
<td>Total Credit Hours</td>
<td>15</td>
</tr>
</tbody>
</table>

Students who have completed prerequisites and meet the minimum grade point average requirement must file an application to be admitted to the program. Because admission is competitive, not every applicant will be admitted.

| JUNIOR | HES Major Elective, upper-division | 3 | HES 3563, Lifestyle Intervention | 3 |
| HES Major Elective, upper-division | 3 | HES 3813, Principles of Health & Fitness | 3 |
| Intermediate Foreign Language | 3 | HES 4543, Comprehensive Stress Management, or | 3 |
| Non-Western Culture (Core IV) | 3 | 4853, Chronic Disease Intervention | 3 |
| Humanities, upper-division, outside major (Core IV) | 3 | HES Major Elective, upper-division | 3 |
| | | HES Lifetime Skill Activity | 1 |
| Total Credit Hours | 15 | | Total Credit Hours | 13 |

| SENIOR | HES 3513, Health Promotion Program Planning | 3 | HES 4953, Senior Capstone (Capstone, Core V) | 3 |
| HES 3823, Physiology of Exercise | 3 | HES Major Elective, upper-division | 3 |
| HES 3853, Exercise Testing and Prescription, or | 3 | HES Major Elective, upper-division | 3 |
| 4833, Exercise Physiology Lab | 3 | Humanities, upper-division (Core IV) | 3 |
| Free Elective, upper-division (3000-4000-level) | 3 | Free Elective, lower- or upper-division | 2-3 |
| Free Elective, upper-division (3000-4000-level) | 3 | | |
| Total Credit Hours | 15 | | Total Credit Hours | 14-15 |

A grade of C or better is required in all HES courses and in all major support requirements.

Bachelor’s degrees require a minimum of 48 hours of upper-division (3000-4000) coursework.
This plan of study should not be used in lieu of academic advisement.

Students who transfer from other institutions (particularly community colleges) must verify credit hour and course requirements with their college academic counselor, ELIH 124, 325-4411, http://ou.edu/cas.
Please make an appointment for a degree check with your college academic counselor once you have earned 90 hours. Appointments may be scheduled at https://advise.ou.edu/.