

REQUIREMENTS FOR THE BACHELOR OF SCIENCE IN HEALTH AND EXERCISE SCIENCE
COLLEGE OF ARTS AND SCIENCES
 THE UNIVERSITY OF OKLAHOMA

For Students Entering the Oklahoma State System for Higher Education:

Summer 2009 through Spring 2010

Minimum Credit Hours and Grade Point Averages Required			
Total Hours —	122	Upper-Division Within Total	48
Major Hours —	45		
Grade Point Averages:			
Overall & Major: Combined OU/Transfer - 2.00 OU - 2.00			
48 Upper-Division Hours REQUIRED			

Health & Exercise Science

B500

Bachelor of Science in Health & Exercise Science

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

GENERAL EDUCATION AND COLLEGE REQUIREMENTS Courses graded P/NP will not apply.		Some courses required for the major may also fulfill University General Education and/or College of Arts & Sciences Requirements			
		MAJOR REQUIREMENTS		MAJOR SUPPORT REQUIREMENTS	
<p>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/</p> <p>University-Wide General Education (minimum 40 hours) and College of Arts and Sciences Requirements</p> <p>Core Area I: Symbolic and Oral Communication (9-22 hours, 3-6 courses)</p> <p>a. English Composition (6 hours, 2 courses)</p> <p>1. English 1113, Principles of English Composition</p> <p>2. English 1213, Principles of English Composition, or EXPO 1213, Expository Writing</p> <p>b. Foreign Language (0-13 hours in the same language) The College of Arts and Sciences requirement cannot be met by high school coursework.</p> <p>1. Beginning Course (0-5 hours) _____</p> <p>2. Beginning Course, continued (0-5 hours) _____</p> <p>◆ 3. Intermediate Course (2000 level, 0-3 hours). _____ One course at the intermediate level or demonstrated competency at that level.</p> <p>c. Mathematics (3 hours, 1 course). _____ MATH 1503 or higher _____</p> <p>Core Area II: Natural Science (7 hours, 2 courses) including one laboratory component.</p> <p>◆ 1. Biological Science _____ Chosen from the following approved General Education designators: BIOL, BOT, HES, MBIO, or ZOO. (ZOO 1114, 1121)</p> <p>◆ 2. Physical Science _____ Chosen from the following approved General Education designators: AGSC, ASTR, CHEM, GEOG, GEOL, GPHY, METR, or PHYS. (CHEM 1315)</p> <p>Core Area III: Social Science (6 hours, 2 courses)</p> <p>1. Political Science 1113, American Federal Government</p> <p>2. _____ (SOC 1113, PSY 1113)</p> <p>Core Area IV: Humanities (18 hours, 6 courses)</p> <p>a: Understanding Artistic Forms (3 hours, 1 course) _____</p> <p>b. Western Civilization and Culture (6 hours, 2 courses)</p> <p>1. History 1483, U.S., 1492-1865, or History 1493, U.S., 1865-Present,</p> <p>2. _____ (excluding HIST 1483 and 1493)</p> <p>c. Non-Western Culture (3 hours, 1 course): _____</p> <p>d. 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.</p> <p>◆ 1. _____</p> <p>◆ 2. _____</p> <p>Core Area V: Senior Capstone Experience (3 hours, 1 course): _____ HES 4953 _____</p> <p>◆ College of Arts and Sciences Requirements: College requirements are not automatically fulfilled by a previous degree.</p> <p>Computer Literacy Requirement — Students must demonstrate computer proficiency which includes the competent use of a variety of software and networking applications. This requirement may be satisfied by:</p> <p>1. A high school computer science course that meets curricular requirement; or</p> <p>2. Completion of a college-level course that requires competent use of computing; or</p> <p>3. Completion of a university computer proficiency assessment test.</p>		<p>HEALTH & EXERCISE SCIENCE:</p> <p>2131 Intro. to HES 1</p> <p>2823 Introductory Nutrition 3</p> <p>2913 Personal Health 3</p> <p>3513 Health Promotion Program Plan. 3</p> <p>3563 Lifestyle Intervention 3</p> <p>3813 Principles of Health & Fitness 3</p> <p>3823 Physiology of Exercise 3</p> <p>3853 Exercise Testing & Prescription, or 4833 Exercise Physiology Lab 3</p> <p>4543 Comprehensive Stress Mgt., or 4853 Chronic Disease Intervention 3</p> <p>4953 Senior Capstone (Core V) 3</p> <p>Two hours of lifetime skill activities courses from different content areas:</p> <p>_____ 1</p> <p>_____ 1</p> <p>HES ELECTIVES — 15 upper-division hours</p> <p>_____ 3</p> <p>_____ 3</p> <p>_____ 3</p> <p>_____ 3</p> <p>_____ 3</p>		<p>CHEM 1315, General Chemistry (Core II) 5</p> <p>MATH 1503, Introduction to Elementary Functions (Core I, Math) or higher 3</p> <p>PSY 1113 Elements of Psychology (Core III) 3</p> <p>SOC 1113 Intro. to Sociology (Core III) 3</p> <p>ZOO 1114, Introductory Zoology, (Core II) or BIOL 1005, Concepts in Biology (Core II) _____ 4-5</p> <p>ZOO 1121, Intro. Zoology Lab (Core II) 1</p> <p>ZOO 2124, Human Physiology 4</p> <p>ZOO 2255, Human Anatomy, or ZOO 2234, Intro. to Human Anatomy _____ 4-5</p> <p>One of the following: COMM 1113, Princ. of Communication, or COMM 2613, Public Speaking, or COMM 3483, Communication and Argumentation _____ 3</p>	
		Free Electives			
		Electives to bring total applicable hours to 122 including 48 upper-division hours.			

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 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. 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.

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. Application forms are available from the College of Arts and Sciences Academic Services office, Ellison Hall, Room 124. The deadline for completion of all coursework to graduate in a particular term is the last day of classes in that term.

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 checklist for official requirements. Students must consult with College of Arts and Sciences and/or Department of Health and 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 and Exercise Science major requirements.

Year	FIRST SEMESTER	Hours	SECOND SEMESTER	Hours
FRESHMAN	ENGL 1113, Principles of English Composition (Core I)	3	ENGL 1213, Principles of English Composition (Core I), or	3
	MATH 1503, Introduction to Elementary Functions (Core I) or higher	3	EXPO 1213, Expository Writing (Core I)	
	PSY 1113, Elements of Psychology (Core III)	3	CHEM 1315, General Chemistry (Core II)	5
	SOC 1113, Introduction to Sociology (Core III)	3	COMM 1113, Principles of Communication, or	3
	ZOO 1114, Introductory Zoology (Core II)	4	2613, Public Speaking, or	
	ZOO 1121, Introductory Zoology Lab (Core II)	1	3483, Communication and Argumentation	
	HES Lifetime Skill Activity	1	HES 2913, Personal Health	3
			Understanding Artistic Forms (Core IV)	3
	TOTAL CREDIT HOURS	18	TOTAL CREDIT HOURS	17
SOPHOMORE	HES 2131, Introduction to Health and Exercise Science	1	P SC 1113, American Federal Government (Core III)	3
	HES 2823, Introductory Nutrition	3	ZOO 2124, Human Physiology	4
	HIST 1483, United States 1492-1865, or	3	Beginning Foreign Language continued (Core I)	5
	1493, United States 1865-Present (Core IV)		Western Civilization & Culture (Core IV)	3
	ZOO 2234, Introduction to Human Anatomy or	4-5		
	2255, Human Anatomy			
Beginning Foreign Language (Core I)	5			
	TOTAL CREDIT HOURS	16-17	TOTAL CREDIT HOURS	15
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	
	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		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.

*If deficient in computer literacy, contact your college academic counselor in the Hobson Academic Services Center, ELLH 124, 325-4411, for approved courses.

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, ELLH 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://iadvise.ou.edu/>.