

## 1 GENERAL EDUCATION AND COLLEGE OF ARTS AND SCIENCES REQUIREMENTS

HRS.

LD or UD Understanding Artistic Forms _____	3
HIST 1483 U.S. 1492-1865 OR HIST 1493 U.S. 1865-Present	3
LD or UD Non-Western Culture _____	3
LD or UD Western Civilization and Culture _____	3
UD Humanity (3000-4000 lv. AF, NWC or WC) _____	3
UD Humanity (3000-4000 lv. AF, NWC or WC) _____	3
Beginning Foreign Language Course _____	5
Beginning Foreign Language Course, Continued _____	5
Intermediate Foreign Language Course _____	3
<b>(FOREIGN LANGUAGE REQUIREMENT CANNOT BE MET BY HIGH SCHOOL COURSEWORK)</b>	
P SC 1113 American Federal Government	3

## 2 HES PREREQUISITES (42-43 HOURS)

BIOL 1124 - Intro. to Biology: Cells/Molecules/Physiology* (PREREQUISITE FOR BIOL 2124 & BIOL 2234 OR BIOL 2255)	4
BIOL 2124 - Human Physiology (PREREQUISITES BIOL 1124 & CHEM 1315)	4
BIOL 2234 - Introduction to Human Anatomy <b>OR</b> BIOL 2255 - Human Anatomy (PREREQUISITES BIOL 1124)	4-5
CHEM 1315 - General Chemistry* (PREREQUISITE MATH 1503; PREREQUISITE FOR BIOL 2124)	5
COMM 1113 - Principles of Communication <b>OR</b> COMM 2613 Public Speaking	3
ENGL 1113 - Composition I*	3
ENGL 1213 <b>OR</b> EXPO 1213 - Composition II*	3
HES 2131 - Introduction to HES	1
HES 2823 - Introductory Nutrition*	3
HES 2913 - Personal Health	3
MATH 1503 - College Algebra* <b>OR</b> higher level Math course	3
PSY 1113 - Elements of Psychology*	3
SOC 1113 - Introduction to Sociology*	3

## 3 HES MAJOR-SPECIFIC REQUIREMENTS

### HES CORE COURSES (MUST BE ADMITTED TO HES PROGRAM TO ENROLL IN CORE COURSES)

HES 3513 - Health Promotion Program Planning	3
HES 3563 - Lifestyle Intervention	3
HES 3813 - Principles of Health and Fitness (PREREQUISITE FOR HES 3823, HES 3853 & HES 4833)	3
HES 3823 - Physiology of Exercise (PREREQUISITE HES 3813)	3
HES 3853 - Exercise Testing and Prescription <b>OR</b> HES 4833 - Exercise Physiology Lab (PREREQUISITE HES 3813)	3
HES 4503 - Principles of Community Health <b>OR</b> HES 4573 - Chronic Disease Intervention	3
HES 4953 - HES Capstone (PREREQUISITES HES MAJOR, SENIOR STANDING & PERMISSION OF INSTRUCTOR)	3

### HES UPPER-DIVISION ELECTIVES (15 HOURS MIN.) (ENROLLMENT ALLOWED BEFORE ADMISSION TO HES PROGRAM)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### HES ACTIVITY CLASSES (MUST BE TWO DIFFERENT COURSES)

HES Activity Class _____	1
HES Activity Class _____	1

## 4 OTHER NON-HES ELECTIVES TO SUPPORT MAJOR CURRICULUM (18-27 HRS.)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

\*Courses also fulfill General Education and/or College of Arts & Science requirements.

• Bachelor's degrees require a minimum of 48 hours of upper-division (3000-4000 level) coursework.

## **FREQUENTLY TAUGHT HES UPPER-DIVISION ELECTIVES**

HES 3000 – Special Topics in HES  
 HES 3440 – Supervised Undergrad Research  
 HES 3502 – Care/Prevention Athletic Injury  
 HES 3523 – Human Sexuality I  
 HES 3543 – Health & Wellness Coaching  
 HES 3553 – Wellness in Native Communities  
 HES 3573 – Obesity & Weight Management  
 HES 3583 – Sociocultural Aspects of Health

HES 3843 – Biomechanics  
 HES 3873 – Principles of Personal Training  
 HES 3883 – Principles of Endurance Training  
 HES 3960 – Honors Reading  
 HES 3980 – Honors Research  
 HES 3990 – Independent Study  
 HES 4273 – Sports Finance  
 HES 4283 – Sports Economics & Policy

HES 4430 – HES Internship  
 HES 4543 – Comprehensive Stress Management  
 HES 4513 – Pub. Pol. Impact on Health Promo.  
 HES 4523 – Human Sexuality II  
 HES 4823 – Sport & Exercise Nutrition  
 HES 4883 – Advanced Strength & Conditioning  
 HES 4970 – Special Topics in HES

**For more information on HES upper-division electives including prerequisite information, visit [ou.edu/cas/hes](http://ou.edu/cas/hes) or [classnav.ou.edu](http://classnav.ou.edu) or consult with your HES advisor.**

**Courses designated for non-HES majors may not be used for HES upper-division elective credit. However, HES majors may enroll in any course for non-majors with the understanding that the course will be applied as upper-division free-elective credit, if needed.**

## **INFORMATION CONCERNING GENERAL RULES, REGULATIONS, AND MINIMUM REQUIREMENTS**

- All courses in HES (including HES prerequisites courses) must be completed with a grade of “C” or better.
- A minimum of 122 hours acceptable toward graduation must be completed. *No more than 2 semester credit hours of activity courses may be counted as part of the minimum 122 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 will be counted as lower-division or upper-division credit depending on the level at which it was offered at the institution where the work was taken. All two-year college work is considered to be lower-division.
- 122 semester hours applicable toward graduation.
- 60 semester hours at senior institutions.
- 48 semester credit hours of upper division.
- 45 semester credit hours in the major, including 36 at upper division level.
- Minimum 30 credit hours must be earned in residence at OU.
- Minimum 15 upper division credit hours earned in the major in residence at OU.
- OU correspondence courses are not considered resident credit.
- No more than 16 semester hours may be P/NP.
- No more than 31 hours by examination, correspondence, and/or extension (no more than 25% of degree).
- No more than 16 semester credit hours of aerospace studies, military science, and naval science courses.
- No more than 12 semester credit hours of individual study courses (independent study, directed readings, and honors research).
- Students must attain a “C” average overall and in all OU course credit (NOTE: 2.75 minimum GPA to apply to the HES program).

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Updated Spring 2020  
 Reflects requirements through Spring 2021.