

REQUIREMENTS FOR THE BACHELOR OF SCIENCE
DODGE FAMILY COLLEGE OF ARTS AND SCIENCES
THE UNIVERSITY OF OKLAHOMA

Academic Year
For Students Entering the Oklahoma State System for Higher Education Summer 2024 through Spring 2025

General Requirements	
Minimum Total Credit Hours	120
Minimum Upper-Division Hours	48
Major Hours	43
Minimum Retention/Graduation Grade Point Averages:	
Overall - Combined and OU	2.00
Major - Combined and OU	2.00

Program
Health & Exercise Science
B500
Bachelor of Science

OU encourages students to complete at least 30 hours of applicable coursework each year to have the opportunity to graduate in 4 years.

GENERAL EDUCATION AND COLLEGE REQUIREMENTS

Courses for fulfillment of General Education and Dodge 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/gened/courses>. Courses graded P/NP will not apply.

UNIVERSITY-WIDE GENERAL EDUCATION (MINIMUM 40 HOURS) AND COLLEGE REQUIREMENTS

Code	Title	Credit Hours
Core Area I: Symbolic and Oral Communication		
<i>English Composition (6 hours)</i>		
ENGL 1113	Principles of English Composition	3
ENGL 1213	Principles of English Composition	3
or EXPO 1213	Expository Writing	
<i>Language (0-13 hours in the same language)</i>		
The college requirement cannot be met by high school coursework.		
	Beginning Course	0-5
	Beginning Course, continued	0-5
	Intermediate Course (2000 level) ^{1,2}	0-3
<i>Mathematics (3 hours)</i>		
	Choose one course from the General Education Mathematics list	3
Core Area II: Natural Science (7 hours, including one laboratory component)		
<i>Biological Science</i>		
	Choose an approved General Education Natural Science course with one of the following prefixes: BIOL, HES, MBIO, or PBIO ¹	3-4
<i>Physical Science</i>		
	Choose an approved General Education Natural Science course with one of the following prefixes: AGSC, ASTR, CHEM, GEOG, GEOL, GPHY, METR, or PHYS ¹	3-4
Core Area III: Social Science (6 hours)		
P SC 1113	American Federal Government	3
	Choose one course from the General Education Social Science list	3
Core Area IV: Arts and Humanities (18 hours)		
<i>Artistic Forms</i>		
	Choose one course from the General Education Artistic Forms list	3
<i>Western Culture</i>		
HIST 1483	United States to 1865	3
or HIST 1493	United States, 1865 to the Present	
	Choose one course from the General Education Western Culture list (excluding HIST 1483/1493)	3
<i>World Culture</i>		
	Choose one course from the General Education World Culture list	3
<i>Additional Core IV Upper-Division Arts & Humanities courses</i>		
	Choose one course from Artistic Forms, Western Culture, or World Culture ^{1,3}	3
	Choose one course from Artistic Forms, Western Culture, or World Culture ^{1,3}	3
Core Area V: First Year Experience (3 hours)		
	Choose one course	3
Total Credit Hours		56

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 REQUIREMENTS

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

Code	Title	Credit Hours
Health & Exercise Science		
HES 2131	Introduction to Health and Exercise Science	1
HES 2823	Introductory Nutrition	3
HES 2913	Personal Health	3
HES 3513	Health Promotion Program Planning	3
HES 3563	Lifestyle Intervention	3
HES 3813	Principles of Health and Fitness	3
HES 3823	Physiology of Exercise	3
HES 3853	Exercise Testing and Prescription	3
or HES 4833	Physiology of Exercise Laboratory	
HES 4503	Principles of Community Health	3
or HES 4573	Chronic Disease Intervention	
HES 4953	Senior Capstone (Core V)	3
HES Electives		
	Choose 15 upper-division hours	15
Total Credit Hours		43

MAJOR SUPPORT REQUIREMENTS

Code	Title	Credit Hours
CHEM 1315	General Chemistry (Core II)	5
or CHEM 1335	General Chemistry I: Signature Course	
MATH 1503	College Algebra (Core I, Math) (or higher)	3
PSY 1113	Elements of Psychology (Core III)	3
SOC 1113	Introduction to Sociology (Core III)	3
BIOL 1124	Intro Biol: Molecule/Cell/Phys	4
BIOL 2124	Human Physiology	4
BIOL 2234	Introduction to Human Anatomy	4-5
or BIOL 2255	Human Anatomy	
Total Credit Hours		26-27

More information in the catalog: (<http://ou-public.courseleaf.com/dodge-arts-sciences/health-exercise-science/health-exercise-science-bachelor-science/>).

- College of Arts and Sciences Requirements: college requirements are not automatically fulfilled by a previous degree.
- One course at the intermediate level or demonstrated competency at that level
- 6 upper-division hours, 2 courses, at the 3000- 4000-level. **Must be outside the major.**

FREE ELECTIVES

Electives to bring total applicable hours to the minimum total required for the degree including 48 upper-division hours.

INFORMATION CONCERNING GENERAL RULES, REGULATIONS AND MINIMUM REQUIREMENTS

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.

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.

P.E. Courses: No physical education 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.

Grade Point Averages: Students must earn a minimum over all 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.

SUGGESTED SEMESTER PLAN OF STUDY

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 Dodge College of Arts and Sciences and/or Department of Health & Exercise Science academic advisors 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.

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.

Year	FIRST SEMESTER		Hours	SECOND SEMESTER		Hours
FRESHMAN	ENGL 1113	Principles of English Composition (Core I)	3	ENGL 1213 or EXPO 1213	Principles of English Composition (Core I) or Expository Writing	3
	MATH 1503	College Algebra (Core I) (or higher)	3	CHEM 1315 or CHEM 1335	General Chemistry (Core II) or General Chemistry I: Signature Course	5
	PSY 1113	Elements of Psychology (Core III)	3	HES 2913	Personal Health	3
	BIOL 1124	Intro Biol: Molecule/Cell/Phys (Core II)	4	SOC 1113	Introduction to Sociology (Core III)	3
		First Year Experience (Core V)	3		Artistic Forms (Core IV)	3
	CREDIT HOURS		16	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	BIOL 2124	Human Physiology	4
	HIST 1483 or HIST 1493	United States to 1865 (Core IV) or United States, 1865 to the Present	3		Beginning Language continued (Core I)	5
	BIOL 2234 or BIOL 2255	Introduction to Human Anatomy or Human Anatomy	4-5		Western Culture (Core IV)	3
		Beginning Language (Core I)	5			
	CREDIT HOURS		16	CREDIT HOURS		15
JUNIOR		HES Major Elective, upper-division	3	HES 3563	Lifestyle Intervention	3
		HES Major Elective, upper-division	3	HES 3813	Principles of Health and Fitness	3
		Intermediate Language	3	HES 4503 or HES 4573	Principles of Community Health or Chronic Disease Intervention	3
		World Culture (Core IV)	3		HES Major Elective, upper-division	3
		Arts & Humanities, upper-division, outside major (Core IV)	3			
	CREDIT HOURS		15	CREDIT HOURS		12
SENIOR	HES 3513	Health Promotion Program Planning	3	HES 4953	Senior Capstone	3
	HES 3823	Physiology of Exercise	3		HES Major Elective, upper-division	3
	HES 3853 or HES 4833	Exercise Testing and Prescription or Physiology of Exercise Laboratory	3		HES Major Elective, upper-division	3
		Free Elective, upper-division (3000-4000-level)	3		Arts & Humanities, upper-division (Core IV)	3
		Free Elective, upper-division (3000-4000-level)	3		Free Elective, lower- or upper-division	1-2
	CREDIT HOURS		15	CREDIT HOURS		14