



OKLAHOMA CITY UNIVERSITY

Department of Exercise & Sport Science Bachelor of Science Degree in Human Performance

Description of Human Performance major. This 42-hour major is offered to provide students with the knowledge base and practical skills to prepare them for careers in performance professions, including corporate wellness coaching, personal training, strength and conditioning, fitness management, youth and adult sport coaching, sport psychology, and community-based fitness programs. The flexibility in the course work allows students to select ESS electives in line with career goals.

Students are encouraged to seek appropriate professional certification during the final two years of study. Graduates will be able to design and implement skill and age-appropriate fitness programs, or pursue advanced study in related fields. This option provides interdisciplinary training to develop healthy living skills by advising students to take specialized electives and minor in a field outside of kinesiology. All ESS Human Performance majors are encouraged to complete a minor in an area related to their specialization or in an unrelated area that is complementary to the student's professional or personal interests.

Major: Human Performance (HP)	HRS
Required Major Core Courses	27
ESS 1602 Introduction to Exercise and Sport Science	2
PSYCH 2303 Statistics	3
ESS2203 Applied Anatomy	3
ESS 3213 Kinesiology and Biomechanics	3
ESS 3241 Kinesiology and Biomechanics Lab	1
ESS 3413 Physiology of Exercise	3
ESS 3441 Physiology of Exercise Lab	1
ESS 4303 Fitness Testing and Exercise Prescription	3
ESS 4341 Fitness Testing and Exercise Prescription Lab	1
ESS 4483 Exercise Science Internship	3
ESS 4663 Senior Capstone in Kinesiology	3
ESS 1161 Physical Activity course	1
Required Major Electives (9 hours must be 3000 or 4000 level)	15
ESS 2002 First Aid	2
ESS 2303 Introduction to Applied Sport Psychology	3
ESS 2403 Nutrition	3
ESS 2413 Theory of Coaching	3
ESS 3003 Care and Prevention of Athletic Injuries	3
ESS 3303 Health and Aging	3
ESS 3103 Motor Learning through the Lifespan	3
ESS 3312 Legal and Ethical Issues in Kinesiology	2
ESS 4613 Exercise Programming for Special Populations	3
ESS 4013 Health Promotion in the Workplace	3
ESS 4703 Programming Techniques for Strength and Conditioning	3
ESS 4743 Programming Techniques for Strength and Conditioning Lab	1
Recommended Minor or ESS Courses	18-23
Potential Minors: Fitness and Sport Management, Psychology, Spanish, Business, Biology, Chemistry	



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UNDERGRADUATE DEGREE PLAN-HUMAN PERFORMANCE OKLAHOMA CITY UNIVERSITY

YEAR 1			
	Crs		Crs
Fall		Spring	
L&S Seminar	3	ENGL 1213	3
ENGL 1113	3	MATH 1503	3
PSYC 1113	3	Philosophy and Ethics	3
Intro to ESS	2	Public Speaking	3
Concepts in Biology 1114 OR Chem 1014	3	Bib. Lit or World Religions	3
Biol 1114 Lab OR Chem 1014 Lab	1	(must be Service Learning)	
Total	15	Total	15
YEAR 2			
	Crs		Crs
Fall		Spring	
World or Western Lit	3	American Governance	3
ESS 2203 Applied Anatomy	3	ESS 3213 Kines. & Biomechanics	3
Foreign Language I	3	ESS 3241 Kines. And Biomechanics Lab	1
Stats	3	Foreign Language II	3
Course for Minor/Elective	3	Course for Minor/Elective	3
		Course for Minor/Elective	3
Total	15	Total	16
YEAR 3			
	Crs		Crs
Fall		Spring	
Microeconomics	3	Problems 21st Cent Resch Sem	3
American History	3	Fine Arts	3
ESS 3413 Physiology of Ex.	3	International or Diversity Requirement	3
ESS 3441 Physiology of Ex. Lab	1	ESS Elective	3
Course for Minor/Elective	3	ESS 4483 Internship or Course for Minor/Elective	3
Course for Minor/Elective	3	ESS Activity Course	1
Total	16	Total	16
YEAR 4			
	Crs		Crs
Fall		Spring	
ESS Elective	3	ESS 4341 EXRX	3
ESS Elective	3	ESS 4341 EXRX Lab	1
ESS Elective	3	ESS 4663 Capstone	3
Course for Minor/Elective	3	ESS 4703 Program Techniques for S&C	3
Course for Minor/Elective	3	ESS 4743 Program Techniques for S&CLab	1
		ESS 4483 Internship or Elective	3
		Course for Minor/Elective	2
Total	15	Total	16
		Total Credits 124	124