



Transfer Agreement

Rose State College: A.S. in Health and Sports Sciences-Personal Training
Oklahoma City University: B.S. Human Performance

General Education Courses

The general education requirement at OCU is satisfied by the A.S. awarded at Rose State College (62 hours) minus one 3 credit religion course (one of the courses listed below) at OCU:

REL 1003 Intro to Biblical Literature
OR
REL 2503 Introduction to World Religions

The selected religion course at OCU should include the Service Learning experience. The Service Learning experience takes place as part of either REL 1003 or REL 2403 and is not a separate course. An advisor at OCU can ensure that the proper religion course is selected to obtain the Service Learning experience.

* = indicates course is satisfied by the Health and Sports Sciences-Personal Training program at RSC

Human Performance major 42 Hours

Core Classes 27 hours

*ESS 1602 Introduction to ESS (HPER 1213 Introduction to Health & Sport Science)
*ESS 2203 Applied Anatomy (HPER 2643 Applied Anatomy)
ESS 3213 Kinesiology and Biomechanics
ESS 3241 Kinesiology and Biomechanics Laboratory
ESS 3413 Physiology of Exercise
ESS 3441 Physiology of Exercise Laboratory
ESS 4303 Fitness Testing and Exercise Prescription
ESS 4341 Fitness Testing and Exercise Prescription Laboratory
*ESS 4483 Exercise Science Internship (1 credit applied from HPER 2702 Health and Sport Science Practicum)
ESS 4663 Senior Capstone in Kinesiology
PSYCH 2303 Statistics
*ESS 1161 Physical Activity course (HPER 1300-1600 Physical Activity Courses)

Elective Classes 15 hours 9 hours must be upper division (3000 or 4000) courses

*ESS 1303 Health Behavior (2 hours awarded from HPER 1202 Health and Wellness)

*ESS 2002 First Aid (HPER 1113 First Aid)

ESS 2303 Introduction to Sport Psychology

*ESS 2403 Nutrition (HPER 2333 Sport Nutrition)

ESS 2413 Theory of Coaching

ESS 3003 Care and Prevention of Athletic Injuries

ESS 3303 Health and Aging

ESS 3103 Motor Learning through the Lifespan

*ESS 3313 Legal and Ethical Issues in Kinesiology (2 hours awarded from HPER 2612 Legal Aspects of Health and Sport Science)

ESS 4013 Health Promotion in the Workplace

ESS 4613 Exercise Programming for Special Populations

ESS 4703 Programming Techniques for Strength and Conditioning

ESS 4743 Programming Techniques for Strength and Conditioning Laboratory

RSC specific courses counted as lower division elective credits at OCU:

HPER 1222 Concepts in Fitness

HPER 2633 Principles of Personal Training

HPER 2623 Physiology of Exercise

HPER 2702 Health and Sport Science Practicum (1 hour applied as elective, 1 applied toward

ESS 4483 Exercise Science Internship)

Minimum Grade Requirements and Graduation Requirements

1) A "C-" or better must be earned in any course taken as part of the major requirements

2) A "C" or better is required in ESS4663 Capstone in Kinesiology

3) A 2.0 GPA is required for graduation

Total Hours Breakdown

Transferred hours from A.S. in Health and Sport Science-Personal Training62

Remaining hours at OCU in Major26

Religion course hours3

Elective hours at OCU (a minor is encouraged)33

Total124

Dr. Amy Cataldi
Interim Dean of the Petree College of Arts and Sciences

Amy E. C.
Signature

4.15.16
Date

Dr. Kent Buchanan
Interim Provost, Oklahoma City University

Kent Buchanan
Signature

5/26/2016
Date

Dr. Juanita Ortiz
Dean of the Social Sciences Division

Juanita Ortiz
Signature

2/15/16
Date

Dr. Frances Hendrix
Vice-President of Academic Affairs, Rose State College

Frances W. Hendrix
Signature

3/1/14
Date