



Transfer Agreement

Rose State College: A.S. in Health and Sports Sciences-Exercise/Fitness Management
Oklahoma City University: B.S. Exercise Science

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-Exercise/Fitness Management program at RSC

Exercise Science major at OCU (specifically designed for students looking to pursue Physical Therapy School)•65 Hours

Core Classes•24 hours

*ESS 1602 Introduction to ESS (HPER 1213 Introduction to Health & Sport Science)
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

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 2633 Principles of Personal Training
- HPER 2643 Applied Anatomy
- HPER 1222 Concepts in Fitness
- HPER 2702 Health and Sport Science Practicum (1 hour applied as elective, 1 applied toward ESS 4483 Exercise Science Internship)

Required Ancillary Classes·26 hours

- CHEM 1104 General Chemistry
- CHEM 1141 General Chemistry Laboratory
- CHEM 1204 General Chemistry II
- CHEM 1241 General Chemistry Laboratory II
- PHYS 1503 General Physics I
- PHYS 1541 General Physics I Laboratory
- PHYS 1603 General Physics II
- PHYS 1641 General Physics II Laboratory
- BIOL 2003 Human Anatomy and Physiology I (HSBC2114 Human Anatomy)
- BIOL 2041 Human Anatomy and Physiology I Laboratory (HSBC2114 Human Anatomy)
- BIOL 2103 Human Anatomy and Physiology II (BIOL2424 Human Physiology)
- BIOL 2141 Human Anatomy and Physiology II Laboratory (BIOL2424 Human Physiology)

RSC students are encouraged to take Physics I for their Physical Science requirement. It is not recommended to take Chemistry or Anatomy & Physiology unless the complete sequence can be completed before coming to OCU.

Not Required for the Exercise Science Degree but Suggested Classes for Physical Therapy School 5-12 hours

*PSYCH 1113 Introduction to Psychology (recommended to take as the Liberal Arts Elective at RSC)

PSYCH 2013 Lifespan Development

BIOL 2852 Medical Vocabulary

†One Additional Upper Division Biology Course such as Introduction to Microbiology, Intro to Biochemistry or Comparative Physiology. The need for the additional BIOL course will depend on the Physical Therapy program. For example, OU Physical Therapy does not require an additional course while Angelo State University does.

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 Training	62
Remaining hours at OCU in Major (assuming Physics I, Human Anatomy, and Human Physiology is taken at RSC)	40
Religion course hours	3
Suggested Ancillary hours (assuming Intro to Psychology is taken at RSC and an additional upper division BIOL course is taken at OCU)	9
Elective hours at OCU	10 (Allows for Intro to Psychology or Physics I w/Lab to be taken at OCU if needed)
Total	124

Recommended courses, with this option, to be taken at RSC:

1. HSBC 2114 Human Anatomy AND BIOL 2424 Human Physiology for Support/Related Credits
2. Physics I w/lab for Physical Science Gen Ed
3. BIOL 1124 General Biology for Life Science Gen Ed
4. PSYC 1113 Introduction to Psychology for Liberal Arts Elective

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

Amy C.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

2/25/16
Date

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

Frances M. Hendrix
Signature

3/1/16
Date