

Sports and Recreation Emphasis in Athletic Coaching

Bachelor of Science

DEGREE PLAN

Common Core for

Exercise Science **39 Hours**

BIBLICAL LITERACY — SELECT TWO COURSES **6**

REL 1013	Old Testament History and Literature	3
REL 1023	New Testament History and Literature	3
REL 3073	Biblical Ethics	3

WRITING AND LITERATURE **6**

ENGL 1153	English Composition: Exposition and Argument	3
ENGL 1163	English: Composition and Classical Literature	3

SCIENTIFIC LITERACY **4**

GNSC 1124	Issues in Biology	5
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WELLNESS AND LIFELONG FITNESS **2**

PHED	Activity Course	1
PHED 1001	The Wellness Lifestyle (Concepts in Fitness)	1

HISTORY AND LITERATURE **12**

ENGL 2013	European Civilization: Literature	3
and HIST 2013	European Civilization: History	3

SELECT ONE PAIR

ENGL 2023	Modern West: Literature	3
and HIST 2023	Modern West: History	3
ENGL 2033	World Civilizations: Literature	3
and HIST 2033	World Civilizations: History	3

FINE ARTS — SELECT ONE COURSE **3**

FNAR 2063	Arts and Western Culture	3
FNAR 2163	Arts and Ideas	3

MODERN FOREIGN LANGUAGES & MULTICULTURAL EXPERIENCE † **6**

—	Modern Foreign Language Course	3
—	Modern Foreign Language Course	3

Flex Core **12 Hours**

COMS 1092	Introduction to Speech Communication	2
EXSC 1101	First Aid/CPR	1
MATH 1033	Contemporary Math or Higher	3

SELECT ONE COURSE

EDUC 3203	Educational Psychology	3
PSYC 1223	Introduction to Psychology	3

SELECT ONE COURSE

POLI 1223	American National Government	3
SOCI 1223	Introduction to Sociology	3

Area of Concentration

53-58 Hours

COMS 3453	Communication and Conflict	3
EDUC 3013	Human Development	3
EXSC 1723	Care and Prevention of Athletic Injuries	3
EXSC 1733	Introduction to Nutrition	3
EXSC 2103	Inclusive Physical Activities	3
EXSC 2353	Legal Issues in Exercise Science, Sport and Recreation	3
EXSC 2534	Functional Human Musculoskeletal Anatomy	4
EXSC 3103	Motor Learning of Sports and Movement Skills	3
EXSC 3403	Sport and Exercise Nutrition	3
EXSC 3804	Exercise Physiology	4
EXSC 4183	Principles of Organization and Administration	3
EXSC 4833	Introduction to Biomechanics	3
SAR 1483	Introduction to Sports and Recreation	3
SAR 3103	Sports Ethics	3
SAR 3223	Psychology of Coaching	3
SAR 3913	Advanced Coaching Pedagogy	3
SAR 4089	Internship in Athletic Coaching	1-6

AREA OF CONCENTRATION ELECTIVES:

SELECT FROM THESE COURSES **12-17 HOURS**

EXSC 3233	Sport and Exercise Psychology	3
PSYC 3763	Basic Counseling Skills	3
PSYC 4403	Aggression and Violence	3
SAR 2079	Practicum in Sports and Recreation	1-4
SAR 2411	Sports Officiating I	1
SAR 2421	Sports Officiating II	1
SAR 3153	Promotion of Sport and Recreation Programs	3
SAR 3243	Leadership in Sports & Recreation	3
SAR 3503	Managing Sporting Events	3
SAR 3603	Sport Governance and Regulations	3
SAR 4403	SAR Facility Design & Utilizations	3

Electives

7 Hours

Total Hours

Common Core for Sports and Recreation	39
Flex Core	12
Area of Concentration	53-58
Area of Concentration Electives	12-17
Electives	7

Total hours required for graduation **128**

No D's will be accepted in the area of concentration and the supportive courses or in courses comprising majors and minors.

* Other courses for which the student meets the prerequisites also qualify.

† All students must take two sequential courses of the same language at the appropriate level or an approved Multicultural Experience which includes Modern Foreign Language. For more information on these requirements, visit okbu.edu/catalog/foreign-language.