



## SMART CHOICE

Northeastern State University-NSU

### Health and Human Performance A.S. in Health, Human Performance, & Physical Education To B.S. in Health and Human Performance -Clinical/Wellness option Broken Arrow Campus

**NSU B.S. in Health & Human Performance:** The Bachelor of Science in Health & Human Performance program combines a broad science background with health and wellness interests. Graduates are employed in corporate settings, private fitness clubs and organizations, hospitals, health intervention programs and as consultants.

**Major Guidelines / Regulations:** For admission to the HHP program, students must have completed the following:

- Pass ENGL 1113 English Composition I and ENGL 1213 English Composition II with a grade of "C" or better;
- Pass the mathematics course required for the AS degree.
- Satisfy the university's computer proficiency requirement

Students enrolled in classes offered by the HHP are expected to behave according to those Standards of Professional Behavior, found on the College of Education website. Graduation with the bachelor of science degree requires at least 18 hours or fifty percent of the major whichever is greater, must be satisfactorily completed at NSU. Students must select a minor (18 hrs.) Recommended minors include the pre-health minor or other applicable minor to meet career of professional education goals.

**What it takes to complete a bachelor of science in Health and Human Performance from NSU.** If you don't complete your A.A. or A.S. at TCC, you will need to meet NSU's specific general education requirements. You must complete at least 124 hours to earn a bachelor's degree. Of those hours, 60 must be from a university (four-year school; 30-hours required from NSU), 40 must be junior and senior (3000/4000) level, and half of the hours (50%) in your major must be from NSU. You must also be both English and computer proficient. This means that you must pass ENGL 1113 Composition I and ENGL 1213 Composition II with a "C" or better and pass the designated computer proficiency class if needed. Therefore, when you transfer to NSU, you will likely need around 60 more hours to earn your bachelor's degree.

**Transferring to NSU is a seamless process.** Although you can transfer to NSU at any time in your academic career, the smoothest transition occurs if you have earned or will earn an A.A. or A.S. from TCC. This milestone will also meet your general education requirements at NSU (unless it is a specific NSU requirement for you to graduate).

**How do my TCC classes transfer to NSU?** Every class that you take at TCC will transfer to NSU. Each class counts in one of the following categories that make up a bachelor's degree: general education, major, minor, or free elective. Minors (18 hours) are a coherent set of courses in a discipline or interdisciplinary grouping other than a student's degree program. **This program requires a minor.** Free electives can be selected from any academic area. They allow you to explore academic interests outside of your major while counting toward the 124 hours you need to graduate. If you completed a class at TCC that does not meet one of the other specific requirements, it will count as a free elective. If you complete more than 64 hours at the associate degree level, all courses will transfer to NSU, but may be counted as electives. You must have 60 hours from a four-year institution to meet state requirements for graduation with a baccalaureate degree.

**When can you start taking NSU classes?** You can begin taking classes at NSU while you are completing your A.A. or A.S. at TCC. This is called dual enrollment and many students do this each semester. Consult an NSU academic advisor and a financial aid counselor to see how dual enrollment can work for you.

## TCC Health, Human Performance, & Physical Education. A.S to NSU Health & Human Performance – Clinical/Wellness option B.S.

### A.S. in Health, Human Performance & Physical Education

#### Freshman Year at Tulsa Community College

Fall Semester	Spring Semester
BIOL 1224 Introduction to Biology for Majors	CHEM 1315 General Chemistry I
ENGL 1113 Composition I	ENGL 1213 Composition II
MATH 1513 Precalculus I	HHPE 2212 First Aid
POLS 1113 American Federal Government	HIST 1483 U.S. History 1492 to Civil War Era or HIST 1493 U.S. History Civil War Era to Present
	HHPE 2653 Applied Anatomy & Kinesiology
<b>Total Hours Per Semester = 13</b>	<b>Total Hours Per Semester = 16</b>

### A.S. in Health, Human Performance & Physical Education

#### Sophomore Year at Tulsa Community College

Fall Semester	Spring Semester
BIOL 1383 Nutrition	COMM 1113 Public Speaking
ECON 2013 Principles of Macroeconomics	Humanities (3 hrs) See list in catalog
Humanities (3 hrs) See list in catalog	MATH 2193 Elementary Statistics
PSYC 1113 Introduction to Psychology	HHPE 2603 Total Wellness
HHPE 2263 Principles in Health Education & Human Performance	BIOL 2154 Human Physiology
<b>Total Hours Per Semester = 15</b>	<b>Total Hours Per Semester = 16</b>

After completion of your TCC courses, have the TCC Registrar send an official transcript to the NSU Admissions Office. If you have completed all requirements for an Associate degree, make sure that designation is noted on your TCC official transcript before sending to NSU. If you have not completed the requirements for an Associate degree, talk with your TCC Academic Advisor about Reverse Transfer options to use NSU coursework to complete your TCC degree.

### B.S. in Health and Human Performance – Clinical/Wellness option

#### Junior Year at Northeastern State University

Fall Semester	Spring Semester
HED 2392 Nutrition for Health & Sport (online)	HED 3313 Personal Fitness & Wellness
HED 2412 Drug Education (online)	HED 4383 Care and Prevention*
HED 3353 Community Health	HED 4503 Instrumentation in Exercise Physiology
HED 4333 Physiology of Exercise	Upper Level Free Electives (3 hours)
Upper Level Free Electives (3 hours)	Minor Hours (6 hours)
Minor Hours (3 hours)	
<b>Total Hours Per Semester = 16</b>	<b>Total Hours Per Semester = 18</b>

### B.S. in Health and Human Performance Clinical/Wellness option

#### Senior Year at Northeastern State University

Fall Semester	Spring Semester
HED 4363 Kinesiology	HED 4533 Cardiopulmonary Rehabilitation
HED 4523 Sport Physiology	PED 4811 Practicum
HED 4403 Physiology of Aging	PED 4812 Practicum
Upper Level Free Electives (3 hours)	PED 4813 Practicum
Minor courses (3 hours)	Minor courses (6 hours)
<b>Total Hours Per Semester = 15</b>	<b>Total Hours Per Semester = 15</b>

Total hours transferred from Tulsa Community College: **60**

Total hours needed from a four-year university to complete a B.S. in HHP: **64**

**Total Degree Plan Hours: 124**

For further information, contact Dr. Moo Song Kim, Health and Kinesiology Department Chair, 918-444-3217, OR kimm@nsuok.edu or visit <https://academics.nsuok.edu/healthkinesiology>