



Associate of Sciences in Physical Education Option Health & Wellness (CSC) to Bachelor of Science Education in Health & Human Performance(NSU) Online, Broken Arrow, and Tahlequah Campuses

Total Credit Hours at CSC (61) + Total Credit Hours at NSU (63) = 124 Credit Hours

Catalog Year: 2023-2024

Modalities Available (On-Campus, Online, Blended): All three modalities offered for NSU courses

Note to Students: The following is an 8-semester map provided to guide students as they plan their undergraduate education. This university transfer map is based on a full-time academic load of 30 credit hour per year but can be adjusted to fit a part-time schedule. Please note this is not an official degree plan, but a guide. Work with your academic advisor to develop a personalized degree plan based on this university transfer map.

YEAR ONE – CONNORS STATE COLLEGE			
Semester One	Hrs.	Semester Two	Hrs.
ENGL 1113 Comp I	3	ENGL 1213 Comp II	3
PSYC 1113 Intro to Psychology	3	SPCH 1113 Intro to Oral Comm	3
3 hours of humanities	3	HLTH 1113 Personal Health	3
EDUC 1111 College Orientation	1	PHED 2133 Found. Of Phys. Ed. **Subs for HED 2202	3
MATH 1473 Applied Math or MATH 1513 Pre-Calculus Algebra or STAT 2013 Elem. Stat	3	3 hours of HUMANITIES	3
Credit Hours:	13	Credit Hours:	15

YEAR TWO – CONNORS STATE COLLEGE			
Semester Three	Hrs.	Semester Four	Hrs.
BIOL1114 General Biology	3	GPS 1103 + 1101 General Physical Science + Lab	4
HLTH 1123 First Aid/Responding to Emerg. **Subs for HED 2212	3	HLTH 2383 Care & Prevention of Athl. Injuries**Subs for HED 4383	3
POLS 1113 American Federal Government	3	NURS 1003 Medical Terminology	3
HLTH 2353 Community Health**Subs for HED4353	3	COMS 1133 Fund. of Comp. Usage	3
PHED 2512 Motor learning	2	HIST 1483/93 US History (to 1865 or since 1865)	3
FCSE 1213 Introduction to Nutrition	3		
Credit Hours:	17	Credit Hours:	16

***Substituted or equivalent to NSU course*

SUMMER @ NSU	
3 hours of selected minor	3
Summer Credit Hours =	3

THREE – NORTHEASTERN STATE UNIVERSITY			
Semester Five	Hrs.	Semester Six	Hrs.
H ED 2254 - Human Anatomy & Physiology	4	H ED 4333 - Physiology of Exercise	3
H ED 2393 - Nutrition for Health/Sport	3	3 hours of minor	3
H ED 2412 - Drug Education	2	H ED 4363 - Kinesiology	3
6 hours of minor	6	6 hours of selection option internship/practicum	6
Credit Hours:	15	Credit Hours:	15



YEAR FOUR – NORTHEASTERN STATE UNIVERSITY			
Semester Seven	Hrs.	Semester Eight	Hrs.
H ED 3313 - Psychosocial Aspects of Fitness and Wellness	3	H ED 4403 - Physiology of Aging	3
3 hours of selected option course	3	H ED 4503 - Instrum. in Exercise Physiology	3
3 hours of selected option course	3	3 hours of selected option course	3
3 hours of selected option course	3	3 hours of selected option course	3
3 hours of minor	3	3 hours of minor	3
Credit Hours:	15	Credit Hours:	15

**Denotes a course that must be passed with a certain grade in order to progress in the program or transfer.*

Milestones and Recommended Actions - CSC:

- **Consider Summer Courses:** Summer courses at CSC can help accelerate your time to transfer, and help you stay on track. Talk to your advisor about planning summer courses.
- **During or After Year One at CSC:** Consider a campus tour of Northeastern State University and connect with a NSU academic advisor, to ensure you are on track to transfer. Your CSC academic advisor can assist in planning these actions.
- **During Year Two at CSC:** After semester three coursework, apply for admission at Northeastern State University as a transfer student (<https://apply.nsuok.edu/>).
- **Final Semester at CSC:** Congratulations you are about to earn your Associate degree. Be sure to apply for graduation.
- **Transcripts:** submit official CSC transcript to NSU.
- **Reverse Transfer:** If you have not earned an Associate in Arts or an Associate in Science from CSC, and have completed 60 credit hours, with 15 of those hours completed at CSC, check to see if you qualify for a degree through the Reverse Transfer program.
- Additional CSC milestone/action if needed.

Program Information and Recommended Actions - NSU: In addition to general education and program requirements stated above, additional hours may be needed to satisfy all minimum degree requirements listed below.

- English Proficiency: Components I and II of English proficiency should be met with grades of "C" or better prior to the completion of 60 credit hours.
- A minimum of 124 hours is required. PE activity is limited to four hours. Prior learning credit (CLEP, Advanced Standing, Military Credit, etc) is limited to 30 hours.
- A minimum of 30 hours in residence (from NSU) is required for graduation. PE activity is limited to four hours. Hours in residence exclude zero-level courses and prior learning credit such as CLEP, Advanced Placement, Advanced Standing, Military Credit, etc.
- A minimum of 40 hours of 3000/4000 level courses is required for graduation.
- A minimum of 60 hours from a 4-year school is required for graduation excluding zero level and PE activity courses.
- At least fifty percent of the major requirements must be upper division courses (3000 and 4000 level).
- At least 18 hours or fifty percent of the major, whichever is greater, must be satisfactorily completed at NSU.
- The minimum number of credit hours required in the Liberal Arts and Sciences varies based on the type of degree. B.A.Ed. and B.S.Ed. degrees require at least 40 hours. B.S. degrees require at least 55 hours. Liberal Arts and Sciences (LAS) courses are identified in catalog course descriptions.

Accelerated B.S.Ed. Health and Physical Education to M.S. Health and Sport Science: Health Education IMPORTANT:

- Students admitted to the Accelerated B.S. Health and Human Performance: Fitness Management to M.S. Health and Sport Science: Sport Administration/Management degree program will complete up to 9 hours of graduate level credit to apply toward both the undergraduate and graduate degrees.



- Students may not receive credit toward both the undergraduate and the paired graduate-level course. A student completing an undergraduate course and the paired graduate-level course will only receive credit for one course toward the bachelor's degree.
- A minimum grade of C is required for all 5000 level graduate courses.
- Students who do not follow the approved degree plan may become ineligible to continue in the accelerated degree program.
- Prior to completing the undergraduate degree, if the undergraduate GPA, graduate GPA and/or overall GPA fall below a 3.00, the student becomes ineligible to continue in the ADP.
- Students may withdraw from an approved accelerated degree pathway. Graduate credit hours completed prior to the student withdrawing or becoming ineligible to continue in the ADP apply toward the undergraduate degree only.

B.S. Health and Human Performance: Fitness Management Option	M.S. Health and Sport Science: Sport Administration/Management Option
H ED 4213 Ethical and Legal Issues in Fitness and Wellness	H ED 5183 Methods and Strategies in Health Education
H ED 4723 Fitness Facility Management	H ED 5013 Foundations of Health Education and Promotion
P ED 4313 Organization and Administration of PE and Recreation Programs	H ED 5553 Research Methods in Health Education and Sport

Baccalaureate Degree Information:

- Students must complete 60 of 124 credit hours from a university (four-year school), excluding physical education courses.
- 30 credit hours are required from NSU.
- 40 credit hours must be junior and senior (3000/4000) level courses.
- At least 18 hours or 50% of the major, whichever is greater, must be from NSU; half the major must be upper level (3000/4000).
- English proficient (ENGL 1113 Composition & ENGL 1213 Composition II) with a C or better.
- Computer proficient.

Learn More About Programs in this Pathway:

- CSC Physical Education Option Health and Wellness -
 - NSU Psychology Program
- <https://academics.nsuok.edu/healthkinesiology/DegreePrograms/HealthandHumanPerformanceBS.aspx>



University Transfer Contact Information

Transfer Office
 Connors State College website
<https://connorsstate.edu/>
 Contact: haley.m.hilton@connorsstate.edu

Transfer Student Services
 Northeastern State University
www.nsuok.edu/Transfer-Student-Services
 Contact: transfer2nsu@nsuok.edu

<i>Mae Sney-Kim</i>	10/10/2023
Department Chair/Program Coordinator, Northeastern State University	Date
<i>Vanessa Anton</i>	10/11/2023
College Dean, Northeastern State University	Date
<i>Carla Swartz</i>	10/11/2023
Provost, Northeastern State University	Date
<i>Lynett Roch</i>	10/13/2023
Division Chair, Connors State College	Date
<i>Jim McBeth</i>	10/13/23
Provost, Connors State College	Date