

**Degree:** Bachelor of Exercise and Sports Science | **Major:** Health and Fitness Management | **Minor:** Business Administration

The degree requirements below are outlined in the 2022 Undergraduate Catalog and will remain valid through summer 2028.

**INSTITUTIONAL REQUIREMENTS****1-9 Hours**

- \_\_\_\_\_ US 1100: University Seminar (1-Hr Open Elective if Exempt)  
 \_\_\_\_\_ Foreign Language Proficiency (see [catalog](#))

**PROGRAM-SPECIFIC CORE****12 Hours**

- ☐ Mathematics (020) – **select one from:**  
 MATH 1319: Math for Business & Economics I  
 MATH 1315: College Algebra
- ☐ Life and Physical Sciences (030) – **select two from:**  
 CHEM 1341, 1342; PHYS 1315, 1325; BIO 1330
- ☐ Social and Behavioral Sciences (080) – **select one from:**  
 PSY 1300: Introduction to Psychology  
 SOCI 1310: Introduction to Sociology  
 PFW 1301: Behavioral Physical Fitness & Wellness

**GENERAL EDUCATION CORE****30 Hours**

- ☐ Communication (010) – **select two from:**  
 ENG 1310: College Writing I  
 ENG 1320: College Writing II  
 ENG 1321: Writing for Sustainable Change
- ☐ Language, Philosophy, and Culture (040) – **select one from:**  
 PHIL 1305: Philosophy & Critical Thinking  
 PHIL 1320: Ethics & Society  
 ENG 2310: British Literature before 1785  
 ENG 2320: British Literature after 1785  
 ENG 2330: World Literature before 1600  
 ENG 2340: World Literature after 1600  
 ENG 2359: American Literature before 1865  
 ENG 2360: American Literature after 1865  
 ENG 2371: U.S. Literature: Writing Identities
- ☐ Creative Arts (050) – **select one from:**  
 ART, DAN, MU, or TH 2313: Introduction to Fine Arts
- ☐ American History (060) – **select two from:**  
1<sup>st</sup> course:  
 HIST 1310: History of United States to 1877  
 HIST 2327: History of Mexican America to 1865  
 HIST 2381: African American History to 1877  
2<sup>nd</sup> course:  
 HIST 1320: History of United States from 1877  
 HIST 2328: History of Mexican America from 1865  
 HIST 2382: African American History from 1877
- ☐ Government/Political Science (070) – **select two from:**  
 POSI 2310: Principles of American Government  
 POSI 2320: Functions of American Government
- Component Area (090):  
 COMM 1310: Fundamentals of Human Communication
- ☐ English Literature – **select one from:**  
 ENG 2310: British Literature before 1785  
 ENG 2320: British Literature after 1785  
 ENG 2330: World Literature before 1600  
 ENG 2340: World Literature after 1600  
 ENG 2359: American Literature before 1865  
 ENG 2360: American Literature after 1865  
 ENG 2371: U.S. Literature: Writing Identities

**MAJOR****48 Hours**

- \_\_\_\_\_ ESS 1100: Lifetime Fitness and Wellness  
 \_\_\_\_\_ ESS 1101: Seminar in Exercise and Sport Science  
 \_\_\_\_\_ ESS 1179: Beginning Weight Training  
 \_\_\_\_\_ ESS 1201: Group Exercise Instructor Training  
 \_\_\_\_\_ AT 2356: Prevention and Care of Athletic Injuries  
 \_\_\_\_\_ ESS 3317: The Physiology of Exercise / *ESS 3117: Lab*  
 \_\_\_\_\_ ESS 3320: Biomechanics  
 \_\_\_\_\_ ESS 3329: Introduction to Motor Learning  
 \_\_\_\_\_ ESS 4320: Resistance Training & Conditioning  
 \_\_\_\_\_ ESS 4351: Measurement and Evaluation
- ESS/PFW Activity Options – **select two from:**  
☐ ESS 1172, 1175, 1176, 1178; PFW 1110A/B/E/F/G,  
 PFW 1130B, 1135B, 1155A/G/H/I, 1160B/C, 1190B/C
- ESS Electives – **select two from:**  
☐ ESS 3319: Introduction to Cardiopulmonary Exercise Physiology  
☐ ESS 3340: Theories and Principles of Coaching  
☐ ESS 3323: Psychosocial Exercise and Sports Science  
☐ ESS 4324: Adapted Physical Activities  
 REC 4330: Entrepreneurial Recreation Management
- \_\_\_\_\_ ESS 4317: Fit. Asmnt. & Prog. for Clinical Exercise Science  
 \_\_\_\_\_ ESS 4318: Fit. Asmnt. & Prog. Practicum for Healthy Populations  
 \_\_\_\_\_ ESS 4333: Fit Asmnt & Prog for Pops Requiring Spec Considerations  
 \_\_\_\_\_ ESS 4100: Professional Development in Health & Fitness Mgmt
- INTERNSHIP: Exercise and Sports Science**  
 \_\_\_\_\_ ESS 4660: Exercise & Sports Science Internship

**SUPPORT****11 Hours**

- \_\_\_\_\_ BIO 2430: Human Physiology & Anatomy  
 \_\_\_\_\_ PH 3376: Worksite Health Promotion
- ☐ **Select one Advanced Nutrition or Psychology from:**  
 NUTR 3362, NUTR 3364, PSY 3336, PSY 3350, or PSY 3361
- Life and Physical Sciences labs – **select one from:**  
☐ CHEM 1141, 1142; PHYS 1115, 1125; BIO 1130

**MINOR: Business Administration****18 Hours**

- \_\_\_\_\_ ACC 2301: Accounting in Organizations and Society  
 \_\_\_\_\_ ECO 2301: Principles of Economics
- Business Electives – **select four from:**  
 BLAW 2361: Legal Environment of Business  
☐ CIS 3317: E-Business  
☐ FIN 3325: Personal Financial Management  
 MGT 3303: Management of Organizations  
 MKT 3343: Principles of Marketing

**120 HOURS**

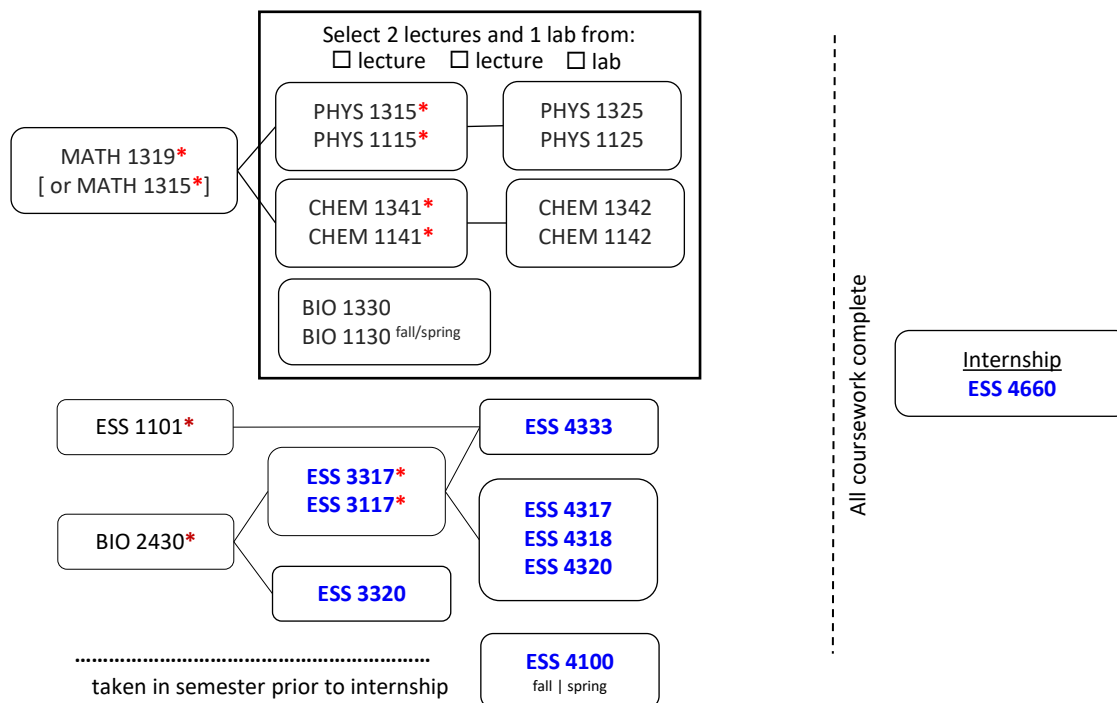
This degree program also requires a 2.0 Texas State GPA, 2.25 Major GPA, and 2.0 Minor GPA to graduate.

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The sequencing below reflects course prerequisites that are subject to change each academic year.  
For use in planning **Fall 2022, Spring 2023, and Summer 2023** semesters.

## PRIORITY DUE TO SEQUENCING

Prioritize these courses in your schedule each semester



## ADDITIONAL REQUIRED COURSES

Use these courses to fill remaining space in your schedule each semester

### Core Curriculum

- \_\_\_ 010
- \_\_\_ 010
- \_\_\_ 040
- \_\_\_ 050
- \_\_\_ 060
- \_\_\_ 060
- \_\_\_ 070
- \_\_\_ 070
- \_\_\_ PSY 1300, SOCI 1310, or PFW 1301
- \_\_\_ 090A
- \_\_\_ 090B

### Major

- \_\_\_ ESS 1100
- \_\_\_ ESS 1179
- \_\_\_ ESS 1201
- \_\_\_ AT 2356
- \_\_\_ **ESS 3329**
- \_\_\_ **ESS 4351** fall | spring

Select two courses from:

- ESS 1172, 1175, 1176, 1178;
- ☐ ☐ PFW 1110A/B/E/F/G
- PFW 1130B, 1135B, 1155A,/G/H/I,
- PFW 1160B/C, 1190B/C

Select two courses from:

- ☐ ☐ **ESS 3319**, ESS 3340, ESS 3323 fall/spring,
- ESS 4324, REC 4330

### Support

- \_\_\_ PH 3376
- \_\_\_ NUTR 3362 fall/spring or 3364 fall/spring; PSY 3336, 3350, or 3361

### Business Administration Minor

- \_\_\_ ACC 2301 OR
- ☐ ☐ ACC 2361 AND ACC 2362
- \_\_\_ ECO 2301 OR
- ☐ ☐ ECO 2314 AND ECO 2315

Select four courses from:

- ☐ ☐ BLAW 2361, **CIS 3317**
- ☐ ☐ **FIN 3340**<sup>^</sup>, **MGT 3303**, **MKT 3343**

- ☐ US 1100
- ☐ Foreign Language Proficiency

GPA restricted (**2.0 Overall**) | \* requires grade of 'C' or better | <sup>^</sup> requires ACC and ECO prerequisites

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