

Degree: Bachelor of Exercise and Sports Science | **Major:** Exercise and Sports Science | **Concentration:** Pre-Rehabilitation Sciences

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)
- _____ MATH 1315: College Algebra
- _____ Life and Physical Sciences (030)
- _____ CHEM 1341: General Chemistry I
- _____ CHEM 1342: General Chemistry II
- _____ Social and Behavioral Sciences (080)
- _____ PSY 1300: Introduction to Psychology

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:
1st course:
HIST 1310: History of United States to 1877
HIST 2327: History of Mexican America to 1865
HIST 2381: African American History to 1877
2nd 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

CONCENTRATION: Pre-Rehabilitation Sciences

9 Hours

- _____ AT 3311: Clinical Assessment I
- _____ AT 3312: Clinical Assessment II
- _____ AT 4313: Clinical Therapeutic Interventions

MAJOR

24 Hours

- _____ ESS 1179: Weight Training
- _____ AT 2356: Prevention and Care of Athletic Injuries
- _____ ESS 3317: Exercise Physiology / *ESS 3117 Lab*
- _____ ESS 3320: Biomechanics
- _____ ESS 3329: Introduction to Motor Learning
- _____ AT 3358: Clinical Pathopharmacology
- _____ ESS 4317: Fitness Asmnt. & Programming for Healthy Populations
- _____ AT 2400: Functional Anatomy

SUPPORT

26 Hours

- _____ BIO 2430: Human Physiology & Anatomy
- _____ CHEM 1141: General Chemistry I Lab
- _____ CHEM 1142: General Chemistry II Lab
- _____ HIM 2360: Medical Terminology
- Select one from:**
 - ☐ HP 3325: Healthcare Statistics
 - MATH 2328: Elementary Statistics
 - PH 3315: Statistics in Public Health
 - PSY 2301: Introduction to Statistics
 - SOCI 3307: Statistics of Behavioral Sciences
- Select one from:**
 - ☐ NUTR 2360: Nutrition Science
 - NUTR 3362: Nutrition and Health
 - NUTR 3364: The Science of Nutrition and Exercise
- _____ PHYS 1315: General Physics I / *PHYS 1115: Lab*
- _____ PHYS 1325: General Physics II / *PHYS 1125: Lab*
- Select one from:**
 - ☐ PSY 3300: Lifespan Development
 - PSY 3315: Psychopathology

PRESCRIBED ELECTIVES

18 Hours

- Select at least 18 credit hours from:**
- ☐ ANTH 3311: Disease and Society
- AT 2298: Orientation to Athletic Training Profession
- AT 3298: Foundations of Athletic Training Practice
- AT 3400: Gross Applied Anatomy
- AT 4360: Internship in Clinical Settings
- BIO 1330: Functional Biology / *BIO 1130 Lab*
- BIO 1331: Organismal Biology / *BIO 1131 Lab*
- BIO 2400: Microbiology
- BIO 2440: Principles of Microbiology
- BIO 2450: Genetics
- BIO 3421: Vertebrate Physiology
- BIO 4326: Immunology
- CHEM 2341: Organic Chemistry I / *CHEM 2141 Lab*
- CHEM 2342: Organic Chemistry II / *CHEM 2142 Lab*
- CHEM 4375: Biochemistry
- ENG 3303: Technical Writing
- ESS 1101: Seminar in Exercise and Sports Science
- ESS 1128: Aquatic Therapy
- ESS 1298: Foundations of Sports Medicine
- ESS 3323: Psychosocial Aspects of ESS
- ESS 4324: Adapted Physical Activity
- ESS 4333: Fit Assess Programming for Pop Spec Considerations
- PH 3348: Prevention of Disease
- PSY 3336: Sport Psychology
- PSY 3322: Brain and Behavior
- REC 1370 Introduction to Therapeutic Recreation
- SOCI 1310: Introduction to Sociology
- SOCI 3363: Medical Sociology

120 HOURS

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

VIOLET: if planning to pursue MSAT, postpone taking these and refer instead to separate AT32 checklist

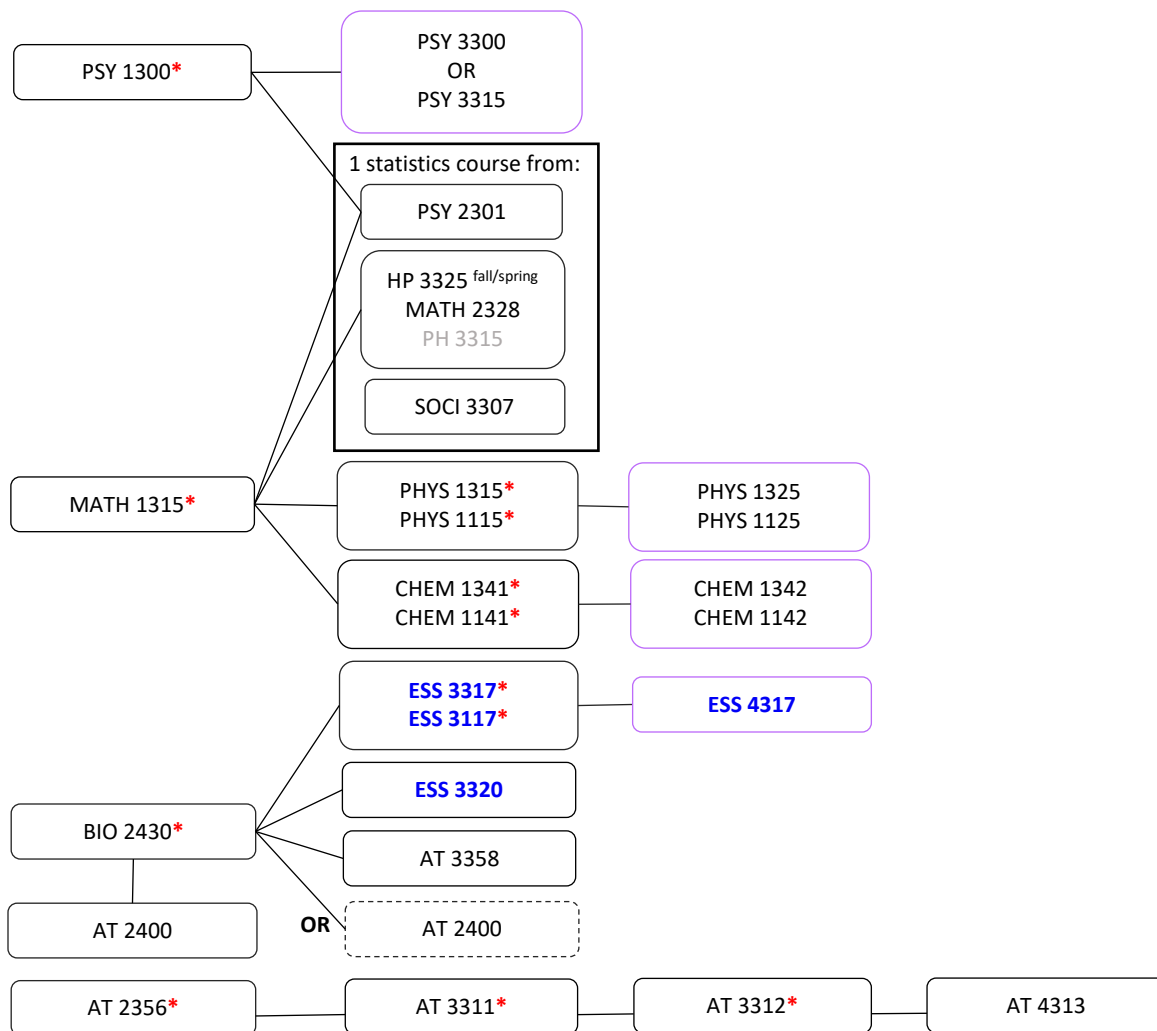
Degree: Bachelor of Exercise and Sports Science | Major: Exercise and Sports Science | Concentration: Pre-Rehabilitation Sciences

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

Anatomy | Physiology 1-Course Option [see last page for alternative 2-course option]



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
___ 090A
___ 090B

Major

___ ESS 1179
___ **ESS 3329**

☐ US 1100 ☐ Foreign Language Proficiency

Support

___ HIM 2360
___ Select one from:
NUTR 2360
NUTR 3362 fall | spring
NUTR 3364 fall | spring

Prescribed Electives

Select ☐ hours from (18 required):
course availability varies by semester

ANTH 3311	BIO 2450 ^	ESS 1298
AT 2298 ^	BIO 3421 ^	ESS 3323
AT 3298 ^	BIO 4326 ^	ESS 4324
AT 3400 ^	CHEM 2341/2141 ^	ESS 4333 ^
AT 4360 ^	CHEM 2342/2142 ^	PH 3348
BIO 1330/1130	CHEM 4375 ^	PSY 3322 ^
BIO 1331/1131	ENG 3303	PSY 3336 ^
BIO 2400 ^	ESS 1101	REC 1370
BIO 2440 ^	ESS 1128	SOCI 1310
		SOCI 3363

GPA restricted (2.0 Overall; 2.75 Texas State) | * requires grade of 'C' or better | ^ requires additional prerequisites

VIOLET: if planning to pursue MSAT, postpone taking these and refer instead to separate AT32 checksheet

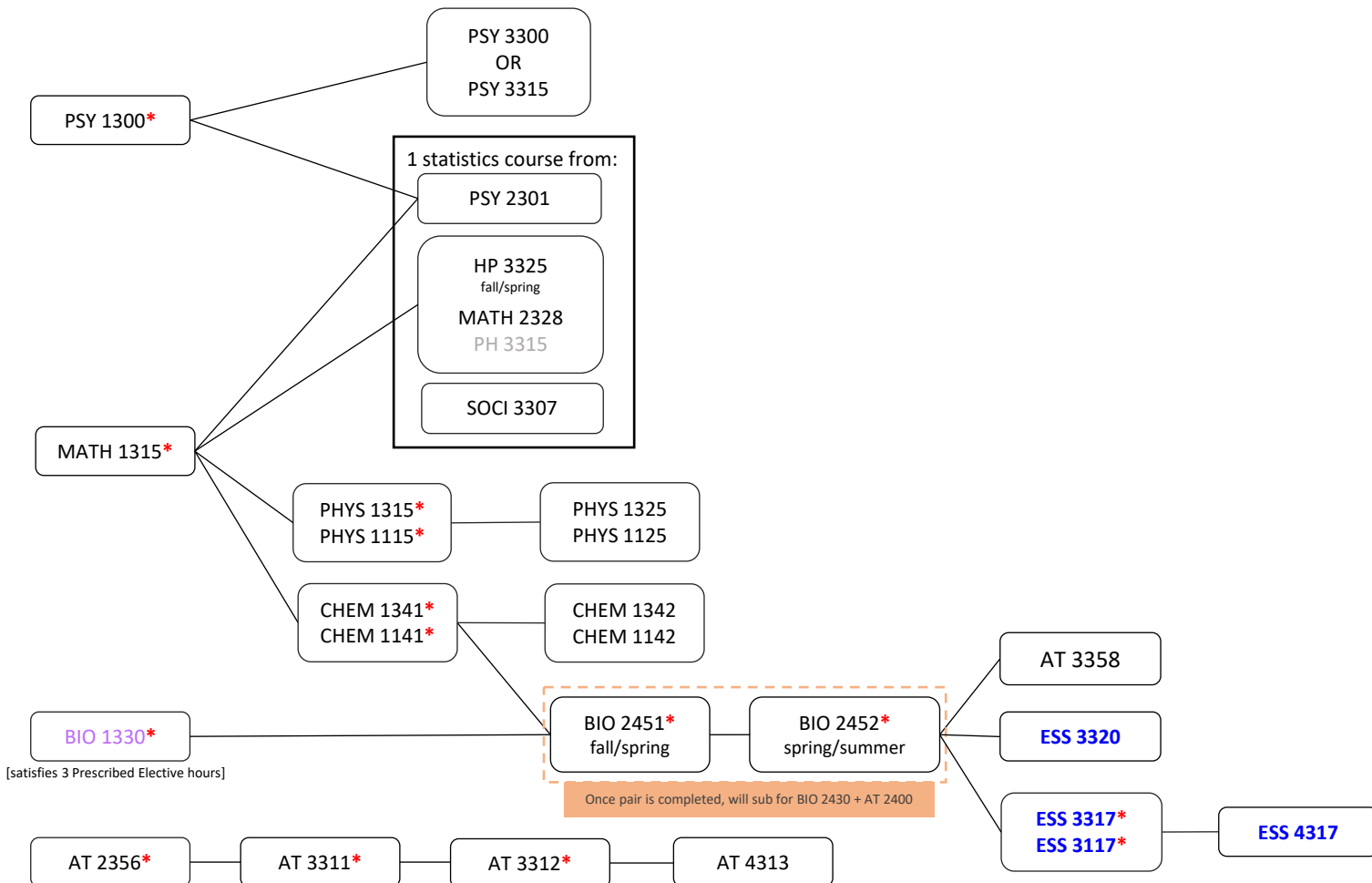
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For use in planning **Fall 2022**, **Spring 2023**, and **Summer 2023** semesters.

PRIORITY DUE TO SEQUENCING

If the Graduate program you plan to pursue requires 8-hours of Anatomy & Physiology, see alternative sequencing below

Anatomy | Physiology 2-Course Option



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
___ 090A
___ 090B

Major

___ ESS 1179
___ **ESS 3329**

☐ US 1100 ☐ Foreign Language Proficiency

Support

___ HIM 2360
___ Select one from:
NUTR 2360
NUTR 3362 fall | spring
NUTR 3364 fall | spring

Prescribed Electives

Select hours from:
[total of 18 required; 3 already satisfied by BIO 1330 above]
course availability varies by semester

ANTH 3311	BIO 2450 ^	ESS 1298
AT 2298 ^	BIO 3421 ^	ESS 3323
AT 3298 ^	BIO 4326 ^	ESS 4324
AT 3400 ^	CHEM 2341/2141 ^	ESS 4333^
AT 4360 ^	CHEM 2342/2142 ^	PH 3348
BIO 1130	CHEM 4375^	PSY 3322^
BIO 1331/1131	ENG 3303	PSY 3336^
BIO 2400 ^	ESS 1101	REC 1370
BIO 2440^	ESS 1128	SOCI 1310
		SOCI 3363

GPA restricted (2.0 Overall; 2.75 Texas State) | * requires grade of 'C' or better | ^ requires additional prerequisites

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