

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

The degree requirements below are outlined in the 2023 Undergraduate Catalog and will remain valid through summer 2029.

**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  
 \_\_\_\_\_ PHYS 1335: General Physics I
- \_\_\_\_\_ 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:  
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

**CONCENTRATION: Pre-Rehabilitation Sciences****9 Hours**

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

**MAJOR****21 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  
 \_\_\_\_\_ AT 2400: Functional Anatomy

**SUPPORT****26 Hours**

- \_\_\_\_\_ BIO 2430: Human Physiology & Anatomy  
 \_\_\_\_\_ CHEM 1141: General Chemistry I Lab  
 \_\_\_\_\_ PHYS 1115: General Physics I 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

**PRESCRIBED ELECTIVES****11 Hours**

- ☐ AT 2298: Orientation to Athletic Training Profession  
 AT 3298: Foundations of Athletic Training Practice  
 ESS 1101: Seminar in Exercise and Sports Science  
 ESS 3323: Psychosocial Aspects of ESS  
 PSY 3336: Sport Psychology

**MASTER'S COURSEWORK****55 Hours**

if admitted to the Master's in AT program at end of Junior Year:

AT 5400  
 AT 5320  
 AT 5120  
 AT 5230  
 AT 5301  
 AT 5300  
 AT 5313  
 AT 5231  
 AT 5305  
 AT 5314  
 AT 5232  
 AT 5340  
 AT 5333  
 AT 5341  
 AT 5342  
 AT 5343  
 AT 5334  
 AT 5191  
 AT 5192  
 AT 5344  
 AT 5335

**DUAL CREDIT – only required if NOT admitted to MSAT****21 Hours**

- \_\_\_\_\_ CHEM 1342/1142  
 \_\_\_\_\_ PHYS 1345/1125  
 \_\_\_\_\_ ESS 4317  
 \_\_\_\_\_ PSY 3300 or PSY 3315  
 \_\_\_\_\_ 7 hours of Prescribed Electives

**154 HOURS**

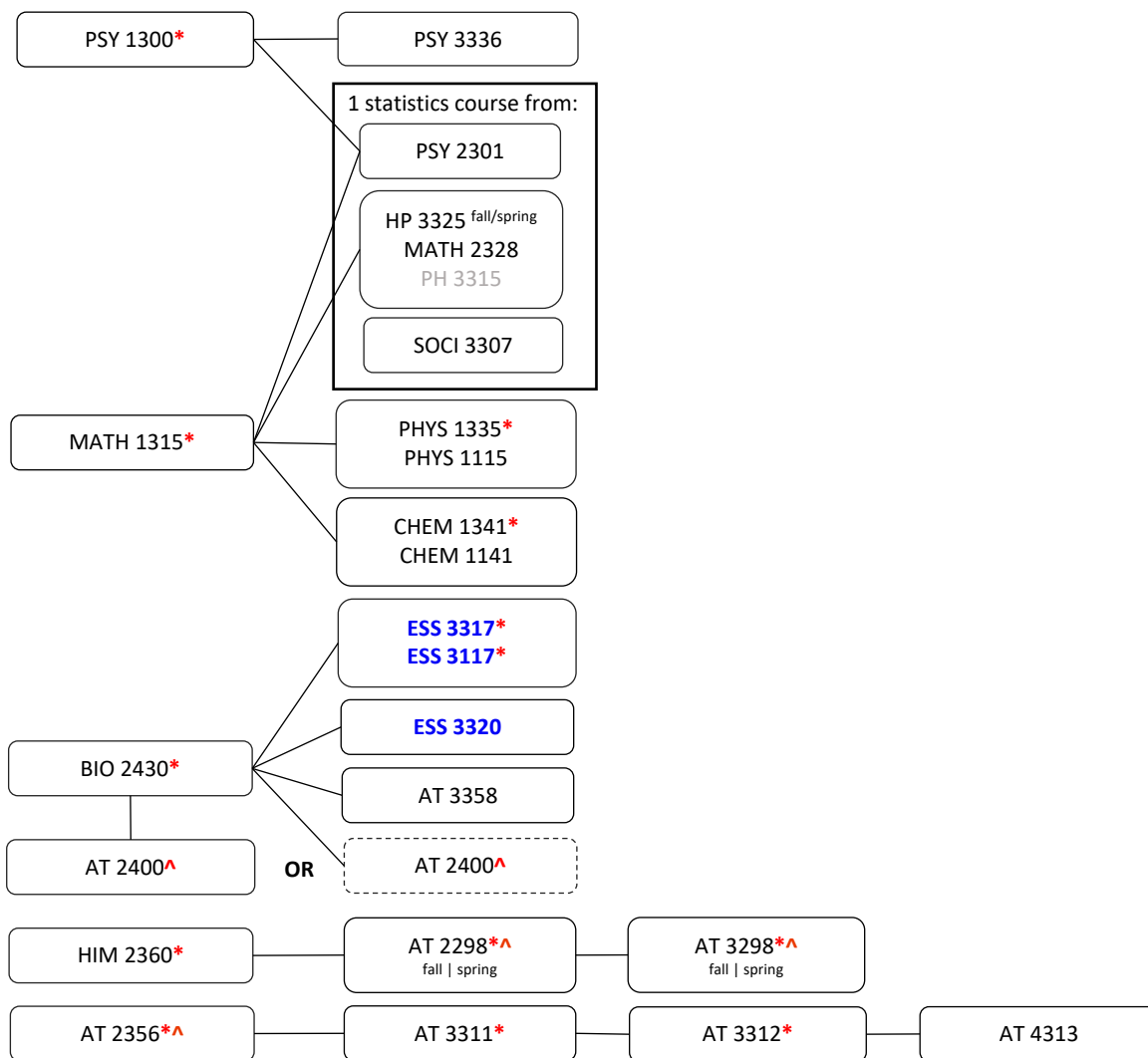
This degree program also requires a 2.0 Texas State GPA, 2.25 Major GPA, and 2.0 Minor GPA (if declared) to graduate.

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 2023**, **Spring 2024**, and **Summer 2024** 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  
\_\_\_ 090A  
\_\_\_ 090B

### Major

\_\_\_ ESS 1179  
\_\_\_ **ESS 3329**

### Support

\_\_\_ Select one from:  
\_\_\_ NUTR 2360 ^  
\_\_\_ NUTR 3362 fall | spring  
\_\_\_ NUTR 3364 fall | spring

### Prescribed Electives

☐

4 hours from:  
ESS 1101  
ESS 3323

If **NOT** admitted to MSAT, must also complete the following to graduate in PRS program:

\_\_\_ CHEM 1342/1142  
\_\_\_ PHYS 1345/1125  
\_\_\_ ESS 4317  
\_\_\_ PSY 3300 or PSY 3315  
\_\_\_ 7 hours of Prescribed Electives

☐ US 1100 ☐ Foreign Language Proficiency

GPA restricted (2.0 Overall) | \* requires grade of 'C' or better | ^ requires grade of 'B' or better to apply | ^ requires additional prerequisites

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

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FALL	SPRING	SUMMER
<b>PSY 1300</b> <b>MATH 1315</b> 010 <b>AT 2356</b> ESS 1101 US 1100 <div>14</div>	<b>HIM 2360</b> <b>BIO 2430</b> <b>CHEM 1341/1141</b> 010 040 <div>17</div>	
FALL	SPRING	SUMMER
<b>AT 2400</b> <b>PHYS 1335/1115</b> 050 060 070 <div>17</div>	<b>AT 2298</b> <b>AT 3311</b> 060 070 091 094 <div>17</div>	
FALL	SPRING	SUMMER
<b>AT 3298</b> <b>AT 3312</b> <b>ESS 3317/3117</b> <b>ESS 3320</b> NUTR 3362 or 3364 one from ESS 3323/4324/4333 <div>18</div>	<b>AT 4313</b> <b>AT 3358</b> <b>PSY 3336</b> <b>STATS</b> ESS 3329 ESS 1179 <div>16</div>	<b>Dual Credit [10 Weeks]</b> AT 5400 AT 5320 AT 5120 AT 5230 <div>10</div>
FALL	SPRING	SUMMER
<b>Dual Credit</b> AT 5301 AT 5300 AT 5313 AT 5231 <div>11</div>	AT 5305 AT 5314 AT 5232 AT 5340 <div>11</div>	AT 5333 AT 5341 <div>6</div>
FALL 2026	SPRING 2027	<div> <b>If NOT admitted to MSAT, will need to complete the following for completion of ESS with PRS Undergraduate degree:</b> <ul style="list-style-type: none"> <li>_____ CHEM 1342/1142</li> <li>_____ PHYS 1345/1125</li> <li>_____ ESS 4317</li> <li>_____ PSY 3300 or PSY 3315</li> <li>_____ 7 hours of Prescribed Electives</li> </ul> </div>
AT 5342 AT 5334 AT 5191 AT 5343 <div>10</div>	AT 5192 AT 4344 AT 5335 <div>7</div>	

154 HOURS

GPA restricted (**2.75 Overall**) | \* requires grade of 'C' or better

This degree program also requires a 2.0 Texas State GPA, 2.75 Overall GPA, 2.25 Major GPA, and 2.0 Minor GPA (if declared) to graduate.