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)** – select one from:
  - MATH 1319: Math for Business & Economics I
  - MATH 1315: College Algebra
- **Life and Physical Sciences (030)** – select two from:
  - BIO 1330, 1331, CHEM 1341, 1342; PHYS 1335, 1345
- **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 1800
  - ENG 2340: World Literature after 1800
  - 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:
  - 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 1800
  - ENG 2340: World Literature after 1800
  - 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, 1135B, 1155A/G/H/I, 1160B/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
- **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:
  - BIO 1130, 1131; CHEM 1141, 1142; PHYS 1115, 1125

**MINOR: Business Administration** 18 Hours
- **ACC 2301:** Accounting in Organizations and Society
- **ECO 2301:** Principles of Economics
- **Business Electives** – select four from:
  - BLAW 3301: Legal Environment of Business
  - CIS 3317: E-Business
  - FIN 3340: Fundamentals of Business Finance
  - MGT 3301: Management of Organizations
  - MKT 3343: Principles of Marketing

**INTERNSHIP:** Exercise and Sports Science
- ESS 4660: Exercise & Sports Science Internship

**SUPPORT**
- **US 1100:** University Seminar (1-Hr Open Elective if Exempt)
- **Foreign Language Proficiency** (see catalog)

**GENERAL EDUCATION CORE**
- **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 1800
  - ENG 2340: World Literature after 1800
  - ENG 2359: American Literature before 1865
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  - ENG 2371: U.S. Literature: Writing Identities
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  - ART, DAN, MU, or TH 2313: Introduction to Fine Arts
- **American History (060)** – select two from:
  - 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 1800
  - ENG 2340: World Literature after 1800
  - ENG 2359: American Literature before 1865
  - ENG 2360: American Literature after 1865
  - ENG 2371: U.S. Literature: Writing Identities

**This degree program also requires a 2.0 Texas State GPA, 2.25 Major GPA, and 2.0 Minor GPA to graduate.**
Degree: Bachelor of Exercise and Sports Science | Major: Health and Fitness Management | Minor: Business Administration

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

All coursework complete

Internship
ESS 4660

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; 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 3301, CIS 3317
____ FIN 3340^, MGT 3301, MKT 3343

GPA restricted (2.0 Overall) | * requires grade of ‘C’ or better | ^ requires ACC and ECO prerequisites

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