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: British Literature after 1785
    - ENG 2340: American Literature before 1865
    - ENG 2359: 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
    - 2nd course:
      - HIST 1320: History of United States from 1877
      - HIST 2328: History of Mexican America from 1865
      - HIST 2362: 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
  - ESS 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. Asmt. & Prog. for Clinical Exercise Science
  - ESS 4318: Fit. Asmt. & Prog. Practicum for Healthy Populations
  - ESS 4333: Fit Asmt & Prog for Pops Requiring Spec Considerations
  - ESS 4100: Professional Development in Health & Fitness Mgmt

### INTERNSHIP: Exercise and Sports Science
- 11 Hours
  - ESS 4660: Exercise & Sports Science Internship

### SUPPORT
- 11 Hours
  - BIO 2303: 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
    - 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

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

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

### Core Curriculum

- **010**
- **010**
- **040**
- **050**
- **060**
- **060**
- **070**
- **070**
- **PSY 1300, SOCI 1310, or PFW 1301**
- **130**
- **130**
- **131**
- **131**
- **PHYS 1335* or PHYS 1115**
- **PHYS 1345 or PHYS 1125**
- **CHEM 1341* or CHEM 1141**
- **CHEM 1342 or CHEM 1142**
- **BIO 1330 or BIO 1130**
- **BIO 1331 or BIO 1131**

### Major

- **ESS 1100**
- **ESS 1179**
- **ESS 1201**
- **AT 2356**
- **ESS 3329**
- **ESS 4351**

### Support

- **PH 3376**
- **NUTR 3362** or **3364**
- **Psychology Courses: PH 3336, 3350, or 3361**

### Internship

- **ESS 4660**

### Additional Required Courses

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

- **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.