## INSTITUTIONAL REQUIREMENTS
1-9 Hours
- US 1100: University Seminar (1-Hr Open Elective if Exempt)
- Foreign Language Proficiency (see catalog)

## PROGRAM-SPECIFIC CORE
9 Hours
- **Mathematics (020) – select one from:**
  - MATH 1319: Math for Business & Economics
  - MATH 1315: College Algebra
- **Life and Physical Sciences (030) – select two from:**
  - BIO 1330, 1331; CHEM 1341, 1342; PHYS 1335, 1345

## GENERAL EDUCATION CORE
33 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
- **Social and Behavioral Sciences (080) – select one from:**
  - ANTH 1312: Cultural Anthropology
  - CA 2351: Behavioral & Personal Financial Management
  - ECO 2301: Principles of Economics
  - ECO 2314: Principles of Microeconomics
  - GEO 1310: World Geography
  - PFW 1301: Behavioral Physical Fitness and Well.
  - PSY 1300: Introduction to Psychology
  - SOCI 1310: Introduction to Sociology

**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
31 Hours
- ESS 1100: Lifetime Fitness and Wellness
- ESS 1101: Seminar in Exercise and Sport Science
- ESS 1179: Beginning Weight Training
- AT 2356: Prevention and Care of Athletic Injuries
- ESS 3317: Exercise Physiology / ESS 3117: Lab
- ESS 3319: Introduction To Cardiopulmonary Exercise Physiology
- ESS 3320: Biomechanics
- ESS 3329: Motor Learning
- ESS 4320: Resistance Training & Conditioning
- ESS 4351: Measurement and Evaluation in ESS
- ESS 4321: Asmnt/Prescription Practicum for Clinical Exercise Science
- ESS 4319: Fitness Asmnt/Programming for Clinical Exercise Science

## CONCENTRATION
16 Hours
- PH 1320: Introduction to Public Health
- PH 2340: Community Health
- PH 4336: Health Behavior Theory
- ESS 4101: Professional Development in Clinical Exercise Science

## INTERNSHIP: Exercise and Sports Science

## SUPPORT
30 Hours
- BIO 2430: Human Physiology & Anatomy
- Select one from:
  - NUTR 2360: Nutrition Science
  - NUTR 3362: Nutrition and Health
- ENG 3303: Technical Writing
- AT 3358: Clinical Pathopharmacology
- 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
  - Life and Physical Sciences labs – select two from:
    - BIO 1330/1130, 1331/1131
    - CHEM 1341/1141, CHEM 1342/1142
    - PHYS 1335/1115, 1345/1125

## Clinical Electives – select three from:
- ESS 4324, ESS 4333, PH 3348, HIM 2360,
- NUTR 3364, PSY 3336
- Additional Life & Physical Science–select one additional pair from:
  - BIO 1330/1130, 1331/1131
  - CHEM 1341/1141
  - PHYS 1335/1115, 1345/1125

### Further Information
- **This degree program also requires a 2.0 Texas State GPA, 2.25 Major GPA, and 2.0 Minor GPA (if declared) 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.

**PRIORITY DUE TO SEQUENCING**
Prioritize these courses in your schedule each semester

**Core Curriculum**
- 010
- 010
- 040
- 050
- 060
- 060
- 070
- 070
- 080
- 090A
- 090B

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

**Support**
- Select one from:
  - NUTR 2360
  - NUTR 3362 fall | spring
  - ENG 3303

- Select two courses from:
  - ESS 1172, 1175, 1176, 1178;
  - PFW 110A/B/E/F/G
  - PFW 110B, 1135B, 1155A,G/H/I,
  - PFW 1160B/C, 1190B/C

- Select three courses from:
  - ESS 4324, ESS 4333, PH 3348,
  - HIM 2360, NUTR 3364 fall/spring, PSY 3336

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

**GPA restricted (2.0 Overall) | * requires grade of ‘C’ or better | ^ 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.