

Degree: Bachelor of Exercise and Sports Science | **Major:** Exercise and Sports Science | **Concentration:** Clinical Exercise Science

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**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

- _____ ESS 4661: Internship in Clinical Exercise 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, 1190B/C
- ☐ ☐ Life and Physical Sciences labs – select two from:
 BIO 1130, 1131; CHEM 1141, 1142; PHYS 1115, 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, CHEM 1342/1142,
 PHYS 1335/1115, 1345/1125

120 HOURS

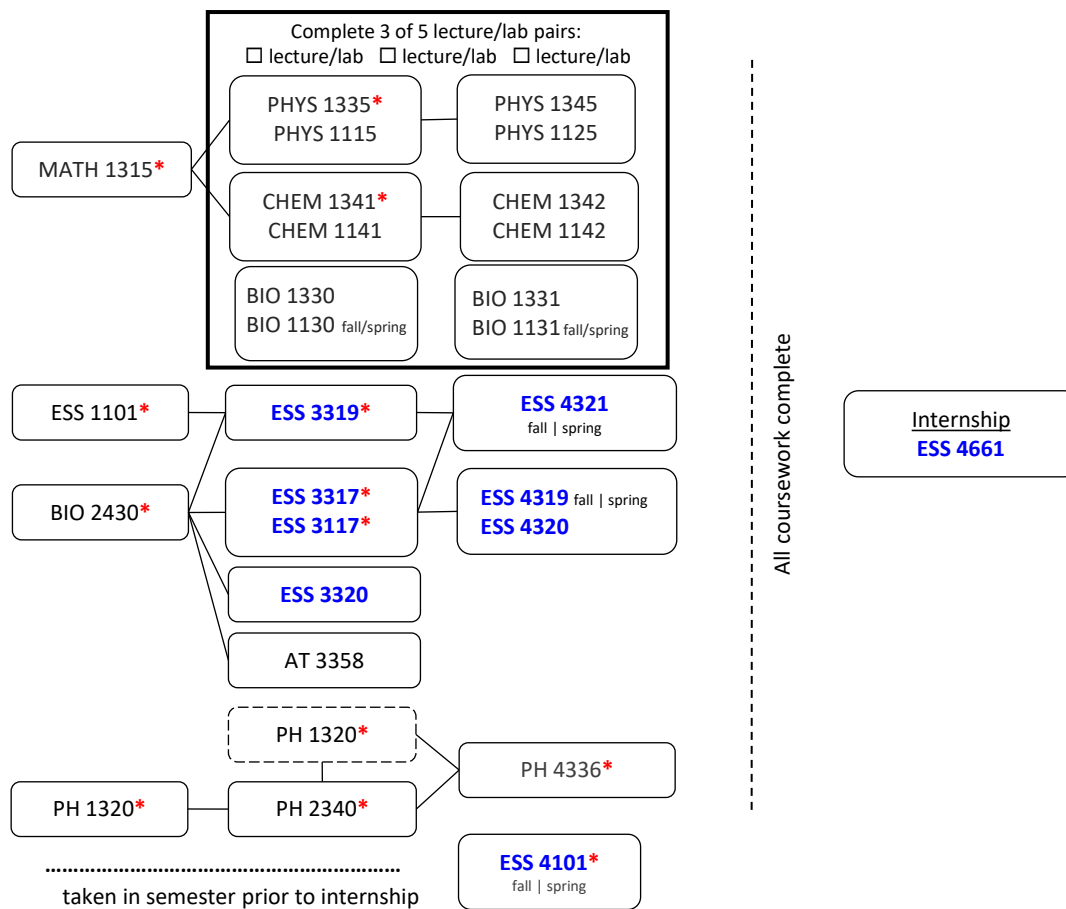
This degree program also requires a 2.0 Texas State GPA, 2.25 Major GPA, and 2.0 Minor GPA (if declared) to graduate.

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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
___ 080
___ 090A
___ 090B

☐ US 1100 ☐ Foreign Language Proficiency

Major

___ ESS 1100
___ ESS 1179
___ AT 2356
___ **ESS 3329**
___ **ESS 4351** fall | spring

Support

- ☐ Select one from:
NUTR 2360 [^]
NUTR 3362 fall | spring
- ___ ENG 3303
- ☐ 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 three courses from:
☐ ESS 4324, **ESS 4333**, PH 3348,
HIM 2360, NUTR 3364 fall/spring, PSY 3336

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

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