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**  
3 Hours
- Mathematics (020)
  - MATH 1315: College Algebra

**GENERAL EDUCATION CORE**  
39 Hours
- Communication (010) – select two from:
  - ENG 1310: College Writing I
  - ENG 1320: College Writing II
  - ENG 1321: Writing for Sustainable Change

- Life and Physical Sciences (030) – select two from:
  - ANTH, BIO, CHEM, GEO, GEOL, PHYS
  - See Degree Audit for exact options

- 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 after 1600
  - ENG 2340: World Literature before 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:
  - HIST 1310: History of United States to 1877
  - HIST 2327: History of Mexican America to 1865
  - HIST 2381: African American History to 1877
  - 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**  
34 Hours

**ESS Activity Courses and Practicum – select one from:**
- ESS 1173A Individual Sport Practicum
  - Team Sport (ESS 1172 or 1178)
  - Conditioning (ESS 1175; PFW 1110A/B/F, 1135B, 1190B)

- ESS 1173B Team Sport Practicum
  - Individual Sport (ESS 1128 or 1176)
  - Conditioning (ESS 1175; PFW 1110A/B/F, 1135B, 1190B)

- ESS 1173C Conditioning Practicum
  - Individual Sport (ESS 1128 or 1176)
  - Team Sport (ESS 1172 or 1178)

- ESS 1100: Lifetime Fitness and Wellness
- ESS 1179: Beginning Weight Training
- ESS 1310: Introduction to Teaching Physical Education
- ESS 2321: Curriculum Design & Implement in Physical Act. Settings
- ESS 2320: Motor Development
- ESS 3310: CPR, First Aid, and Basic Life Support
- ESS 3320: Biomechanics
- ESS 3325: Applied Assessment of Physical Activity
- ESS 3317: Exercise Physiology / ESS 3117: Lab
- ESS 3329: Introduction to Motor Learning
- ESS 4323: Adapted Physical Education

- Advanced PE Elective Theory – select one from:
  - ESS 3321: Teaching Elem. Students Physical Activities
  - ESS 3323: Psychosocial Exercise and Sports Science
  - ESS 3340: Theory & Principles of Coaching
  - ESS 4337: Independent Study

**MINOR (1): EDUCATION**  
21 Hours

**Education Core**
- ESS 4624: Principles and Practices of Teaching PE

**Field-Based Block**
- CI 4372: Teaching in Communities
- CI 4370: Building Relationships in the Secondary Classroom
- RDG 3323: Teaching Literacies in the Content Areas

**Clinical Teaching**
- EDST 4380: Clinical Teaching All-Level I
- EDST 4381: Clinical Teaching All-Level II

**MINOR (2): Chosen from catalog**  
18+ Hours

- ESS 1178 or 1179
- ESS 1128 or 1176
- ESS 1172 or 1178

**SUPPORT**  
4 Hours
- BIO 2430: Human Physiology & Anatomy

This degree program also requires a 2.0 Texas State GPA, 2.75 Overall 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.

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
____ 030
____ 030
____ 050
____ 060 or 070
____ 060 or 070
____ 080
____ 090B

Major
ESS 1100*
ESS 1179*
ESS 2321* fall | spring
ESS 3180* fall | spring
ESS 3329*

Select one Advanced PE Elective from*:
ESS 3321, ESS 3323, ESS 3340, or ESS 4337

ESS Activity Courses and Practicum – select one from*:
ESS 1173A Individual Sport Practicum (fall | spring)
Team Sport (ESS 1172 or 1178)
Conditioning (ESS 1175; PFW 1110A/B/F, 1135B, 1190B)

ESS 1173B Team Sport Practicum (fall | spring)
Individual Sport (ESS 1128 or 1176)
Conditioning (ESS 1175; PFW 1110A/B/F, 1135B, 1190B)

ESS 1173C Conditioning Practicum (fall | spring)
Individual Sport (ESS 1128 or 1176)
Team Sport (ESS 1172 or 1178)

Minor 2

GPA restricted (2.0 Overall; 2.75 Overall) | * requires grade of ‘C’ or better | ^ requires grade of ‘B’ 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 to graduate.