

**Degree:** Bachelor of Exercise and Sports Science | **Major:** Exercise and Sports Science | **Certification:** All-Level Physical Education  
**Minor 1: Education** | **Minor 2:** chosen from catalog (except Exercise and Sports Science or Coaching)

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 **OR**  
 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:**  
1<sup>st</sup> course:  
 HIST 1310: History of United States to 1877  
 HIST 2327: History of Mexican America to 1865  
 HIST 2381: African American History to 1877  
2<sup>nd</sup> 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 3180: 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

**SUPPORT** 4 Hours

\_\_\_\_\_ BIO 2430: Human Physiology & Anatomy

**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

☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_  
☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_

**120 HOURS**

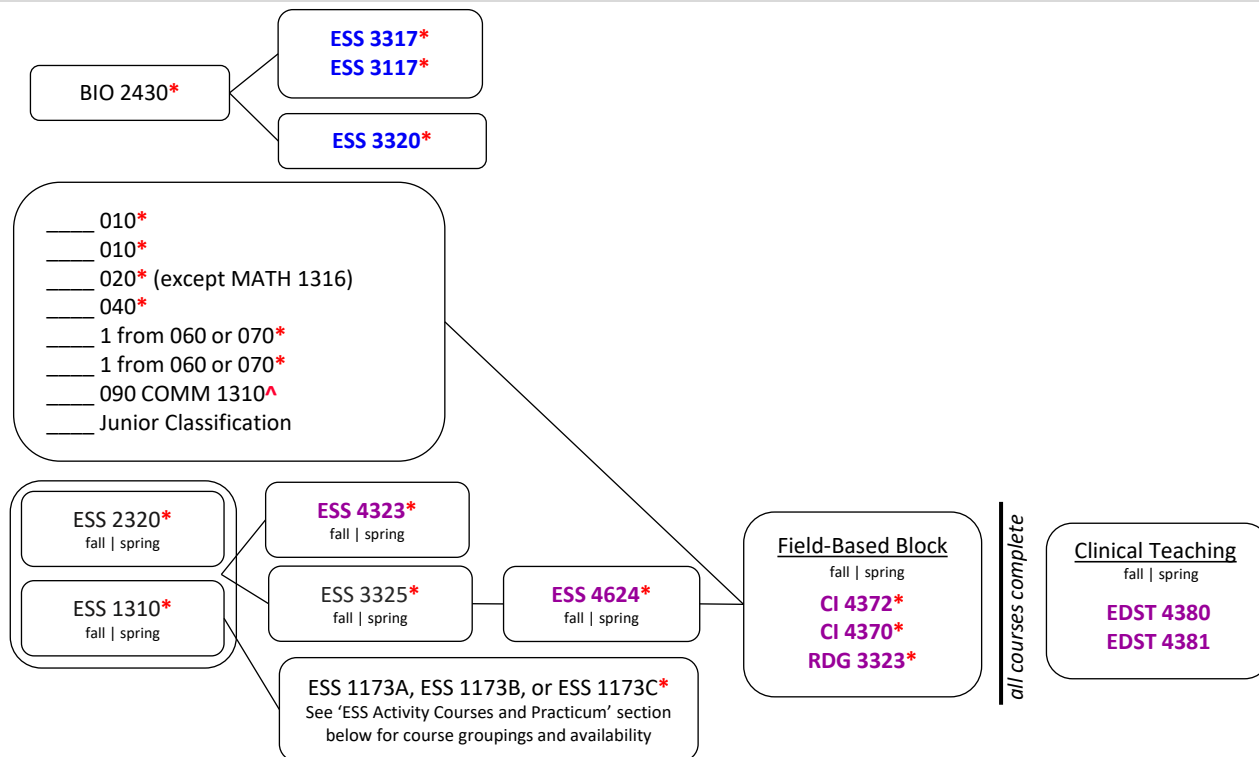
This degree program also requires a 2.0 Texas State GPA, 2.75 Overall GPA, 2.25 Major GPA, and 2.0 Minor GPA to graduate.

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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

- \_\_\_ 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)

☐ US 1100 ☐ Foreign Language Proficiency

### 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.