The degree requirements below are outlined in the 2023 Undergraduate Catalog and will remain valid through summer 2029.

## Institutional Requirement (1-9 hours)

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Texas State Catalog Degree Plan</th>
<th>Transfer Equivalency (TCCN)</th>
</tr>
</thead>
<tbody>
<tr>
<td>University Seminar</td>
<td>US 1100</td>
<td>Waived for transfer students with 16+ hours.</td>
</tr>
<tr>
<td>Foreign Language Proficiency</td>
<td>Modern Language 1410 and 1420</td>
<td>Waived with 2 years of high school language credit OR complete Modern Language 1411 and 1412</td>
</tr>
</tbody>
</table>

## Core Curriculum (42 hours); if a specific TCCN is not listed, transfer students can refer to core curriculum options at their current institution

### 010 Communication (6 hours)
- ENG 1310*
- ENG 1320*

### 020 Mathematics (3 hours)
- MATH 1312, 1315, or 1319*
- MATH 1320 or 1328*

### 030 Life and Physical Sciences (6 hours)
- 030 Course
- 030 Course

### 040 Language, Philosophy, and Culture (3 hours)
- PHIL 1305 or 1320*
- 040 Course*

### 050 Creative Arts (3 hours)
- ART or DAN or MU or TH 2313

### 060 American History (6 hours)
- HIST 1310 or 2327 or 2381*
- HIST 1320 or 2328 or 2382*

### 070 Government/Political Science (6 hours)
- POSI 2310*
- POSI 2320*
- GOVT 2306*
- GOVT 2305*

### 080 Social and Behavioral Sciences (3 hours)
- 080 Course

### 090 Component Area (6 hours)
- COMM 1310^* or 2310
- ENG 2310-2371

## Major (34 hours)

### Exercise Sports Science Activity Courses and Practicum
- See 2nd page for bundle options

### Lifetime Fitness and Wellness
- ESS 1100
- PHED 1100

### Beginning Weight Training
- ESS 1179

### Introduction to Teaching Physical Education
- ESS 1310

### Curriculum Design & Implementation in Physical Act. Settings
- ESS 2321

### Motor Development
- ESS 2320

### CPR, First Aid, and Basic Life Support
- ESS 3310

### Biomechanics
- ESS 3320

### Applied Assessment of Physical Activity
- ESS 3325

### Exercise Physiology + Lab
- ESS 3317 + 3117

### Introduction to Motor Learning
- ESS 3329

### Adapted Physical Education
- ESS 4323

### Advanced Physical Education Elective
- ESS 3321 or 3323 or 3340 or 4337

## Support (4 hours)

### Human Physiology & Anatomy
- BIO 2430
- BIOL 2404

## Minor I: Education (21 hours)

### Principles and Practices of Teaching Physical Education
- ESS 4624

### Teaching in Communities
- CI 4372

### Building Relationships in the Secondary Classroom
- CI 4370

### Teaching Literacies in the Content Areas
- RDG 3323

### Clinical Teaching
- EDST 4380 + 4381

## Minor II: chosen from catalog (18+ hours)

Graduates in this program are encouraged to test and apply for a second teaching certification after obtaining their initial certification in Physical Education. See the “minor options” section on the All-Level Physical Education program page for a list of recommendations.

## Educator Preparation Program Requirements

- ‘C’ or better in: • 010 Core • 020 Core • 040 Core • 060/070 Core (2 of 4 must be ‘C’ or better)
- ‘B’ or better in 090 Core COMM/SPCH; if ‘C’ is earned student can pursue appeal with the Office of Educator Preparation
- Junior Classification (60+ earned credit hours)
- 2.75 Overall GPA

### Comments

- Requires grade of ‘B’ or better
- Requires grade of ‘C’ or better
- CC/JC may require 4-hour course with lab; lab is not required at TXST and will be considered an “open elective” towards your degree
- This degree program requires a 2.0 Texas State GPA, 2.75 Overall GPA, 2.25 Major GPA, and 2.0 Minor GPA to graduate.
- Students should not complete more than 66 degree-applicable CC/JC hours.
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**
- 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

**Minor 2**
- ____________
- ____________
- ____________
- ____________
- ____________

**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)

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

**PURPLE:** if planning to complete courses at a transfer institution, refer to the first page for transfer equivalency.