

Degree: Bachelor of Exercise and Sports Science | Major: Exercise and Sports Science | Concentration: Pre-Rehabilitation Sciences | 120 Hours

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

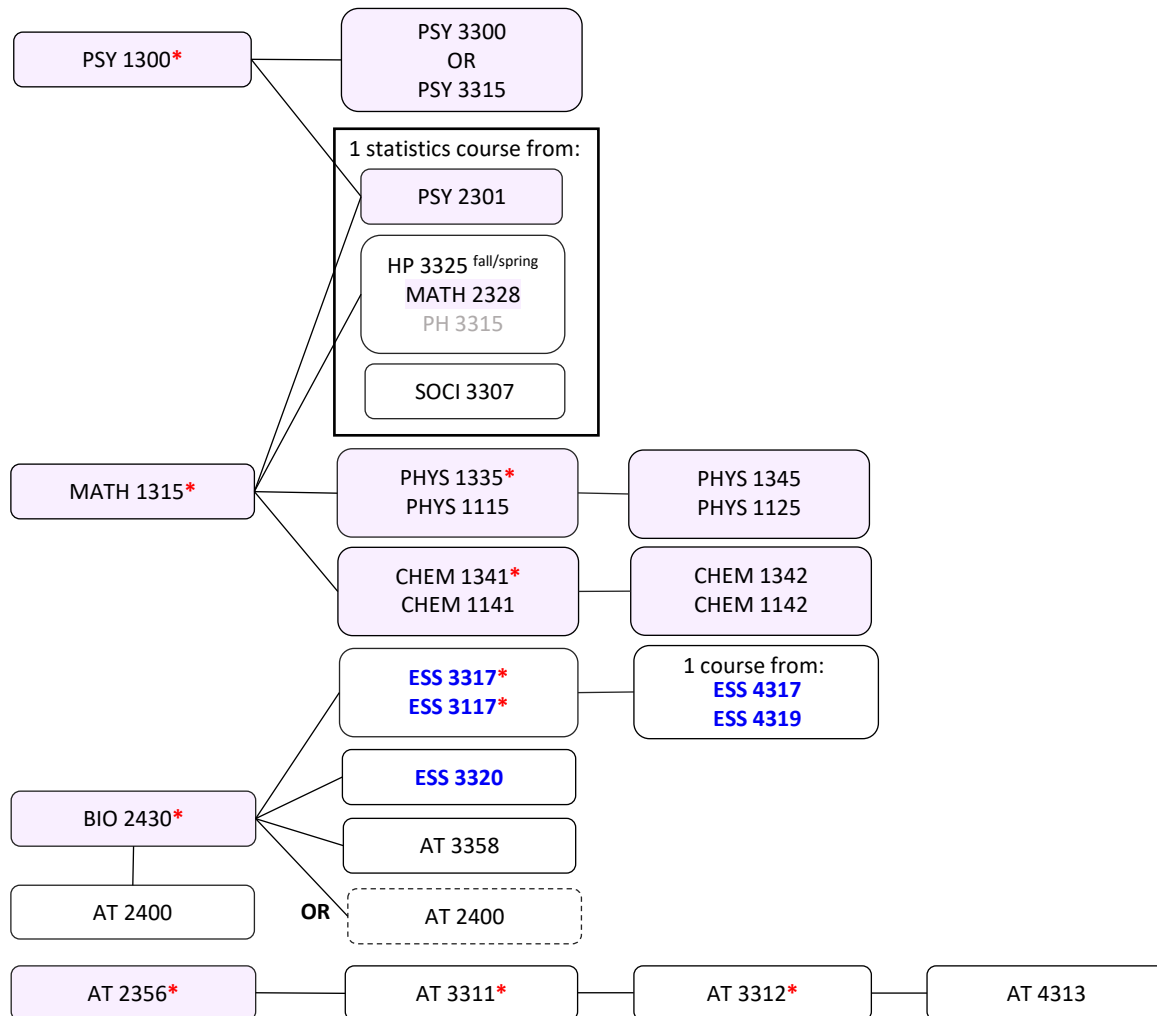
Institutional Requirement (1-9 hours)	Texas State Catalog Degree Plan	Transfer Equivalency (TCCN)
University Seminar	US 1100	Waived for transfer students with 16+ hours.
Foreign Language Proficiency	Modern Language 1410 and 1420	Waived with 2 years of high school language credit <u>OR</u> complete Modern Language 1411 and 1412
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	010 Course 010 Course
020 Mathematics (3 hours)	MATH 1315*	MATH 1314*
030 Life and Physical Sciences (6 hours)	CHEM 1341* CHEM 1342	CHEM 1311 [lab required – see table below]* CHEM 1312 [lab required – see table below]
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	050 Course
060 American History (6 hours)	HIST 1310 or 2327 or 2381 HIST 1320 or 2328 or 2382	HIST 1301 or 2327 or 2381 HIST 1302 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)	PSY 1300*	PSYC 2301*
090 Component Area (6 hours)	COMM 1310 ENG 2310-2371	090 Course 090 Course
Major (24 hours)		
Prevention and Care of Athletic Injuries	AT 2356*	KINE 2356*
Functional Anatomy (see A&P note below)	AT 2400	BIOL 2402* [must also complete BIOL 2401]
Clinical Pathopharmacology	AT 3358	
Weight Training	ESS 1179	
Exercise Physiology + Lab	ESS 3317* + ESS 3117*	
Biomechanics	ESS 3320	
Introduction to Motor Learning	ESS 3329	
Fitness Assessment & Programming	ESS 4317 or ESS 4319	
Concentration (9 hours)		
Clinical Assessment I	AT 3311*	
Clinical Assessment II	AT 3312*	
Clinical Therapeutic Interventions	AT 4313	
Support (44 hours)		
Human Physiology & Anatomy (see A&P note below)	BIO 2430*	BIOL 2404* or BIOL 2401* [must also complete BIOL 2402]
General Chemistry I Lab [lecture required in core]	CHEM 1141	CHEM 1111
General Chemistry II Lab [lecture required in core]	CHEM 1142	CHEM 1112
Medical Terminology	HIM 2360	HITT 1305
Statistics	see 2 nd page for options	MATH 1342 or PSYC 2317
Nutrition or Nutrition & Health or Sci. of Nutrition & Exercise	NUTR 2360 or 3362 or 3364	BIOL 1322
General Physics I for Life Science Majors + Lab	PHYS 1335* + 1115	PHYS 1301* + 1101 or PHYS 1401*
General Physics II for Life Science Majors + Lab	PHYS 1345 + 1125	PHYS 1302 + 1102 or PHYS 1402
Lifespan Development or Psychopathology	PSY 3300 or PSY 3315	PSYC 2314 or PSYC 2320
18 hours of Prescribed Electives	see 2 nd page for options	<i>Additional options available at Texas State (18 hours required)</i> BIOL 1306 + 1106; 1307 + 1107; 2421; 2420; 2416 CHEM 2323 + 2123; 2325 + 2125 SOCI 1301
Anatomy & Physiology Requirements + Physical Therapy		
Students interested in applying to a Doctorate of Physical Therapy program are encouraged to complete 8-hours of Anatomy & Physiology: BIO 2451 + 2452 recommended at Texas State [CHEM/BIO prerequisites enforced]; if taking at a transfer institution, TCCN = BIOL 2401 and BIOL 2402. These credits apply to BIO 2430 and AT 2400 requirements once <u>pair</u> is complete with a <u>C or better</u> .		
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, 2.25 Major GPA, and 2.0 Minor GPA (if declared) 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.

PRIORITY DUE TO SEQUENCING

Prioritize these courses in your schedule each semester

Anatomy | Physiology 1-Course Option [see last page for alternative 2-course option]



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
090A
090B

Major

ESS 1179
ESS 3329

Support

HIM 2360
Select one from:
NUTR 2360 ^
NUTR 3362 fall | spring
NUTR 3364 fall | spring

Prescribed Electives

Select hours from (18 required):
course availability varies by semester

ANTH 3311	BIO 2450 ^	ESS 1298
AT 2298 ^	BIO 3421 ^	ESS 3323
AT 3298 ^	BIO 4326 ^	ESS 4324
AT 3400 ^	CHEM 2341/2141 ^	ESS 4333 ^
AT 4360 ^	CHEM 2342/2142 ^	PH 3348
BIO 1330/1130	CHEM 4375 ^	PSY 3322 ^
BIO 1331/1131	ENG 3303	PSY 3336 ^
BIO 2400 ^	ESS 1101	REC 1370
BIO 2440 ^	ESS 1128	SOCI 1310
		SOCI 3363

☐ US 1100 ☐ Foreign Language Proficiency

GPA restricted (2.0 Overall; 2.75 Texas State) | * requires grade of 'C' or better | ^ requires additional prerequisites

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

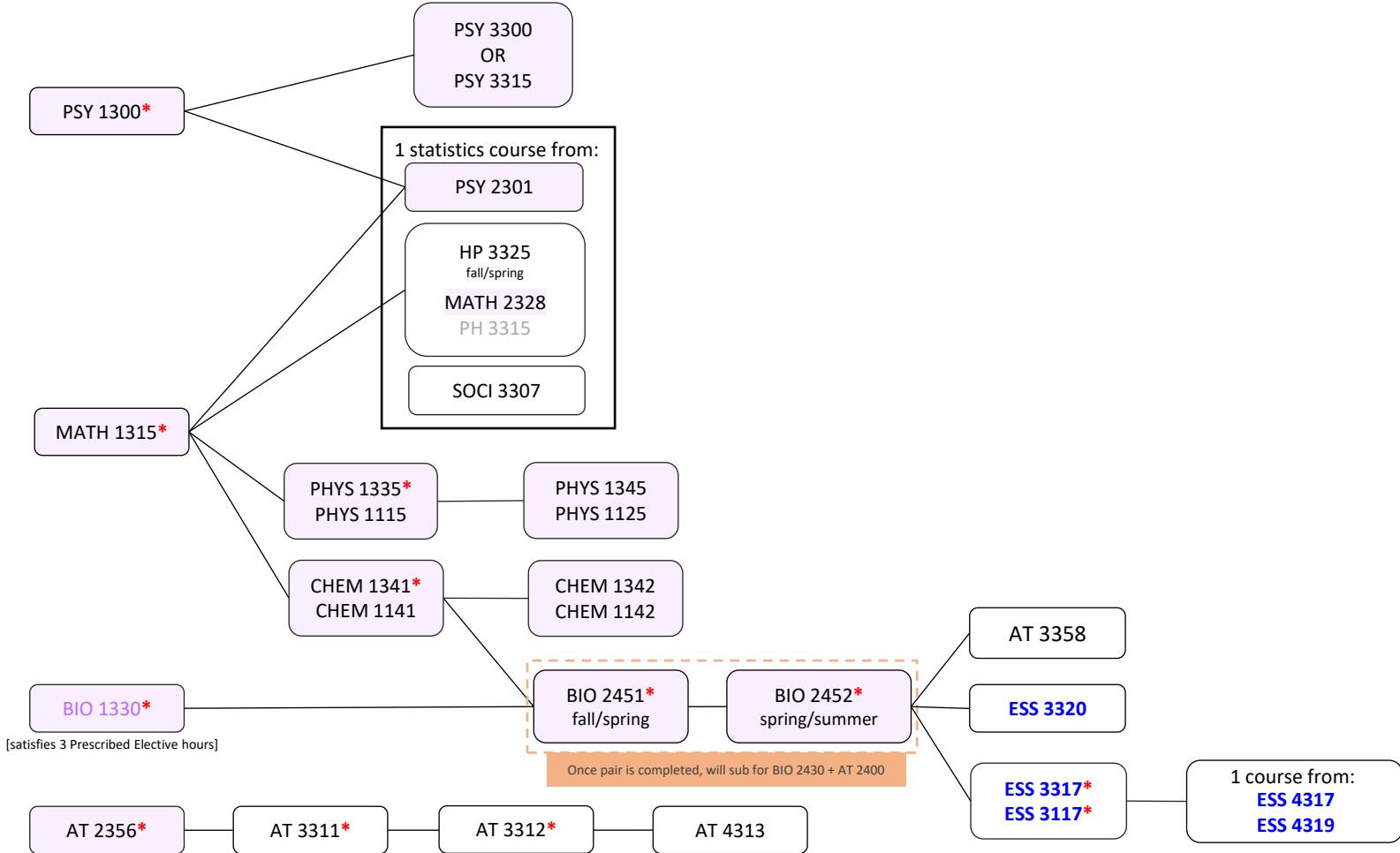
This degree program also requires a 2.0 Texas State GPA, 2.25 Major GPA, and 2.0 Minor GPA (if declared) to graduate.

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

If the Graduate program you plan to pursue requires 8-hours of Anatomy & Physiology, see alternative sequencing below

Anatomy | Physiology 2-Course Option



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
___ 090A
___ 090B

Major

___ ESS 1179
___ **ESS 3329**

Support

___ HIM 2360
___ Select one from:
___ NUTR 2360 ^
___ NUTR 3362 fall | spring
___ NUTR 3364 fall | spring

Prescribed Electives

Select hours from:

[total of 18 required; 3 already satisfied by BIO 1330 above]
course availability varies by semester

ANTH 3311	BIO 2450 ^	ESS 1298
AT 2298 ^	BIO 3421 ^	ESS 3323
AT 3298 ^	BIO 4326 ^	ESS 4324
AT 3400 ^	CHEM 2341/2141 ^	ESS 4333 ^
AT 4360 ^	CHEM 2342/2142 ^	PH 3348
BIO 1130	CHEM 4375 ^	PSY 3322 ^
BIO 1331/1131	ENG 3303	PSY 3336 ^
BIO 2400 ^	ESS 1101	REC 1370
BIO 2440 ^	ESS 1128	SOCI 1310
		SOCI 3363

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

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