

Degree: Bachelor of 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) | 120 Hours

The degree requirements below are outlined in the 2024 Undergraduate Catalog and will remain valid through summer 2030.

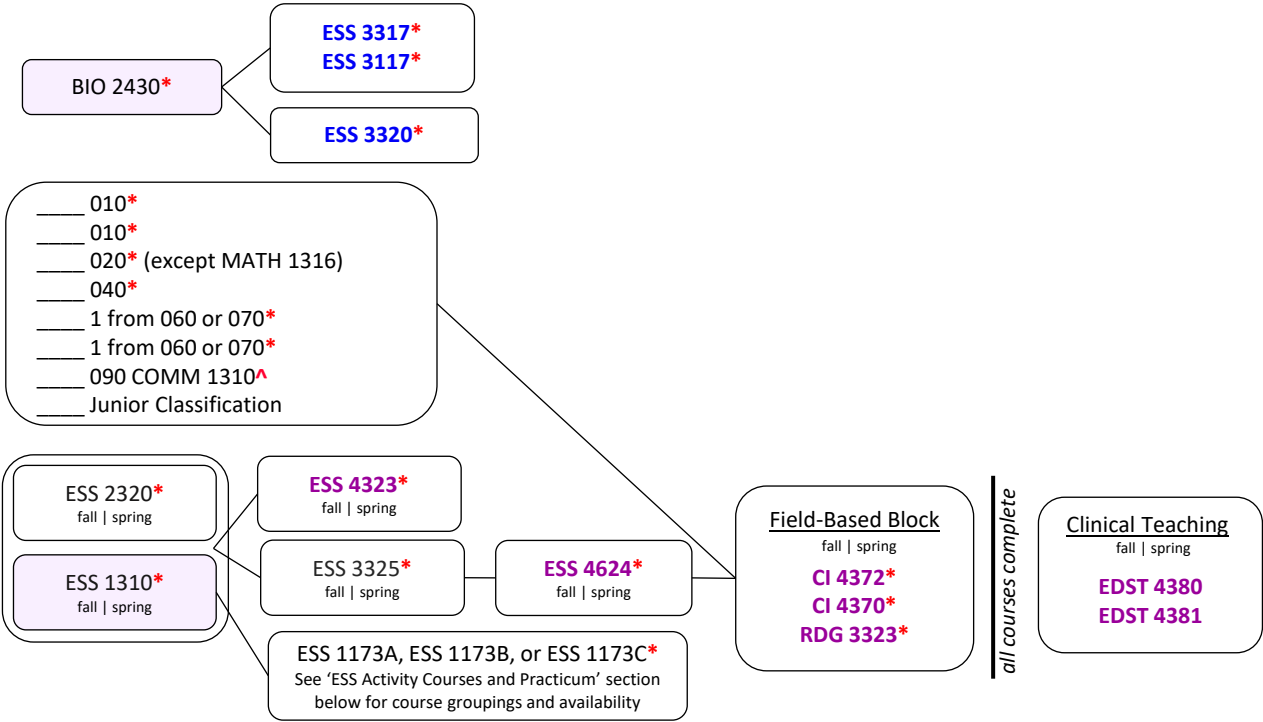
Institutional Requirement (1-9 hours)	Texas State Catalog Degree Plan	Transfer Equivalency (TCCN)
University Seminar	US 1100	Waived for transfer students with 16+ hours.
Foreign Language Proficiency	Modern Language 1410 and 1420	Waived with 2 years of high school language credit OR complete Modern Language 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 1312, 1315, or 1319*	020 course except MATH 1332*
030 Life and Physical Sciences (6 hours)	030 Course 030 Course	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	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)	080 Course	080 Course
090 Component Area (6 hours)	COMM 1310^ ENG 2310-2371	SPCH 1311 or 1315 or 1318^ 090 Course
Major (34 hours)		
Exercise Sports Science Activity Courses and Practicum	See 2 nd page for bundle options	
Lifetime Fitness and Wellness	ESS 1100	PHED 1164
Beginning Weight Training	ESS 1179	
Introduction to Teaching Physical Education	ESS 1310	EDUC 1301
Curriculum Design & Implementation in Physical Act. Settings	ESS 2321	
Motor Development	ESS 2320	
CPR, First Aid, and Basic Life Support	ESS 3180	
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	EDUC 2301
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.		

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The sequencing below reflects course prerequisites that are subject to change each academic year.
For use in planning Fall 2024, Spring 2025, and Summer 2025 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

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)

- ☐ US 1100
- ☐ Foreign Language Proficiency

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
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.