

**Degree:** Bachelor of Science | **Major:** Exercise and Sports Science | **Concentration:** Pre-Rehabilitation Sciences | **154 Hours**

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

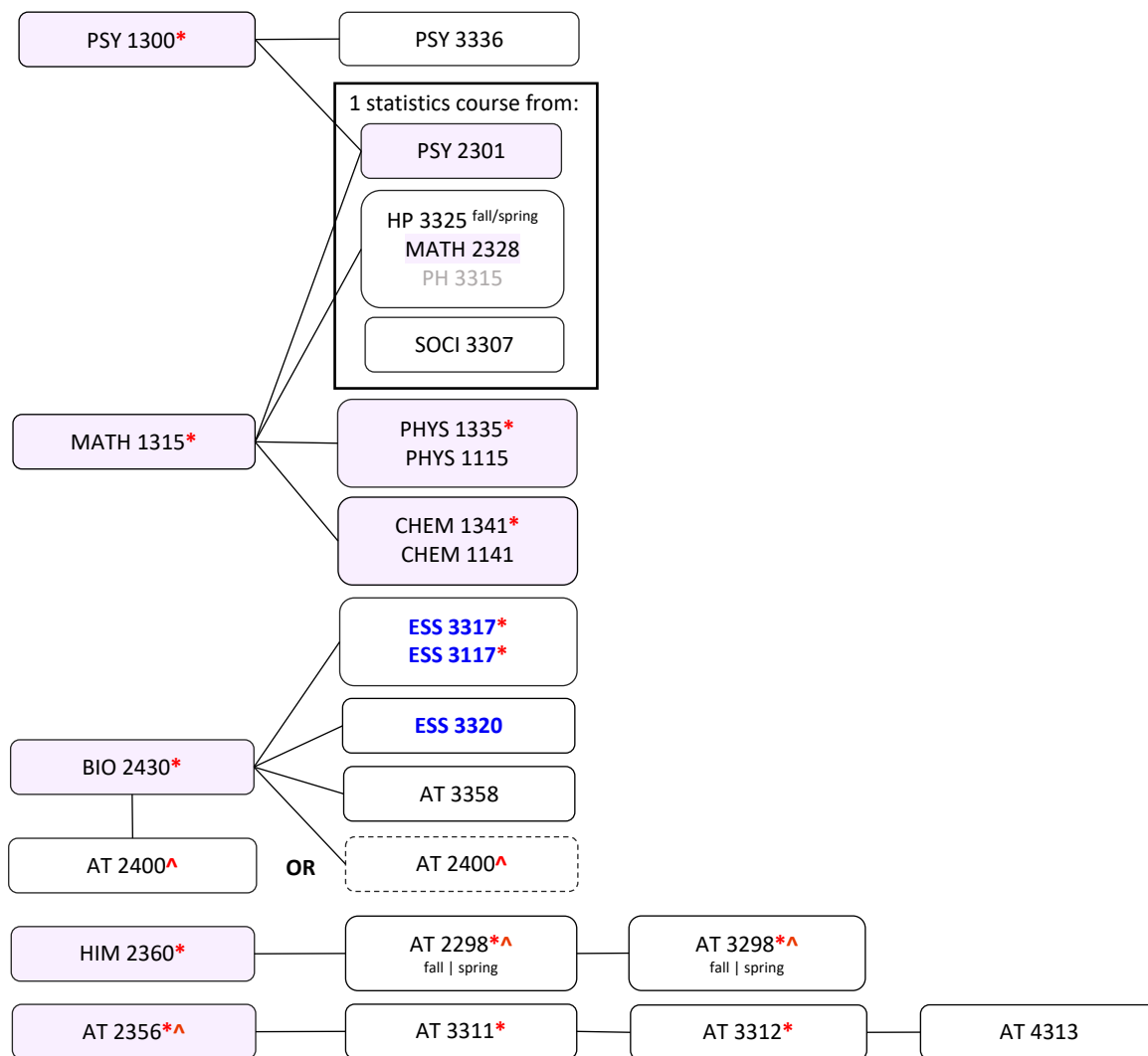
Institutional Requirement (1-9 hours)	Texas State Catalog Degree Plan	Transfer Equivalency (TCCN)
<b>University Seminar</b>	US 1100	Waived for transfer students with 16+ hours.
<b>Foreign Language Proficiency</b>	Modern Language 1410 and 1420	Waived with 2 years of high school language credit <u>OR</u> complete Modern Language 1411 and 1412
<b>Core Curriculum (42 hours);</b> if a specific TCCN is not listed, transfer students can refer to core curriculum options at their current institution		
<b>010</b> Communication (6 hours)	ENG 1310 ENG 1320	010 Course 010 Course
<b>020</b> Mathematics (3 hours)	MATH 1315*	MATH 1314*
<b>030</b> Life and Physical Sciences (6 hours)	CHEM 1341* PHYS 1335*	CHEM 1311 [lab required – see table below]* PHYS 1301 [lab required – see table below]* or PHYS 1401*
<b>040</b> Language, Philosophy, and Culture (3 hours)	PHIL 1305 or 1320	040 Course
<b>050</b> Creative Arts (3 hours)	ART or DAN or MU or TH 2313	050 Course
<b>060</b> 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
<b>070</b> Government/Political Science (6 hours)	POSI 2310 POSI 2320	GOVT 2306 GOVT 2305
<b>080</b> Social and Behavioral Sciences (3 hours)	PSY 1300*	PSYC 2301*
<b>090</b> Component Area (6 hours)	COMM 1310 ENG 2310-2371	090 Course 090 Course
<b>Major (21 hours)</b>		
Prevention and Care of Athletic Injuries	AT 2356*	KINE 2356*
Functional Anatomy	AT 2400	
Clinical Pathopharmacology	AT 3358	
Weight Training	ESS 1179	
Exercise Physiology + Lab	ESS 3317* + ESS 3117*	
Biomechanics	ESS 3320	
Introduction to Motor Learning	ESS 3329	
<b>Concentration (9 hours)</b>		
Clinical Assessment I	AT 3311*	
Clinical Assessment II	AT 3312*	
Clinical Therapeutic Interventions	AT 4313	
<b>Support (26 hours)</b>		
Human Physiology & Anatomy	BIO 2430*	BIOL 2404*
General Chemistry I Lab [lecture required in core]	CHEM 1141	CHEM 1111
General Physics I Lab	PHYS 1115	PHYS 1101
Medical Terminology	HIM 2360*	HITT 1305
Statistics	see 2 <sup>nd</sup> 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
Orientation to Athletic Training Profession	AT 2298*	
Foundations of Athletic Training Practice	AT 3298	
Seminar in Exercise and Sports Science	ESS 1101	
Psychosocial Aspects of Exercise Sports Science	ESS 3323	
Sport Psychology	PSY 3336	
<b>Master of Science in Athletic Training (55 Hours) – NO GUARANTEE OF ADMISSION</b>		
Students declaring the Pre-Rehabilitation Sciences concentration have the unique opportunity to apply for possible admission to a combined 3+2 degree program once the requirements above have been met. Admitted students enter the Master of Science in Athletic Training program at the beginning of their senior year, allowing them to earn both a Bachelor of Exercise and Sports Science (BESS) degree and a Master of Science in Athletic Training (MSAT) degree in just five (5) years. MSAT degree requirements include AT 5400, AT 5320, AT 5120, AT 5230, AT 5301, AT 5300, AT 5313, AT 5231, AT 5305, AT 5314, AT 5232, AT 5340, AT 5333, AT 5341, AT 5342, AT 5343, AT 5334, AT 5191, AT 5192, AT 5344, and AT 5335.		
Students <b>NOT admitted</b> must complete the following to graduate in the standard Pre-Rehabilitation Sciences curriculum (21 hours): CHEM 1342 + 1142, PHYS 1345 + 1125, ESS 4317, PSY 3300/3315, and 7 hours of Prescribed Electives.		
<b>Comments</b>		
^ 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.		

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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

010  
010  
040  
050  
060  
060  
070  
070  
090A  
090B

### Major

— ESS 1179  
— **ESS 3329**

### Support

— Select one from:  
— **NUTR 2360** ^  
— **NUTR 3362** (fall | spring)  
— **NUTR 3364** (fall | spring)

### Prescribed Electives

4 hours from:  
ESS 1101  
ESS 3323

If **NOT** admitted to MSAT, must also complete the following to graduate in PRS program:

— **CHEM 1342/1142**  
— **PHYS 1345/1125**  
— **ESS 4317**  
— **PSY 3300** or **PSY 3315**  
— 7 hours of Prescribed Electives

☐ US 1100 ☐ Foreign Language Proficiency

GPA restricted (**2.0 Overall**) | \* requires grade of 'C' or better | ^ requires grade of 'B' or better to apply | ^ 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.

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For use in planning **Fall 2024**, **Spring 2025**, and **Summer 2025** semesters.

FALL	SPRING	SUMMER
<b>PSY 1300</b> <b>MATH 1315</b> 010 <b>AT 2356</b> ESS 1101 US 1100 <div>14</div>	<b>HIM 2360</b> <b>BIO 2430</b> <b>CHEM 1341/1141</b> 010 040 <div>17</div>	
FALL	SPRING	SUMMER
<b>AT 2400</b> <b>PHYS 1335/1115</b> 050 060 070 <div>17</div>	<b>AT 2298</b> <b>AT 3311</b> 060 070 091 094 <div>17</div>	
FALL	SPRING	SUMMER
<b>AT 3298</b> <b>AT 3312</b> <b>ESS 3317/3117</b> <b>ESS 3320</b> NUTR 3362 or 3364 one from ESS 3323/4324/4333 <div>18</div>	<b>AT 4313</b> <b>AT 3358</b> <b>PSY 3336</b> <b>STATS</b> ESS 3329 ESS 1179 <div>16</div>	<b>Dual Credit [10 Weeks]</b> AT 5400 AT 5320 AT 5120 AT 5230 <div>10</div>
FALL	SPRING	SUMMER
<b>Dual Credit</b> AT 5301 AT 5300 AT 5313 AT 5231 <div>11</div>	AT 5305 AT 5314 AT 5232 AT 5340 <div>11</div>	AT 5333 AT 5341 <div>6</div>
FALL 2026	SPRING 2027	<div> <b>If NOT admitted to MSAT, will need to complete the following for completion of ESS with PRS Undergraduate degree:</b> <ul style="list-style-type: none"> <li>_____ CHEM 1342/1142</li> <li>_____ PHYS 1345/1125</li> <li>_____ ESS 4317</li> <li>_____ PSY 3300 or PSY 3315</li> <li>_____ 7 hours of Prescribed Electives</li> </ul> </div>
AT 5342 AT 5334 AT 5191 AT 5343 <div>10</div>	AT 5192 AT 4344 AT 5335 <div>7</div>	

154 HOURS

GPA restricted (2.75 Overall) | \* requires grade of 'C' 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 (if declared) to graduate.