

Degree: Bachelor of Science | **Major:** Exercise and Sports Science | **Concentration:** Clinical Exercise Science | **120 Hours**

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

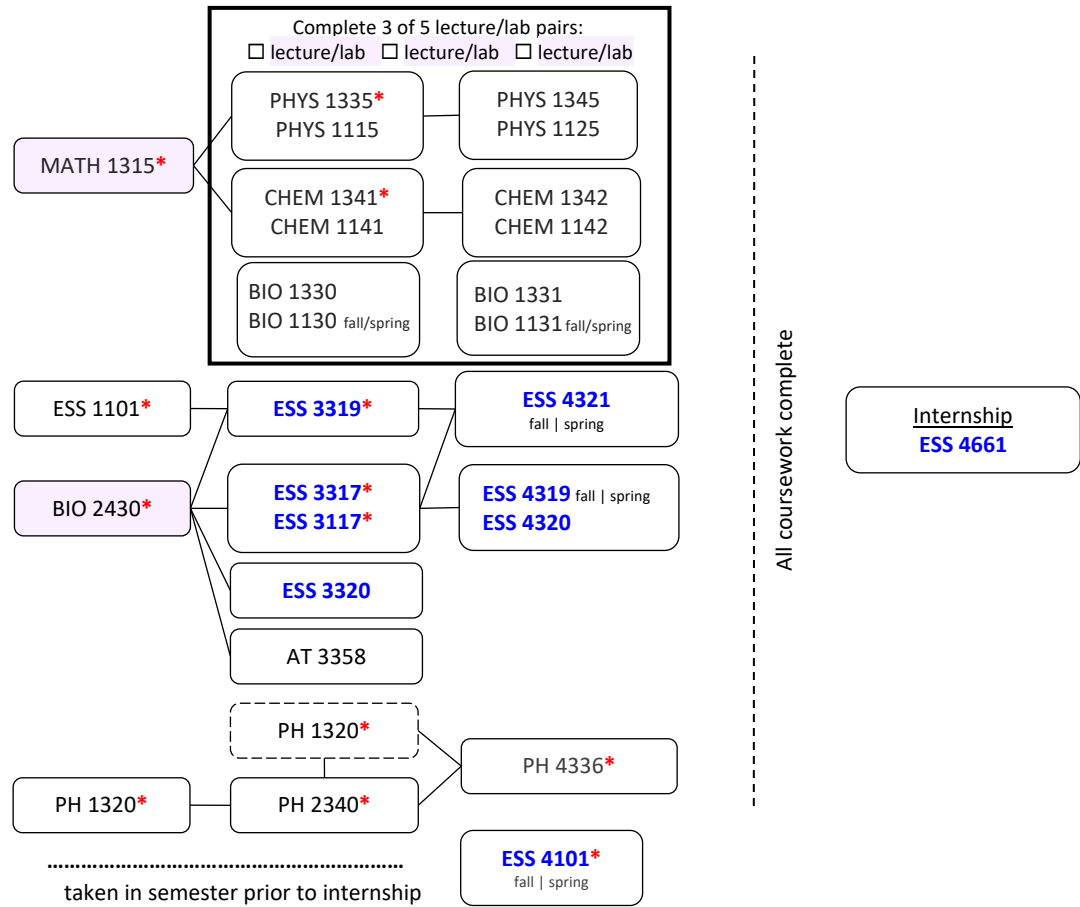
Institutional Requirement (1-9 hours)	Texas State Catalog Degree Plan	Transfer Equivalency (TCCN)
University Seminar	US 1100	Waived for transfer students with 16+ hours.
Foreign Language Proficiency	Modern Language 1410 and 1420	Waived with 2 years of high school language credit <u>OR</u> complete Modern 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 or MATH 1319*	MATH 1314 or MATH 1324*
030 Life and Physical Sciences (6 hours)	2 from [labs required]: BIO 1330 + 1130, BIO 1331 + 1131, CHEM 1341* + 1141, CHEM 1342 + 1142, PHYS 1335* + 1115, or PHYS 1345 + 1125	2 from [labs required]: BIOL 1306 + 1106, BIOL 1307 + 1107, CHEM 1311* + 1111, CHEM 1312 + 1112, PHYS 1301* + 1101, or PHYS 1302 + 1102
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	090 Course 090 Course
Major (31 hours)		
Lifetime Fitness and Wellness	ESS 1100	PHED 1164
Seminar in Exercise and Sports Science	ESS 1101	
Beginning Weight Training	ESS 1179	
Prevention and Care of Athletic Injuries	AT 2356	KINE 2356
Exercise Physiology + Lab	ESS 3317* + 3117*	
Intro to Cardiopulmonary Exercise Physiology	ESS 3319	
Biomechanics	ESS 3320	
Motor Learning	ESS 3329	
Resistance Training and Conditioning	ESS 4320	
Measurement and Evaluation in ESS	ESS 4351	
Assessment/Prescription Practicum for Clinical Exercise Sci.	ESS 4321	
Fitness Assessment/Programming for Clinical Exercise Sci.	ESS 4319	
Concentration (16 hours)		
Introduction to Public Health	PH 1320*	
Community Health	PH 2340*	
Health Behavior Theory	PH 4336*	
Professional Development in Clinical Exercise Science	ESS 4101*	
Internship in Clinical Exercise Science	ESS 4661	
Support (30 hours)		
Human Physiology & Anatomy	BIO 2430*	BIOL 2404*
Nutrition Science or Nutrition and Health	NUTR 2360 or NUTR 3362	BIOL 1322
Technical Writing	ENG 3303	
Clinical Pathopharmacology	AT 3358	
2 hours of ESS/PFW Activity	see 2nd page for options	
9 hours of Clinical Electives	see 2 nd page for options	
Life & Physical Sciences Labs	Included in 030 core curriculum section above	
Additional Life & Physical Science Lecture/Lab	Choose 1 additional 030 lecture/lab pair different from those completed for core requirements	
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.		

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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	Major	Support
<input type="checkbox"/> 010	<input type="checkbox"/> ESS 1100	<input type="checkbox"/> Select one from:
<input type="checkbox"/> 010	<input type="checkbox"/> ESS 1179	<input type="checkbox"/> NUTR 2360 ^
<input type="checkbox"/> 040	<input type="checkbox"/> AT 2356	<input type="checkbox"/> NUTR 3362 fall spring
<input type="checkbox"/> 050	<input type="checkbox"/> ESS 3329	<input type="checkbox"/> ENG 3303
<input type="checkbox"/> 060	<input type="checkbox"/> ESS 4351 fall spring	<input type="checkbox"/> Select two courses from:
<input type="checkbox"/> 060		<input type="checkbox"/> ESS 1172, 1175, 1176, 1178;
<input type="checkbox"/> 070		<input type="checkbox"/> PFW 1110A/B/E/F/G
<input type="checkbox"/> 070		<input type="checkbox"/> PFW 1130B, 1135B, 1155A,/G/H/I,
<input type="checkbox"/> 080		<input type="checkbox"/> PFW 1160B/C, 1190B/C
<input type="checkbox"/> 090A		<input type="checkbox"/> Select three courses from:
<input type="checkbox"/> 090B		<input type="checkbox"/> ESS 4324, ESS 4333, PH 3348,
		<input type="checkbox"/> HIM 2360, NUTR 3364 fall/spring, PSY 3336
<input type="checkbox"/> US 1100 <input type="checkbox"/> Foreign Language Proficiency		
GPA restricted (2.0 Overall) * 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.