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

### Institutional Requirement (1-9 hours)
- **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

<table>
<thead>
<tr>
<th>Course Description</th>
<th>Texas State Catalog Degree Plan</th>
<th>Transfer Equivalency (TCCN)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>010 Communication (6 hours)</strong></td>
<td>ENG 1310 ENG 1320</td>
<td>010 Course 010 Course</td>
</tr>
<tr>
<td><strong>020 Mathematics (3 hours)</strong></td>
<td>MATH 1315 or MATH 1319*</td>
<td>MATH 1314 or MATH 1324*</td>
</tr>
<tr>
<td><strong>030 Life and Physical Sciences (6 hours)</strong></td>
<td>2 from [labs required]: BIO 1330 + 1130, BIO 1331 + 1131, CHEM 1341* + 1141, CHEM 1342 + 1142, PHYS 1335* + 1115, or PHYS 1345 + 1125</td>
<td>2 from [labs required]: BIOL 1306 + 1106, BIOL 1307 + 1107, CHEM 1311* + 1111, CHEM 1312 + 1112, PHYS 1301* + 1101, or PHYS 1302 + 1102</td>
</tr>
<tr>
<td><strong>040 Language, Philosophy, and Culture (3 hours)</strong></td>
<td>PHIL 1305 or 1320</td>
<td>040 Course</td>
</tr>
<tr>
<td><strong>050 Creative Arts (3 hours)</strong></td>
<td>ART or DAN or MU or TH 2313</td>
<td>050 Course</td>
</tr>
<tr>
<td><strong>060 American History (6 hours)</strong></td>
<td>HIST 1310 or 2327 or 2381 HIST 1320 or 2328 or 2382</td>
<td>HIST 1301 or 2327 or 2381 HIST 1302 or 2328 or 2382</td>
</tr>
<tr>
<td><strong>070 Government/Political Science (6 hours)</strong></td>
<td>POSI 2310 POSI 2320</td>
<td>GOVT 2306 GOVT 2305</td>
</tr>
<tr>
<td><strong>080 Social and Behavioral Sciences (3 hours)</strong></td>
<td>080 Course</td>
<td>080 Course</td>
</tr>
<tr>
<td><strong>090 Component Area (6 hours)</strong></td>
<td>COMM 1310 ENG 2310-2371</td>
<td>090 Course 090 Course</td>
</tr>
</tbody>
</table>

### 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*  
  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 Pathophysiology**: AT 3358
- **2 hours of ESS/PFW Activity**: see 2nd page for options
- **9 hours of Clinical Electives**: see 2nd 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 avoid enrolling in more than 72 CC/JC hours without prior consultation with an academic advisor.
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

Core Curriculum
- 010
- 010
- 040
- 050
- 060
- 060
- 070
- 070
- 080
- 090A
- 090B

Major
- ESS 1100
- ESS 1179
- AT 2356
- ESS 3329
- ESS 4351 fall | spring

Support
- Select one from:
  - NUTR 2360
  - NUTR 3362 fall | spring
  - ENG 3303

- Select two courses from:
  - ESS 1172, 1175, 1176, 1178;
  - PFW 1110A/B/E/F/G
  - PFW 1130B, 1155A/G/H/I,
  - PFW 1160B/C, 1190B/C

- Select three courses from:
  - ESS 4324, ESS 4333, PH 3348,
  - HIM 2360, NUTR 3364 fall/spring, PSY 3336

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.