

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

The degree requirements below are outlined in the 2025 Undergraduate Catalog and will remain valid through summer 2031.

Institutional Requirement (1+ hours)	Texas State Catalog Degree Plan	Transfer Equivalency (TCCN)
University Seminar	US 1100	Waived for transfer students with 16+ hours.
Foreign Language Proficiency	<i>Consult with TXST advisor to determine if coursework is required</i>	
Program-Specific Core Curriculum (12 hours)		
020 Mathematics (3 hours)	MATH 1315*	MATH 1314*
030 Life and Physical Sciences (6 hours)	CHEM 1341* PHYS 1335*	CHEM 1311 [lab required – see support below]* PHYS 1301 [lab required – see support below]* or PHYS 1401*
080 Social and Behavioral Sciences (3 hours)	PSY 1300*	PSYC 2301*
General Education Core Curriculum (30 hours) refer to the undergraduate catalog for core curriculum options		
010 Communication (6 hours)	010 Course 010 Course	010 Course 010 Course
040 Language, Philosophy, and Culture (3 hours)	040 Course ^(WI)	040 Course
050 Creative Arts (3 hours)	050 Course	050 Course
060 American History (6 hours)	060 Course ^(WI) 060 Course ^(WI)	060 Course 060 Course
070 Government/Political Science (6 hours)	070 Course 070 Course	070 Course 070 Course
090 Component Area (6 hours)	090 Course 090 Course ^(WI)	090 Course 090 Course
Major (21 hours)		
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	
Concentration (9 hours)		
Clinical Assessment I	AT 3311*	
Clinical Assessment II	AT 3312*	
Clinical Therapeutic Interventions	AT 4313	
Support (26 hours)		
Orientation to Athletic Training Profession	AT 2298*	
Foundations of Athletic Training Practice	AT 3298	
Human Physiology & Anatomy	BIO 2430*	BIOL 2404*
General Chemistry I Lab [lecture required in core]	CHEM 1141	CHEM 1111
Seminar in Exercise and Sports Science	ESS 1101	
Psychosocial Aspects of Exercise Sports Science	ESS 3323	
Medical Terminology	HIM 2360*	HITT 1305
Nutrition or Nutrition & Health or Sci. of Nutrition & Exercise	NUTR 3362 or 3364	BIOL 1322
General Physics I Lab	PHYS 1115	PHYS 1101
Sport Psychology	PSY 3336	
Statistics	see 2 nd page for options	MATH 1342 or PSYC 2317
Master of Science in Athletic Training (55 Hours) – NO GUARANTEE OF ADMISSION		

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 **NOT admitted** must complete the following to graduate in the standard Pre-Rehabilitation Sciences curriculum (21 hours): CHEM 1342 + 1142, PHYS 1345 + 1125, ESS 4317/4319, PSY 3300/3315, and 7 hours of Prescribed Electives.

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

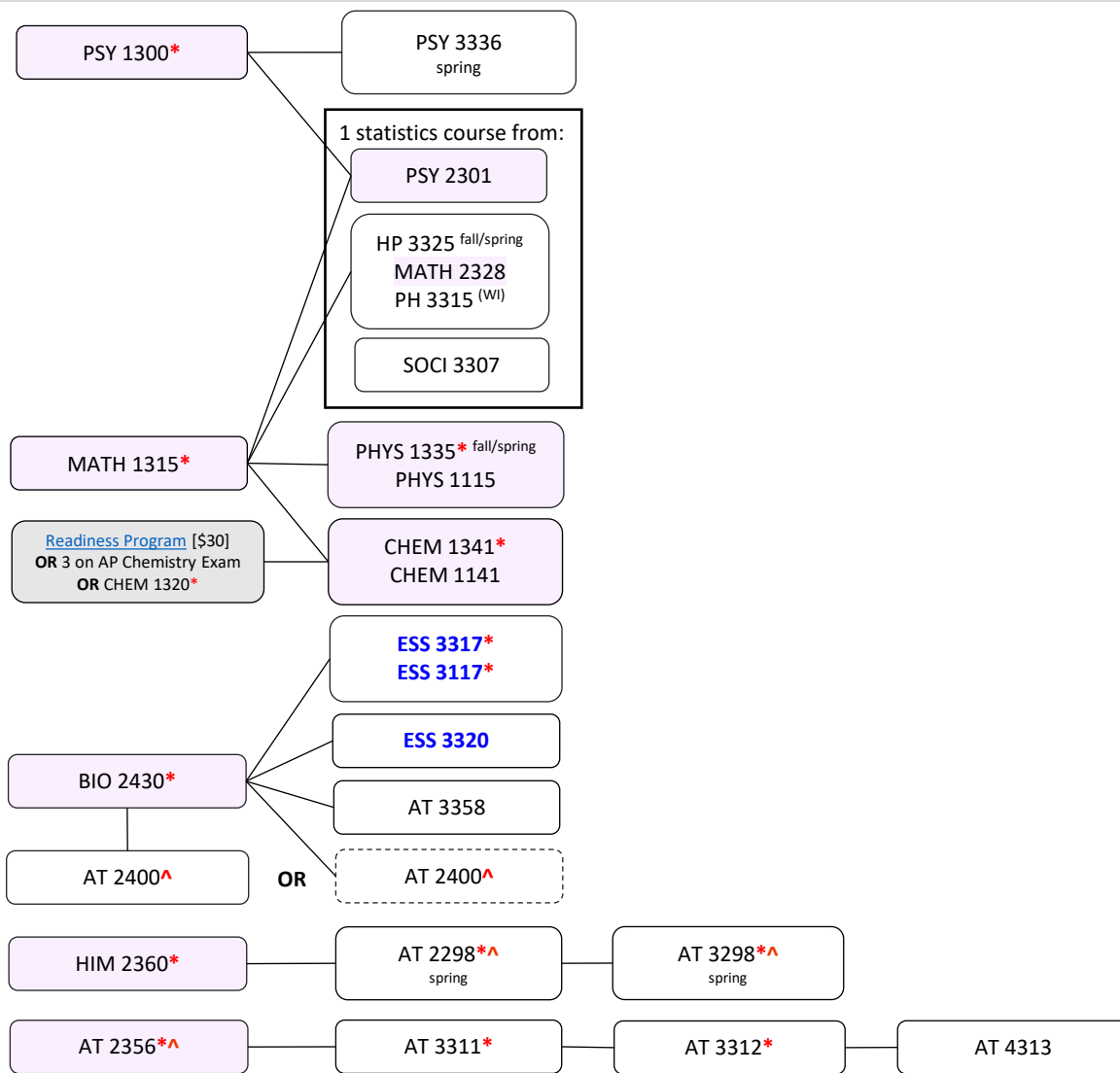
This degree program requires a 2.0 Texas State GPA, 2.25 Major GPA, and 2.0 Minor GPA (if declared) to graduate.

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 2025, Spring 2026, and Summer 2026** 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 (WI)
- ___ 050
- ___ 060 (WI)
- ___ 060 (WI)
- ___ 070
- ___ 070
- ___ 090A
- ___ 090B (WI)

Major

- ___ ESS 1179
- ___ **ESS 3329**

Support

- ___ Select one from:
- ___ 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 or 4319
- ___ 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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The sequencing below reflects course prerequisites that are subject to change each academic year.
For use in planning **Fall 2025, Spring 2026, and Summer 2026** semesters.

FALL	SPRING	SUMMER
<p>PSY 1300 MATH 1315 US 1100 X X</p> <p>13</p>	<p>AT 2356 HIM 2360 BIO 2430 CHEM 1341/1141 X</p> <p>17</p>	
FALL	SPRING	SUMMER
<p>AT 2400 PHYS 1335/1115 ESS 1179 X X X</p> <p>18</p>	<p>AT 3311 AT 2298 ESS 3317/3117 X X X</p> <p>18</p>	
FALL	SPRING	SUMMER
<p>AT 3312 PSY 3336 ESS 3320 X X X</p> <p>18</p>	<p>AT 4313 AT 3298 AT 3358 STATS (HP/PSY/SOCI) →</p> <p>X X</p> <p>17</p>	<p>Dual Credit [10 Weeks] AT 5400 AT 5320 AT 5120 AT 5230</p> <p>10</p>
FALL	SPRING	SUMMER
<p>Dual Credit AT 5301 AT 5300 AT 5313 AT 5231</p> <p>11</p>	<p>AT 5305 AT 5314 AT 5232 AT 5343</p> <p>11</p>	<p>AT 5333 AT 5340</p> <p>6</p>
FALL	SPRING	<p>If NOT admitted to MSAT, will need to complete the following for completion of ESS with PRS Undergraduate degree:</p> <ul style="list-style-type: none"> _____ CHEM 1342/1142 _____ PHYS 1345/1125 _____ ESS 4317 or 4319 _____ PSY 3300 or PSY 3315 _____ 7 hours of Prescribed Electives
<p>AT 5342 AT 5334 AT 5191 AT 5341</p> <p>10</p>	<p>AT 5192 AT 5344 AT 5335</p> <p>7</p>	

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.