

**Degree:** Bachelor of Science | **Major:** Exercise and Sports Science | **Concentration:** Clinical Exercise Science | **120 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)
<b>University Seminar</b>	US 1100	Waived for transfer students with 16+ hours.
<b>Foreign Language Proficiency</b>	<i>Consult with TXST advisor to determine if coursework is required</i>	
<b>Program-Specific Core Curriculum (11 hours)</b>		
<b>020 Mathematics (3 hours)</b>	MATH 1315 or MATH 1319*	MATH 1314 or MATH 1324*
<b>030 Life and Physical Sciences (8 hours)</b>	<b>2 from [labs required]:</b> BIO 1330 + 1130, BIO 1331 + 1131, CHEM 1341* + 1141, CHEM 1342 + 1142, PHYS 1335* + 1115, or PHYS 1345 + 1125	<b>2 from [labs required]:</b> BIOL 1306 + 1106, BIOL 1307 + 1107, CHEM 1311* + 1111, CHEM 1312 + 1112, PHYS 1301* + 1101, or PHYS 1302 + 1102
<b>General Education Core Curriculum (33 hours)</b> refer to the undergraduate catalog for <a href="#">core curriculum options</a>		
<b>010 Communication (6 hours)</b>	010 Course 010 Course	010 Course 010 Course
<b>040 Language, Philosophy, and Culture (3 hours)</b>	040 Course <sup>(WI)</sup>	040 Course
<b>050 Creative Arts (3 hours)</b>	050 Course	050 Course
<b>060 American History (6 hours)</b>	060 Course <sup>(WI)</sup> 060 Course <sup>(WI)</sup>	060 Course 060 Course
<b>070 Government/Political Science (6 hours)</b>	070 Course 070 Course	070 Course 070 Course
<b>080 Social and Behavioral Sciences (3 hours)</b>	080 Course	080 Course
<b>090 Component Area (6 hours)</b>	090 Course 090 Course <sup>(WI)</sup>	090 Course 090 Course
<b>Major (31 hours)</b>		
Prevention and Care of Athletic Injuries	AT 2356	KINE 2356
Lifetime Fitness and Wellness	ESS 1100	PHED 1164
Seminar in Exercise and Sports Science	ESS 1101	
Beginning Weight Training	ESS 1179	
Exercise Physiology + Lab	ESS 3317* + 3117*	
Intro to Cardiopulmonary Exercise Physiology	ESS 3319	
Biomechanics	ESS 3320	
Motor Learning	ESS 3329	
Fitness Assessment/Programming for Clinical Exercise Sci.	ESS 4319	
Resistance Training and Conditioning	ESS 4320	
Assessment/Prescription Practicum for Clinical Exercise Sci.	ESS 4321	
Measurement and Evaluation in ESS	ESS 4351	
<b>Concentration (16 hours)</b>		
Professional Development in Clinical Exercise Science	ESS 4101*	
Internship in Clinical Exercise Science	ESS 4661	
Introduction to Public Health	PH 1320*	
Community Health	PH 2340*	
Health Behavior Theory	PH 4336* <sup>(WI)</sup>	
<b>Support (28 hours)</b>		
Clinical Pathopharmacology	AT 3358	
Human Physiology & Anatomy	BIO 2430*	BIOL 2404*
Technical Writing	ENG 3303 <sup>(WI)</sup>	
Nutrition Science or Nutrition and Health	NUTR 2360 or NUTR 3362	BIOL 1322
2 hours of ESS/PFW Activity	see 2nd page for options	
9 hours of Clinical Electives	see 2 <sup>nd</sup> page for options <sup>(?)</sup>	
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

(WI) Writing Intensive; (?) option for Writing Intensive through course selection

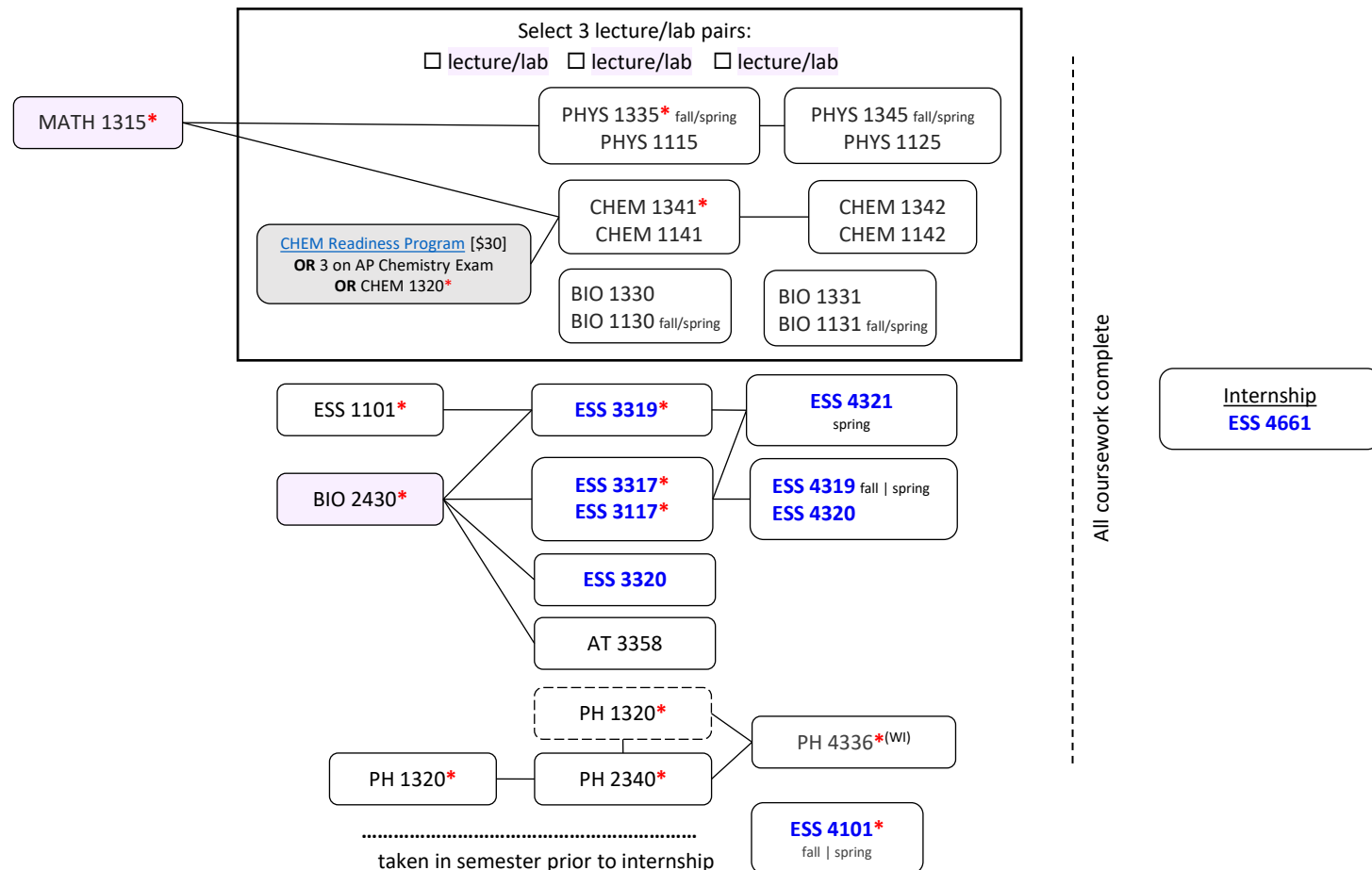
This degree program requires a 2.0 Texas State GPA, 2.25 Major GPA, and 2.0 Minor GPA (if declared) to graduate.

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
- \_\_\_ 080
- \_\_\_ 090A
- \_\_\_ 090B (WI)

**Major**

- \_\_\_ ESS 1100
- \_\_\_ ESS 1179
- \_\_\_ AT 2356
- \_\_\_ **ESS 3329**
- \_\_\_ **ESS 4351** fall | spring

**Support**

- \_\_\_ Select one from:
  - \_\_\_ NUTR 2360 <sup>^</sup>
  - \_\_\_ NUTR 3362 fall | spring
- \_\_\_ ENG 3303 (WI)
- Select two courses from:
  - ESS 1172, 1175, 1176, 1178;
  - \_\_\_ PFW 1110A/B/E/G,
  - \_\_\_ PFW 1130B, 1155G/H,
  - \_\_\_ PFW 1160B
- Select three courses from:
  - ESS 4324 (WI), **ESS 4333**, PH 3348,
  - \_\_\_ HIM 2360, NUTR 3364 fall/spring, PSY 3336 spring

- US 1100
- Foreign Language Proficiency

**GPA restricted (2.0 Overall) | \* requires grade of 'C' or better | ^ requires additional prerequisites | (WI) Writing Intensive**

**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.