

Degree: Bachelor of Science | Major: Exercise and Sports Science | Concentration: Pre-Rehabilitation Sciences | 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)
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* CHEM 1342	CHEM 1311 [lab required – see table below]* CHEM 1312 [lab required – see table below]
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 (24 hours)		
Prevention and Care of Athletic Injuries	AT 2356*	KINE 2356*
Functional Anatomy (see A&P note below)	AT 2400	BIOL 2402* [must also complete BIOL 2401]
Clinical Pathopharmacology	AT 3358	
Weight Training	ESS 1179	
Exercise Physiology + Lab	ESS 3317* + ESS 3117*	
Biomechanics	ESS 3320	
Introduction to Motor Learning	ESS 3329	
Fitness Assessment & Programming	ESS 4317 or ESS 4319	
Concentration (9 hours)		
Clinical Assessment I	AT 3311*	
Clinical Assessment II	AT 3312*	
Clinical Therapeutic Interventions	AT 4313	
Support (44 hours)		
Human Physiology & Anatomy (see A&P note below)	BIO 2430*	BIOL 2404* or BIOL 2401* [must also complete BIOL 2402]
General Chemistry I Lab [lecture required in core]	CHEM 1141	CHEM 1111
General Chemistry II Lab [lecture required in core]	CHEM 1142	CHEM 1112
Medical Terminology	HIM 2360	HITT 1305
Statistics	see 2 nd page for options	MATH 1342 or PSYC 2317
Nutrition & Health or Sci. of Nutrition & Exercise	NUTR 3362 or 3364	BIOL 1322
General Physics I for Life Science Majors + Lab	PHYS 1335* + 1115	PHYS 1301* + 1101 or PHYS 1401*
General Physics II for Life Science Majors + Lab	PHYS 1345 + 1125	PHYS 1302 + 1102 or PHYS 1402
Lifespan Development or Psychopathology	PSY 3300 or PSY 3315	PSYC 2314 or PSYC 2320
18 hours of Prescribed Electives	see 2 nd page for options (?)	<i>Additional options available at Texas State (18 hours required)</i> BIOL 1306 + 1106; 1307 + 1107; 2421; 2420; 2416 CHEM 2323 + 2123; 2325 + 2125 SOC 1301

Anatomy & Physiology Requirements + Physical Therapy

Students interested in applying to a Doctorate of Physical Therapy program are encouraged to complete 8-hours of Anatomy & Physiology: BIO 2451 + 2452 recommended at Texas State [CHEM/BIO prerequisites enforced]; if taking at a transfer institution, TCCN = BIOL 2401 and BIOL 2402. These credits apply to BIO 2430 and AT 2400 requirements once pair is complete with a C or better.

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.

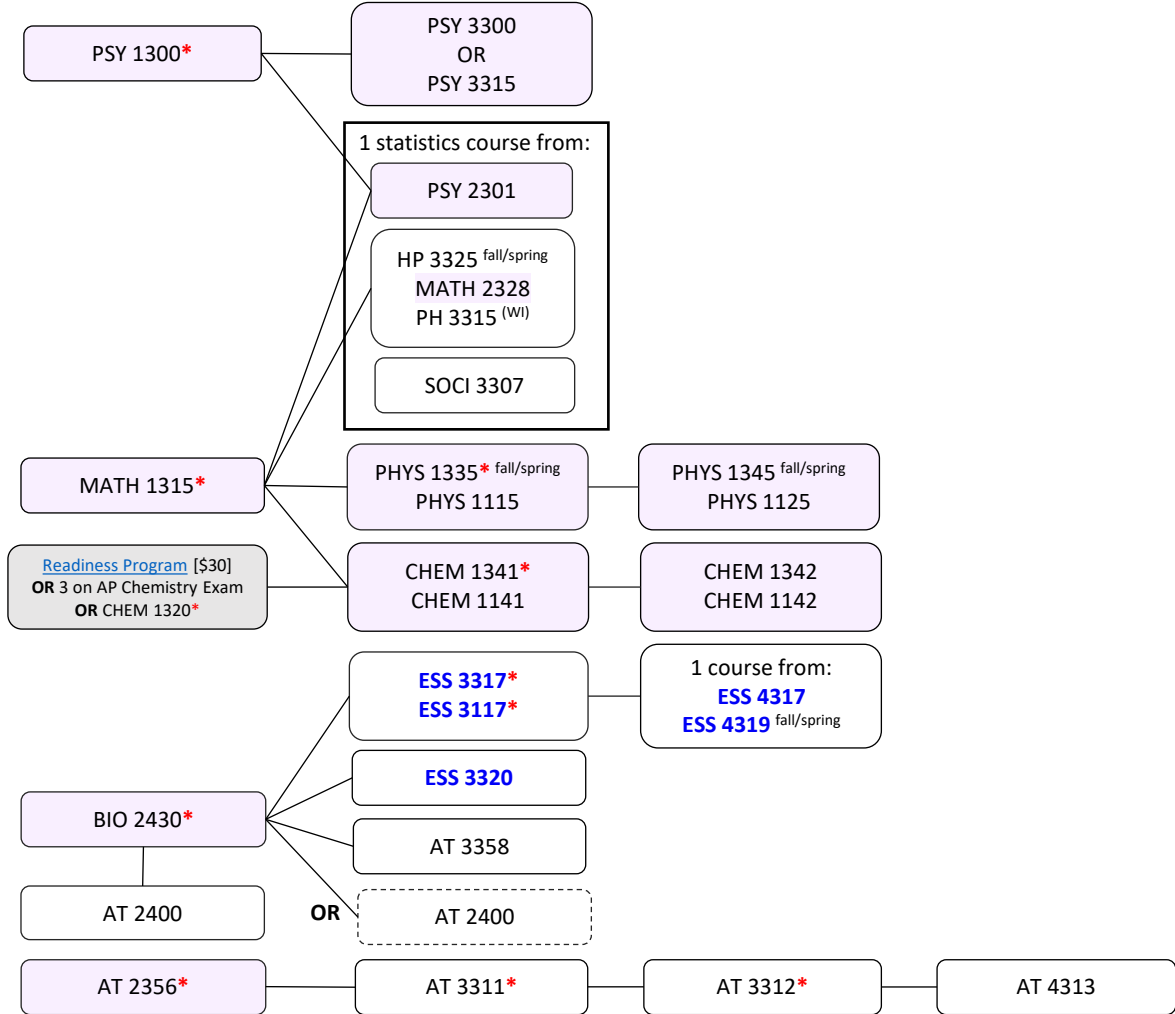
Students should avoid enrolling in more than 72 CC/JC hours without prior consultation with an academic advisor.

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

Anatomy | Physiology 1-Course Option [see last page for alternative 2-course option]



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)

- US 1100
- Foreign Language Proficiency

Major

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

Support

- ___ HIM 2360
- ___ Select one from:
- ___ NUTR 3362 fall | spring
- ___ NUTR 3364 fall | spring

Prescribed Electives

Select hours from (18 required):
course availability varies by semester

- | | | |
|----------------------|----------------------|--------------------|
| ___ ANTH 3311 | ___ BIO 2450 ^ | ___ ESS 1298 |
| ___ AT 2298 ^ | ___ BIO 3421 ^ | ___ ESS 3323 |
| ___ AT 3298 ^ | ___ BIO 4326 ^ (WI) | ___ ESS 4324 (WI) |
| ___ AT 3400 ^ | ___ CHEM 2341/2141 ^ | ___ ESS 4333 ^ |
| ___ AT 4360 ^ | ___ CHEM 2342/2142 ^ | ___ PH 3348 |
| ___ BIO 1330/1130 | ___ CHEM 4375 ^ | ___ PSY 3322 ^ |
| ___ BIO 1331/1131 | ___ ENG 3303 (WI) | ___ PSY 3336 ^ |
| ___ BIO 2400 ^ | ___ ESS 1101 | ___ REC 1370 |
| ___ BIO 2440 ^ | ___ ESS 1128 | ___ SOCI 1310 |
| | | ___ SOCI 3363 (WI) |

GPA restricted (2.0 Overall; 2.75 Texas State) | * 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.

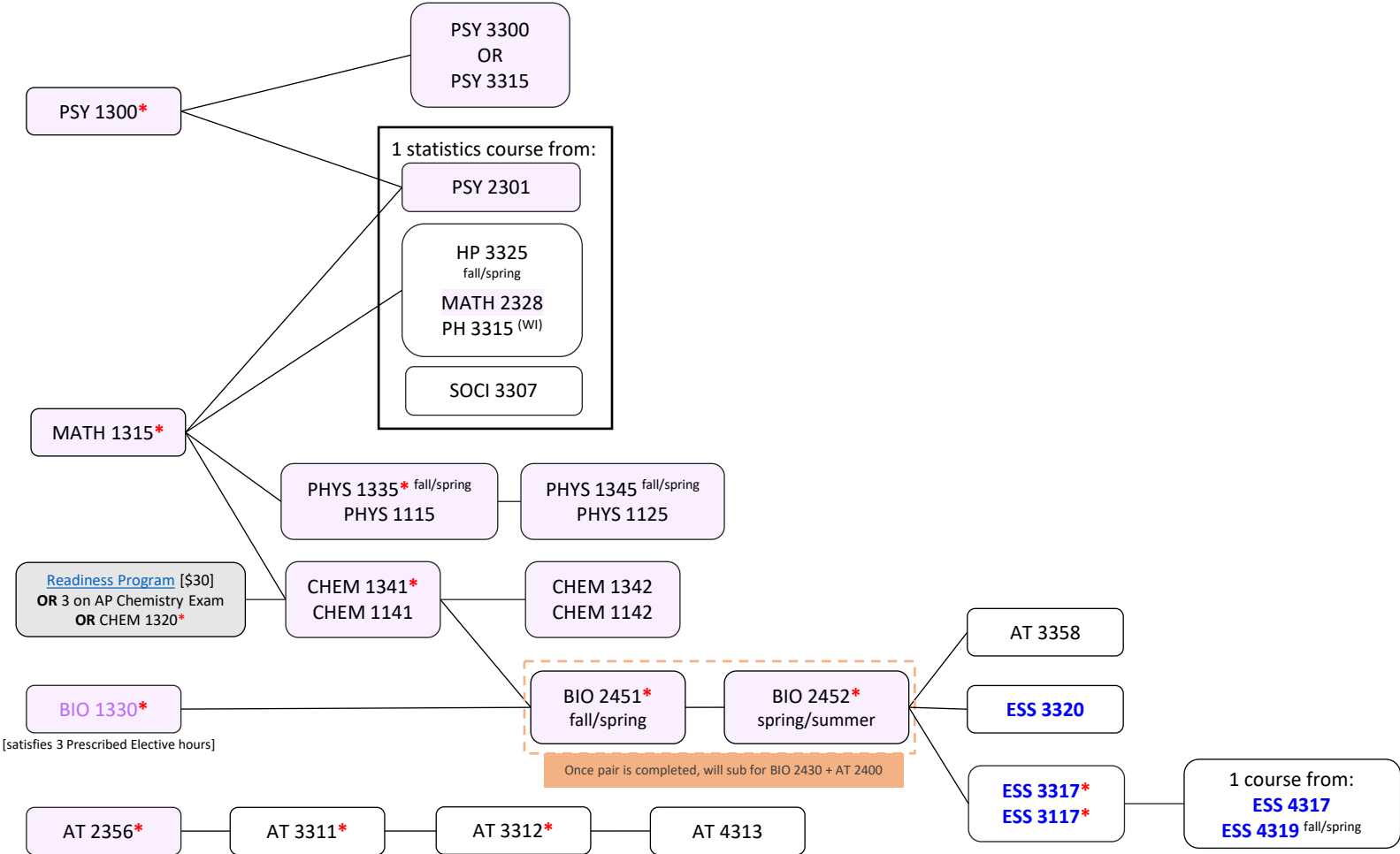
Degree: Bachelor of Science | Major: Exercise and Sports Science | Concentration: Pre-Rehabilitation Sciences

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

If the Graduate program you plan to pursue requires 8-hours of Anatomy & Physiology, see alternative sequencing below

Anatomy | Physiology 2-Course Option



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

- ___ HIM 2360
- ___ Select one from:
NUTR 3362 fall | spring
NUTR 3364 fall | spring

Prescribed Electives

Select hours from:
[total of 18 required; 3 already satisfied by BIO 1330 above]
course availability varies by semester

- | | | |
|------------------|------------------|----------------|
| ANTH 3311 | BIO 2450 ^ | ESS 1298 |
| AT 2298 ^ | BIO 3421 ^ | ESS 3323 |
| AT 3298 ^ | BIO 4326 ^ (WI) | ESS 4324 (WI) |
| AT 3400 ^ | CHEM 2341/2141 ^ | ESS 4333 ^ |
| AT 4360 ^ | CHEM 2342/2142 ^ | PH 3348 |
| BIO 1130 | CHEM 4375 ^ | PSY 3322 ^ |
| BIO 1331/1131 | ENG 3303 (WI) | PSY 3336 ^ |
| BIO 2400 ^ | ESS 1101 | REC 1370 |
| BIO 2440 ^ | ESS 1128 | SOCI 1310 |
| | | SOCI 3363 (WI) |

- US 1100
- Foreign Language Proficiency

GPA restricted (**2.0 Overall; 2.75 Texas State**) | * 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

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