

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

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

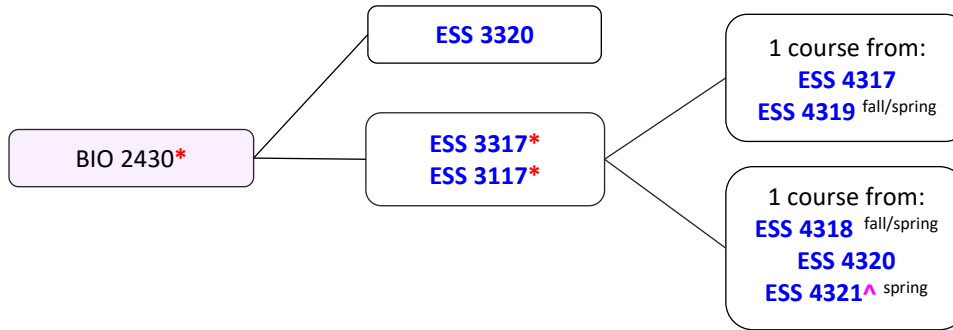
Institutional Requirement (1+ hours)	Texas State Catalog Degree Plan	Transfer Equivalency (TCCN)
University Seminar	US 1100	Waived for transfer students with 16+ hours.
Foreign Language Proficiency	Consult with TXST advisor to determine if coursework is required	
General Education Core Curriculum (42 hours) refer to the undergraduate catalog for core curriculum options		
010 Communication (6 hours)	010 Course 010 Course	010 Course 010 Course
020 Mathematics (3 hours)	020 course	020 course
030 Life and Physical Sciences (6 hours)	030 Course 030 Course	030 Course 030 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
080 Social and Behavioral Sciences (3 hours)	080 Course	080 Course
090 Component Area (6 hours)	090 Course 090 Course ^(WI)	090 Course 090 Course
Major (18 hours)		
Seminar in Exercise and Sports Science	ESS 1101	
Beginning Weight Training	ESS 1179	
Exercise Physiology + Lab	ESS 3317* + ESS 3117*	
Biomechanics	ESS 3320	
Motor Learning	ESS 3329	
Fitness Assessment and Programming	ESS 4317 or ESS 4319	
ESS Elective	ESS 4318 or ESS 4320 or ESS 4321	
Support (59 hours)		
Human Physiology and Anatomy (4 hours)	BIO 2430*	BIOL 2404
Support Electives (21 hours)	AT 2298, AT 2356, AT 2400, AT 3298, AT 3358, AT 3400; ESS 1100, ESS 1128, ESS 1172, ESS 1173A, ESS 1173B, ESS 1173C, ESS 1175, ESS 1176, ESS 1178, ESS 1201, ESS 1298, ESS 1310, ESS 2320, ESS 2321, ESS 3180, ESS 3319, ESS 3321, ESS 3323, ESS 3325, ESS 3340, ESS 4100, ESS 4101, ESS 4318, ESS 4320, ESS 4321, ESS 4323 ^(WI) , ESS 4324 ^(WI) , ESS 4333, ESS 4337, ESS 4351, ESS 4357, ESS 4624, ESS 4660 ^(WI) , ESS 4661; PH 1320, PH 2430, PH 3301, PH 3315 ^(WI) , PH 3348, PH 3376, PH 4336 ^(WI) ; PFW 1110A, PFW 1110B, PFW 1110E, PFW 1110G, PFW 1130B, PFW 1160B, PFW 1155G, PFW 1155H, REC 1370, REC 4330	KINE 2356; PHED 1164
Prescribed Electives (34 hours)	ANTH 3311; AT 2298, AT 2356, AT 2400, AT 3298, AT 3358, AT 3400; BIO 1130, BIO 1131, BIO 1330, BIO 1331, BIO 2400, BIO 2440, BIO 2450, BIO 2452, BIO 3421, BIO 3426, BIO 4326 ^(WI) ; CHEM 1141, CHEM 1142, CHEM 1341, CHEM 1342, CHEM 2141, CHEM 2142, CHEM 2341, CHEM 2342, CHEM 4375; ENG 3303 ^(WI) ; ESS 1100, ESS 1128, ESS 1172, ESS 1173A, ESS 1173B, ESS 1173C, ESS 1175, ESS 1176, ESS 1178, ESS 1201, ESS 1298, ESS 1310, ESS 2320, ESS 2321, ESS 3180, ESS 3319, ESS 3321, ESS 3323, ESS 3325, ESS 3340, ESS 4100, ESS 4101, ESS 4318, ESS 4320, ESS 4321, ESS 4323 ^(WI) , ESS 4324 ^(WI) , ESS 4333, ESS 4337, ESS 4351, ESS 4357, ESS 4624, ESS 4660 ^(WI) , ESS 4661; HIM 2360; HP 3325; MATH 2328; NUTR 2360, NUTR 3362, NUTR 3364; PFW 1110A, PFW 1110B, PFW 1110E, PFW 1110G, PFW 1130B, PFW 1160B, PFW 1155G, PFW 1155H, PH 1320, PH 2430, PH 3301, PH 3315 ^(WI) , PH 3348, PH 3376, PH 4336 ^(WI) ; PHYS 1115, PHYS 1125, PHYS 1335, PHYS 1345; PSY 2301, PSY 3300, PSY 3315, PSY 3322, PSY 3336; REC 1370, REC 4330; SOCI 1310, SOCI 3363 ^(WI)	BIOL 1306 + 1106; BIOL 1307 + 1107; BIOL 1322; BIOL 2421; BIOL 2420; BIOL 2416; BIOL 2402; CHEM 1311 + 1111; CHEM 1312 + 1112; CHEM 2323 + 2123; CHEM 2325 + 2125; HITT 1305; MATH 1342; SOCI 1301
Comments		
(WI) Writing Intensive This degree program requires a 2.0 Texas State GPA, 2.25 Major GPA, and at least one 2.0 Minor GPA to graduate. Students should avoid enrolling in more than 72 CC/JC hours without prior consultation with an academic advisor.		

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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.

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
020
030
030
040 (WI)
050
060A (WI)
060B (WI)
070A
070B
080
090A
090B (WI)

Support

Select ☐ hours from (21 required):

course availability varies by semester

AT 2298 ^	ESS 3321	PH 1320
AT 2356	ESS 3323	PH 2340
AT 2400 ^	ESS 3325 ^	PH 3301
AT 3298 ^	ESS 3340	PH 3315 (WI)
AT 3358 ^	ESS 4100	PH 3348
AT 3400 ^	ESS 4101	PH 3376
ESS 1100	ESS 4318	PH 4336 (WI) ^
ESS 1128	ESS 4320 ^	PFW 1110A/B/E/G
ESS 1172	ESS 4321	PFW 1130B
ESS 1173A/B/C ^	ESS 4323 (WI) ^	PFW 1160B
ESS 1175	ESS 4324 (WI)	PFW 1155G/H
ESS 1176	ESS 4333	REC 1370
ESS 1178	ESS 4337 ^	REC 4330 ^
ESS 1201 ^	ESS 4351	
ESS 1298	ESS 4357 ^	
ESS 1310	ESS 4624 ^	
ESS 2320	ESS 4660 (WI) ^	
ESS 2321	ESS 4661 ^	
ESS 3180		
ESS 3319 ^		

Major

____ ESS 1101
____ ESS 1179
____ ESS 3329

Prescribed Electives

Select ☐ hours from (34 required):

course availability varies by semester

ANTH 3311	ESS 1173A/B/C ^	HP 3325 ^
AT 2298 ^	ESS 1175	MATH 2328 ^
AT 2356	ESS 1176	NUTR 2360 ^
AT 2400 ^	ESS 1178	NUTR 3362
AT 3298 ^	ESS 1201 ^	NUTR 3364
AT 3358	ESS 1298	PFW 1110A/B/E/G
AT 3400 ^	ESS 1310	PFW 1130B
BIO 1130	ESS 2320	PFW 1160B
BIO 1131	ESS 2321	PFW 1155G/H
BIO 1330	ESS 3180	PH 1320
BIO 1331	ESS 3319 ^	PH 2340 ^
BIO 2400 ^	ESS 3321	PH 3301
BIO 2440 ^	ESS 3323	PH 3315 (WI) ^
BIO 2450 ^	ESS 3325 ^	PH 3348
BIO 2452 ^	ESS 3340	PH 3376
BIO 3421 ^	ESS 4100	PH 4336 (WI) ^
BIO 4326 (WI) ^	ESS 4101	PHYS 1115 ^
CHEM 1141 ^	ESS 4318	PHYS 1125 ^
CHEM 1142 ^	ESS 4320 ^	PHYS 1335 ^
CHEM 1341 ^	ESS 4321	PHYS 1345 ^
CHEM 1342 ^	ESS 4323 (WI) ^	PSY 2301 ^
CHEM 2141 ^	ESS 4324 (WI)	PSY 3300 ^
CHEM 2142 ^	ESS 4333 ^	PSY 3315 ^
CHEM 2341 ^	ESS 4337 ^	PSY 3322 ^
CHEM 2342 ^	ESS 4351	PSY 3336 ^
CHEM 4375 ^	ESS 4357 ^	REC 1370
ENG 3303 (WI) ^	ESS 4624 ^	REC 4330 ^
ESS 1100	ESS 4660 (WI) ^	SOCI 1310
ESS 1128	ESS 4661 ^	SOCI 3363 (WI)
ESS 1172	HIM 2360	

☐ US 1100 ☐ Foreign Language Proficiency

GPA restricted (2.0 Overall; 2.75 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 at least one 2.0 Minor GPA to graduate.