

Degree: Bachelor of Science | Major: Exercise and Sports Science | Concentration: Pre-Rehabilitation Sciences | 120 Hours

The degree requirements below are outlined in the 2026 Undergraduate Catalog and will remain valid through summer 2032.

Institutional Requirement (1+ hours)	Texas State Catalog Degree Plan	Transfer Equivalency (TCCN)
<b>University Seminar</b>	US 1100	<i>Waived if admitted as a Transfer student</i>
<b>Foreign Language Proficiency</b>	<i>Consult with TXST advisor to determine if coursework is required</i>	
<b>Program-Specific Core Curriculum (12 hours)</b>		
<b>020 Mathematics (3 hours)</b>	MATH 1315*	MATH 1314*
<b>030 Life and Physical Sciences (6 hours)</b>	CHEM 1341* CHEM 1342	CHEM 1311 [lab required – see table below]* CHEM 1312 [lab required – see table below]
<b>080 Social and Behavioral Sciences (3 hours)</b>	PSY 1300*	PSYC 2301*
<b>General Education Core Curriculum (30 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>090 Component Area (6 hours)</b>	090 Course 090 Course <sup>(WI)</sup>	090 Course 090 Course
<b>Major (20 hours)</b>		
Prevention and Care of Athletic Injuries	AT 2356*	KINE 2356*
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	
<b>Concentration (9 hours)</b>		
Clinical Assessment I	AT 3311*	
Clinical Assessment II	AT 3312*	
Clinical Therapeutic Interventions	AT 4313	
<b>Support (48 hours)</b>		
Human Physiology & Anatomy ( <a href="#">see A&amp;P note below</a> )	BIO 2430*	BIOL 2404* or BIOL 2401* [must also complete BIOL 2402]
Functional Anatomy ( <a href="#">see A&amp;P note below</a> )	AT 2400	BIOL 2402* [must also complete BIOL 2401]
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 <sup>nd</sup> 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 <sup>nd</sup> page for options <sup>(?)</sup>	<i>Additional options available at Texas State (18 hours required)</i> BIOL 1306 + 1106; 1307 + 1107; 2421; 2420; 2416 CHEM 2323 + 2123; 2325 + 2125 SOCI 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**

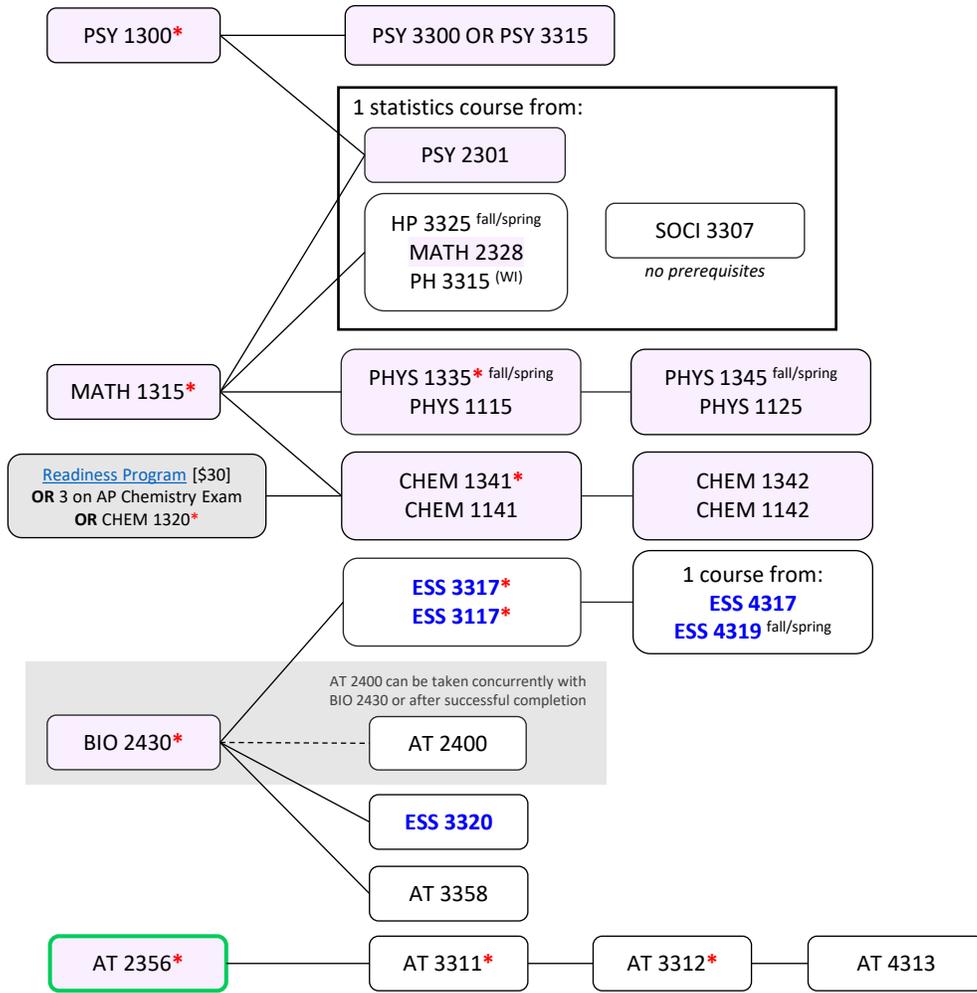
\* Requires grade of 'C' or better  
 † CC/JC may require 4-hour course with lab; lab is not required at TXST and will be considered an "open elective" towards your degree  
 (WI) Writing Intensive; (?) option for Writing Intensive through course selection  
 This degree program requires a 2.0 Texas 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.**

Sequencing below reflects course prerequisites for use in planning **Fall 2026, Spring 2027, and Summer 2027** semesters

PRIORITY DUE TO SEQUENCING

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



ADDITIONAL REQUIRED COURSES

Core Curriculum

- \_\_\_ 010
- \_\_\_ 010
- \_\_\_ 040 (WI)
- \_\_\_ 050
- \_\_\_ 060 (WI)
- \_\_\_ 060 (WI)
- \_\_\_ 070
- \_\_\_ 070
- \_\_\_ 090A
- \_\_\_ 090B (WI)

Major

- \_\_\_ ESS 1179
  - \_\_\_ **ESS 3329**
- Other
- \_\_\_ US 1100
  - \_\_\_ Foreign Language Proficiency [MODL 1410 + 1420]
  - \_\_\_ Open Elective Hours [ \_\_\_ Advanced; \_\_\_ Writing Intensive]

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 2316 + 2116 ^ | ESS 1298       |
| AT 2298 ^        | BIO 3421 ^        | ESS 3323       |
| AT 3298 ^        | BIO 4326 ^ (WI)   | ESS 4324 (WI)  |
| AT 3400 ^        | CHEM 2341/2141 ^  | ESS 4333 ^     |
| <b>AT 4360 ^</b> | 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 | FTIC Intro

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.

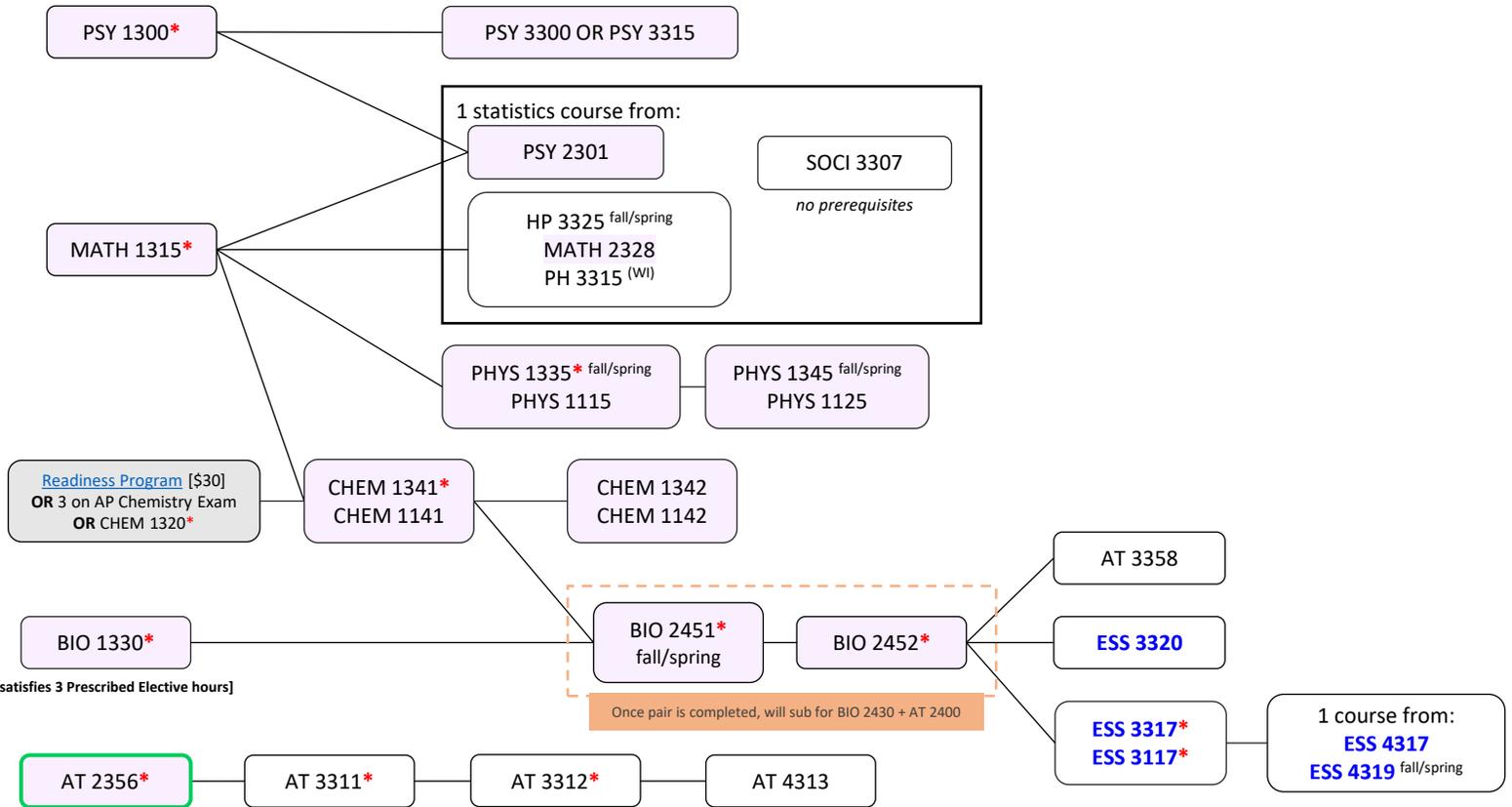
FOR ADVISOR USE ONLY – students should seek advising early and often to meet graduation requirements

Total Hours to determine whether open electives are needed	APPLIED	PENDING	IN-PROGRESS	STILL NEEDED	=

Sequencing below reflects course prerequisites for use in planning **Fall 2026, Spring 2027, and Summer 2027** semesters

PRIORITY DUE TO SEQUENCING

Anatomy | Physiology 2-Course Option



ADDITIONAL REQUIRED COURSES

Core Curriculum

- 010
- 010
- 040 (WI)
- 050
- 060 (WI)
- 060 (WI)
- 070
- 070
- 090A
- 090B (WI)

Major

- \_\_\_ ESS 1179
- \_\_\_ **ESS 3329**

Other

- \_\_\_ US 1109
- \_\_\_ Foreign Language Proficiency [MODL 1410 + 1420]
- \_\_\_ Open Elective Hours [ \_\_\_ Advanced; \_\_\_ Writing Intensive]

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 2316 + 2116 ^ | ESS 1298       |
| AT 2298 ^        | BIO 3421 ^        | ESS 3323       |
| AT 3298 ^        | BIO 4326 ^ (WI)   | ESS 4324 (WI)  |
| AT 3400 ^        | CHEM 2341/2141 ^  | ESS 4333 ^     |
| <b>AT 4360</b> ^ | 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) |

GPA restricted (2.0 Overall; 2.75 Texas State) | \* requires grade of 'C' or better | ^ requires additional prerequisites | (WI) Writing Intensive | FTIC Intro

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