PRS | DEGREE PLAN & TRANSFER EQUIVALENCY | 2026

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)**
University Seminar	US 1100	*Waived if admitted as a Transfer student*
Foreign Language Proficiency	*Consult with TXST advisor to determine if coursework is required*	
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 (20 hours)		
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	
Concentration (9 hours)		
Clinical Assessment I	AT 3311*	
Clinical Assessment II	AT 3312*	
Clinical Therapeutic Interventions	AT 4313	
Support (48 hours)		
Human Physiology & Anatomy (**see A&P note below**)	BIO 2430*	BIOL 2404* or BIOL 2401* [must also complete BIOL 2402]
Functional Anatomy (**see A&P note below**)	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 2nd 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 2nd page for options (?)	*Additional options available at Texas State (18 hours required)* 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.

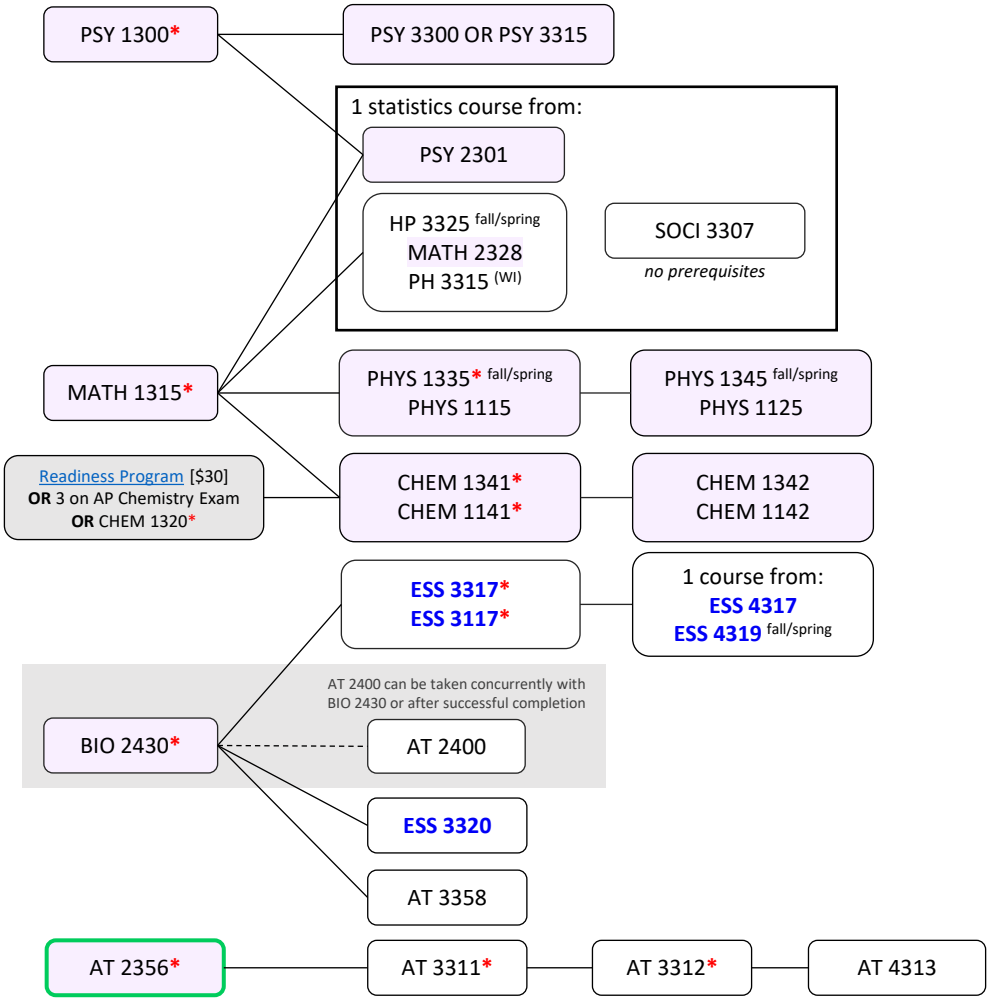
PRS | SEQUENCING | 2026

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

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**

Support
____ HIM 2360

____ Select one from:
NUTR 3362 fall | spring
NUTR 3364 fall | spring

Other
____ US 1100
____ Foreign Language Proficiency [MODL 1410 + 1420]
____ Open Elective Hours [____ Advanced; ____ Writing Intensive]

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^
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 | 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	=

PRS | SEQUENCING | 2026

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

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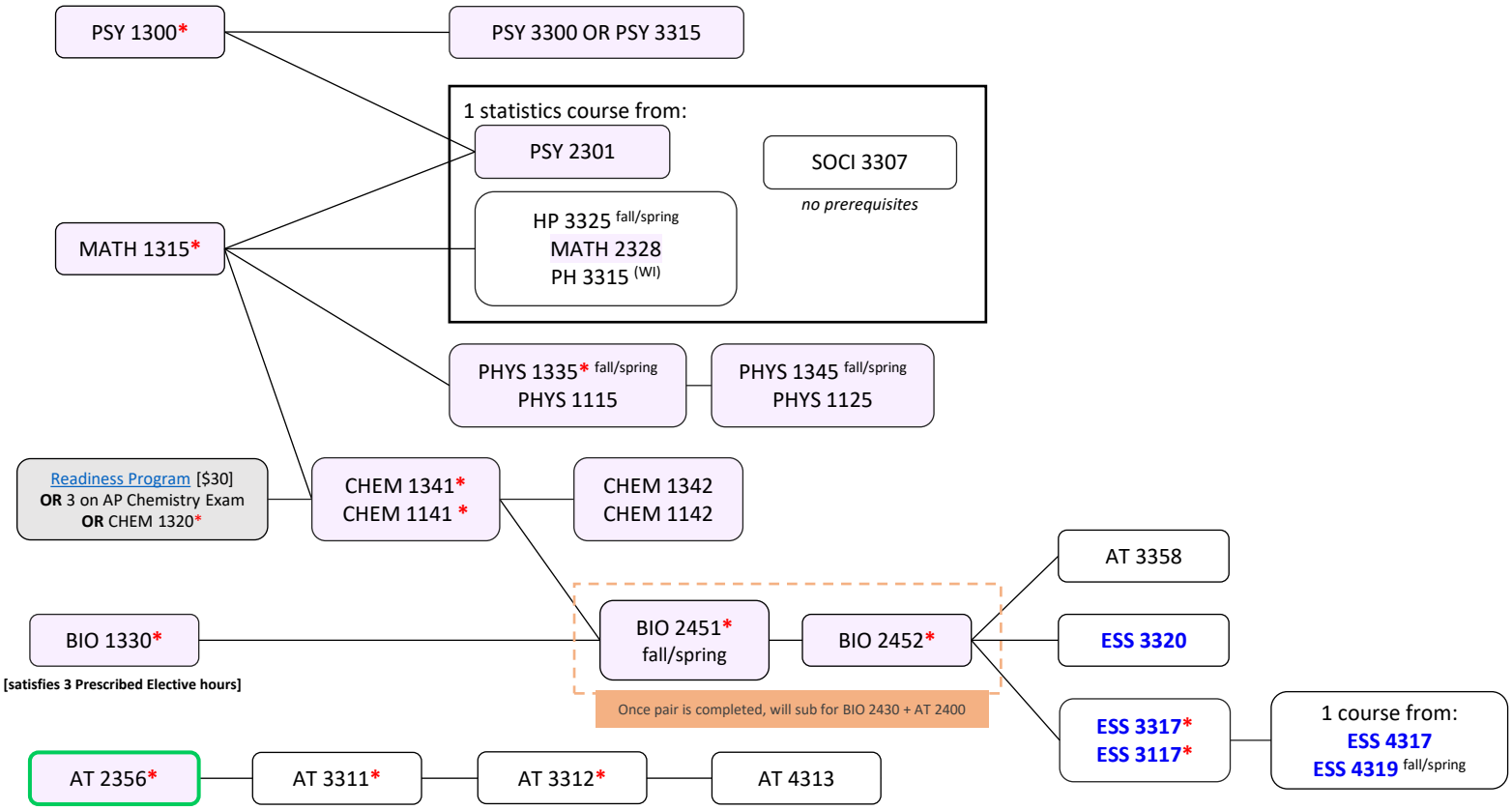
PRIORITY DUE TO SEQUENCING

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**

Support

____ HIM 2360

____ Select one from:
NUTR 3362 fall | spring
NUTR 3364 fall | spring

Other

____ US 1100
____ Foreign Language Proficiency [MODL 1410 + 1420]
____ Open Elective Hours [____ Advanced; ____ Writing Intensive]

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^
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)

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