ALPE | DEGREE PLAN & TRANSFER EQUIVALENCY | 2026

Degree: Bachelor of Science | **Major:** Exercise and Sports Science | **Certification:** All-Level Physical Education
Minor 1: Education | **Minor 2: c**hosen from catalog *(except Exercise and Sports Science or Coaching)* | **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 (3 hours)		
090 Component Area (3 hours)	COMM 1310*	SPCH 1311 or 1315 or 1318*
General Education Core Curriculum (39 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 (3 hours)	090 Course (WI)	090 Course
Major (34 hours)		
Exercise Sports Science Activity Courses and Practicum	See 2nd page for bundle options*	
Lifetime Fitness and Wellness	ESS 1100*	PHED 1164
Beginning Weight Training	ESS 1179*	
Introduction to Teaching Physical Education	ESS 1310*	EDUC 1301
Curriculum Design & Implementation in Physical Act. Settings	ESS 2321*	
Motor Development	ESS 2320*	
CPR, First Aid, and Basic Life Support	ESS 3180*	
Biomechanics	ESS 3320*	
Applied Assessment of Physical Activity	ESS 3325*	
Exercise Physiology + Lab	ESS 3317 + 3117*	
Advanced Physical Education Elective	ESS 3321 or 3323 or 3340 or 4337*	EDUC 2301
Introduction to Motor Learning	ESS 3329*	
Adapted Physical Education	ESS 4323* (WI)	
Support (4 hours)		
Human Physiology & Anatomy	BIO 2430*	BIOL 2404
Minor I: Education (21 hours)		
Teaching in Secondary Classrooms	CI 4372*	
Building Relationships in the Secondary Classroom	CI 4370*	
Clinical Teaching	EDST 4380 + 4381	
Principles and Practices of Teaching Physical Education	ESS 4624*	
Teaching Literacies in the Content Areas	RDG 3323*	
Minor II: chosen from catalog (18+ hours)		

Graduates in this program are encouraged to test and apply for a second teaching certification after obtaining their initial certification in Physical Education. See the "minor options" section on the All-Level Physical Education **program page** for a list of recommendations.

Educator Preparation Program Requirements

'C' or better in: • 010 Core • 020 Core • 040 Core • 060/070 Core (2 of 4 must be 'C' or better) • 090 Core COMM/SPCH
Junior Classification (60+ earned credit hours)
2.75 Overall GPA

Comments

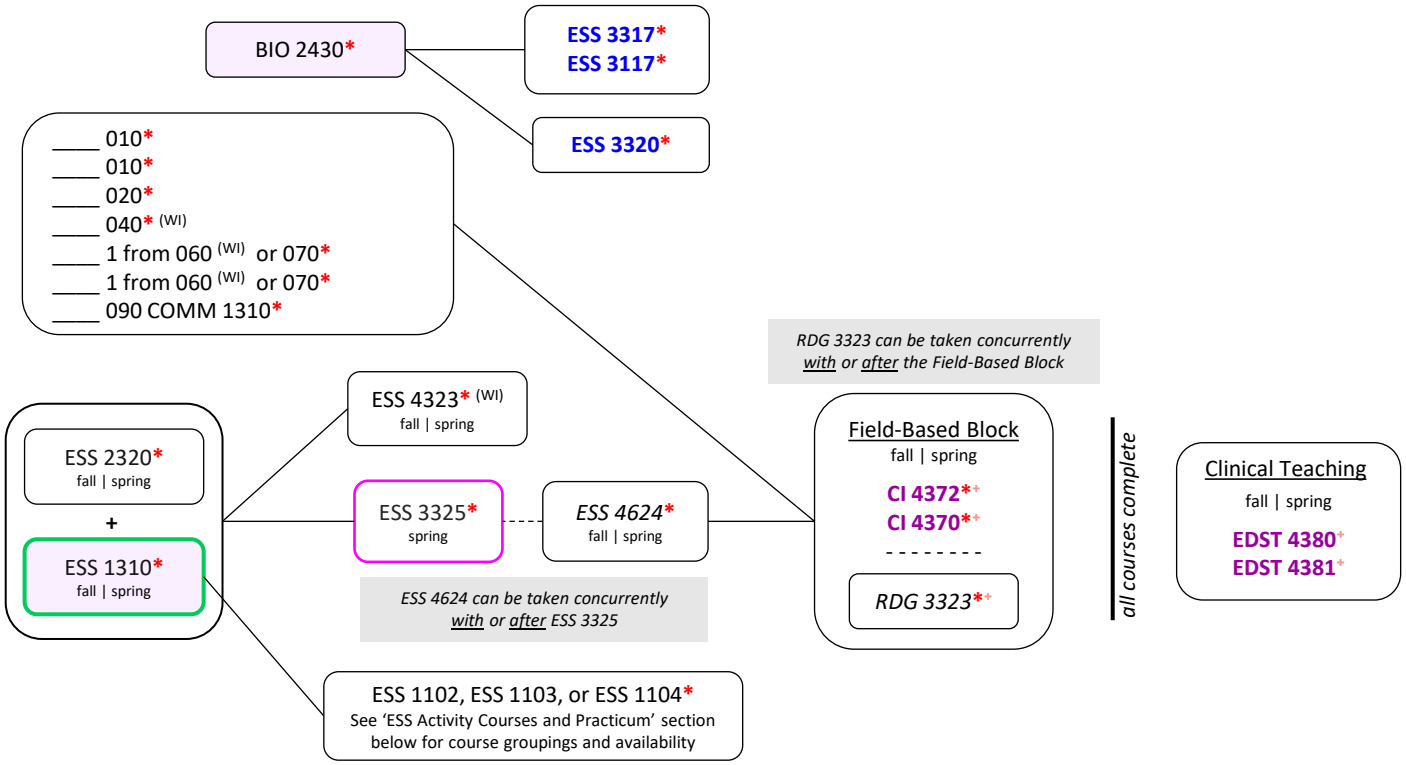
* Requires grade of 'C' or better
† CC/JC may require 4-hour course with lab; lab is not required at TXST and will be considered an "open elective" towards your degree
(WI) Writing Intensive
This degree program requires a 2.0 Texas State GPA, 2.75 Overall GPA, 2.25 Major GPA, and 2.0 Minor GPA to graduate.
Students should avoid enrolling in more than 72 CC/JC hours without prior consultation with an academic advisor.

ALPE | SEQUENCING | 2026

Degree: Bachelor of Science | **Major:** Exercise and Sports Science | **Certification:** All-Level Physical Education
Minor 1: Education | **Minor 2:** chosen from catalog *(except Exercise and Sports Science or Coaching)* | **120 Hours**

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

PRIORITY DUE TO SEQUENCING



ADDITIONAL REQUIRED COURSES

Core Curriculum

____ 030
____ 030
____ 050
____ 060 (WI) or 070
____ 060 (WI) or 070
____ 080
____ 090B (WI)

ESS Activity Courses and Practicum

Select one 3-hour bundle below*:

☐ hours still needed:

- ESS 1102 Individual Sport Practicum (fall | spring)
  Team Sport (*ESS 1172 or 1178*) (fall | spring)
  Conditioning (*ESS 1175; PFW 1110A/B*) (fall | spring)
- ESS 1103 Team Sport Practicum (fall | spring)
  Individual Sport (*ESS 1128 or 1176*) (fall | spring)
  Conditioning (*ESS 1175; PFW 1110A/B*) (fall | spring)
- ESS 1104 Conditioning Practicum (fall | spring)
  Individual Sport (*ESS 1128 or 1176*) (fall | spring)
  Team Sport (*ESS 1172 or 1178*) (fall | spring)

Major

____ ESS 1100*
____ ESS 1179*
____ ESS 2321* fall | spring
____ ESS 3180* fall | spring
____ **ESS 3329***

____ Select one ESS Elective from*:
ESS 3321, ESS 3323, ESS 3340, or ESS 4337

Minor

☐ _____ ☐ _____
☐ _____ ☐ _____
☐ _____ ☐ _____
☐ _____ ☐ _____

Other

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

GPA restricted (2.0 Overall; 2.75 Overall) | * requires grade of 'C' or better | (WI) Writing Intensive | FTIC Intro | Critical
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, 2.75 Overall GPA, 2.25 Major GPA, and 2.0 Minor GPA 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	=