

Degree: Bachelor of Science | **Major:** Exercise and Sports Science | **Concentration:** Clinical Exercise Science | **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 (11 hours)		
020 Mathematics (3 hours)	MATH 1315 or MATH 1319*	MATH 1314 or MATH 1324*
030 Life and Physical Sciences (8 hours)	2 from [labs required]: BIO 1330 + 1130, BIO 1331 + 1131, CHEM 1341* + 1141, CHEM 1342 + 1142, PHYS 1335* + 1115, or PHYS 1345 + 1125	2 from [labs required]: BIOL 1306 + 1106, BIOL 1307 + 1107, CHEM 1311* + 1111, CHEM 1312 + 1112, PHYS 1301* + 1101, or PHYS 1302 + 1102
General Education Core Curriculum (33 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
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 (31 hours)		
Prevention and Care of Athletic Injuries	AT 2356	KINE 2356
Lifetime Fitness and Wellness	ESS 1100	PHED 1164
Seminar in Exercise and Sports Science	ESS 1101	
Beginning Weight Training	ESS 1179	
Exercise Physiology + Lab	ESS 3317* + 3117*	
Intro to Cardiopulmonary Exercise Physiology	ESS 3319	
Biomechanics	ESS 3320	
Motor Learning	ESS 3329	
Fitness Assessment/Programming for Clinical Exercise Sci.	ESS 4319	
Resistance Training and Conditioning	ESS 4320	
Assessment/Prescription Practicum for Clinical Exercise Sci.	ESS 4321	
Measurement and Evaluation in ESS	ESS 4351	
Concentration (16 hours)		
Professional Development in Clinical Exercise Science	ESS 4101*	
Internship in Clinical Exercise Science	ESS 4661	
Introduction to Public Health	PH 1320*	
Community Health	PH 2340*	
Health Behavior Theory	PH 4336* ^(WI)	
Support (28 hours)		
Clinical Pathopharmacology	AT 3358	
Human Physiology & Anatomy	BIO 2430*	BIOL 2404*
Technical Writing	ENG 3303 ^(WI)	
Nutrition Science or Nutrition and Health	NUTR 2360 or NUTR 3362	BIOL 1322
2 hours of ESS/PFW Activity	see 2nd page for options	KINE 11** or 21** (won't accept Billiards)
9 hours of Clinical Electives	see 2nd page for options (?)	
Life & Physical Sciences Labs	Included in 030 core curriculum section above	
Additional Life & Physical Science Lecture/Lab	Choose 1 additional 030 lecture/lab pair different from those completed for core requirements	

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

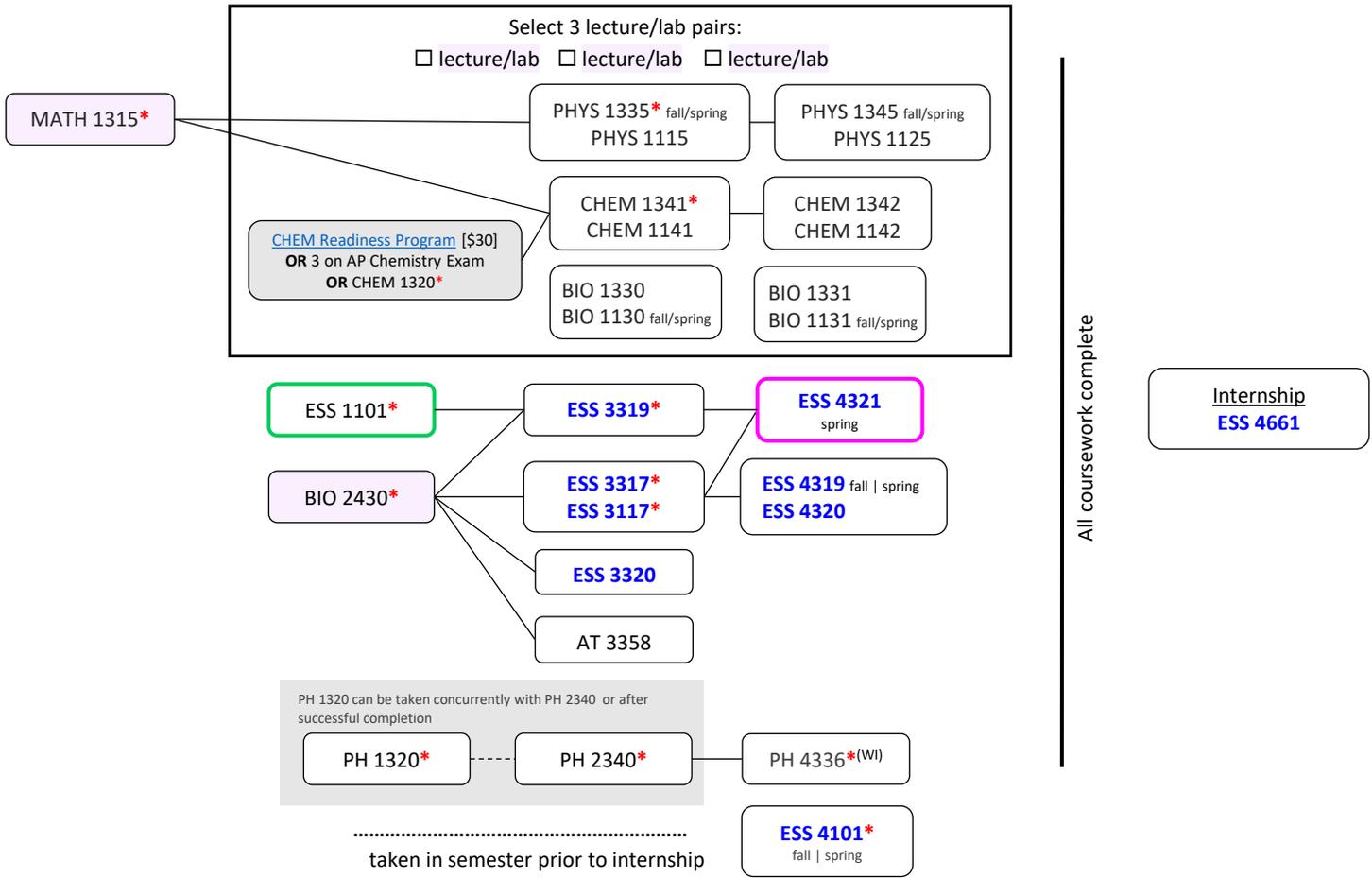
(WI) Writing Intensive; (?) option for Writing Intensive through course selection

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.

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

- ___ 010
- ___ 010
- ___ 040 (WI)
- ___ 050
- ___ 060 (WI)
- ___ 060 (WI)
- ___ 070
- ___ 070
- ___ 080
- ___ 090A
- ___ 090B (WI)

Major

- ___ ESS 1100
- ___ ESS 1179
- ___ AT 2356
- ___ **ESS 3329**
- ___ **ESS 4351** (fall | spring)

Other

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

Support

- ___ NUTR 2360 or NUTR 3362 (fall | spring)
- ___ ENG 3303 (WI)
- ___ Activity Electives - select hour(s) from (2 required):
 fall | spring
 ESS 1172, 1175, 1176, 1178;
 PFW 1110A/B/E/G,
 PFW 1130B, 1155G/H,
 PFW 1160B
- ___ Clinical Electives - select hours from (9 required):
 ESS 4324 (WI), **ESS 4333**, PH 3348,
 HIM 2360, NUTR 3364 (fall/spring), PSY 3336 (spring)

GPA restricted (2.0 Overall) | * requires grade of 'C' or better | ^ requires additional prerequisites | (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, 2.25 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	=