HFM | DEGREE PLAN & TRANSFER EQUIVALENCY | 2026

Degree: Bachelor of Science | **Major:** Health and Fitness Management | **Minor:** Business Administration | **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 or MATH 1319*	MATH 1314 or MATH 1324*
030 Life and Physical Sciences (6 hours)	**2 lectures from [see table below for lab]:** BIO 1330, BIO 1331, CHEM 1341*, CHEM 1342, PHYS 1335*, or PHYS 1345	**2 lectures from [see table below for lab]:** BIOL 1306, BIOL 1307, CHEM 1311*, CHEM 1312, PHYS 1301*, or PHYS 1302
080 Social and Behavioral Sciences (3 hours)	PFW 1301 or PSY 1300 or SOCI 1310	PSYC 2301 or SOCI 1301
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 (48 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	
Group Exercise Instructor Training	ESS 1201	
Exercise Physiology + Lab	ESS 3317* + 3117*	
Biomechanics	ESS 3320	
Motor Learning	ESS 3329	
Professional Development in Health & Fitness Management	ESS 4100	
Fitness Assessment & Programming for Clinical Exercise Sci.	ESS 4317	
Fitness Assess. & Prog. Practicum for Health Populations	ESS 4318	
Resistance Training and Conditioning	ESS 4320	
Fitness Assess. & Prog. For Pops Req. Special Consideration	ESS 4333	
Measurement and Evaluation in ESS	ESS 4351	
Exercise & Sports Science Internship	ESS 4660 (WI)	
2 hours of ESS/PFW Activity	See 2nd page for options	
6 hours of ESS Electives	See 2nd page for options (?)	
Support (11 hours)		
Human Physiology & Anatomy	BIO 2430*	BIOL 2404
Advanced Nutrition or Psychology	NUTR 3362, 3364, PSY 3336, 3350(WI), 3361(WI)	
Worksite Health Promotion	PH 3376	
Life & Physical Science Lab	1 lab from BIO 1130, 1131; CHEM 1141, 1142; PHYS 1115, or 1125	1 lab from BIOL 1106, 1107; CHEM 1111, 1112; PHYS 1101 or 1102
Business Administration Minor (18 hours)		
Accounting in Organizations and Society	ACC 2301 or ACC 2361 + 2362	ACCT 2301 + 2302 (or take ACC 2301 at TXST)
Principles of Economics	ECO 2301 or ECO 2314 + 2315	ECON 1301 or ECON 2302 + 2301
12 hours of Business Electives	4 from BLAW 3300, ISAN 3317, FIN 3340, MGT 3301, and MKT 3301	BUSI 2301

Comments

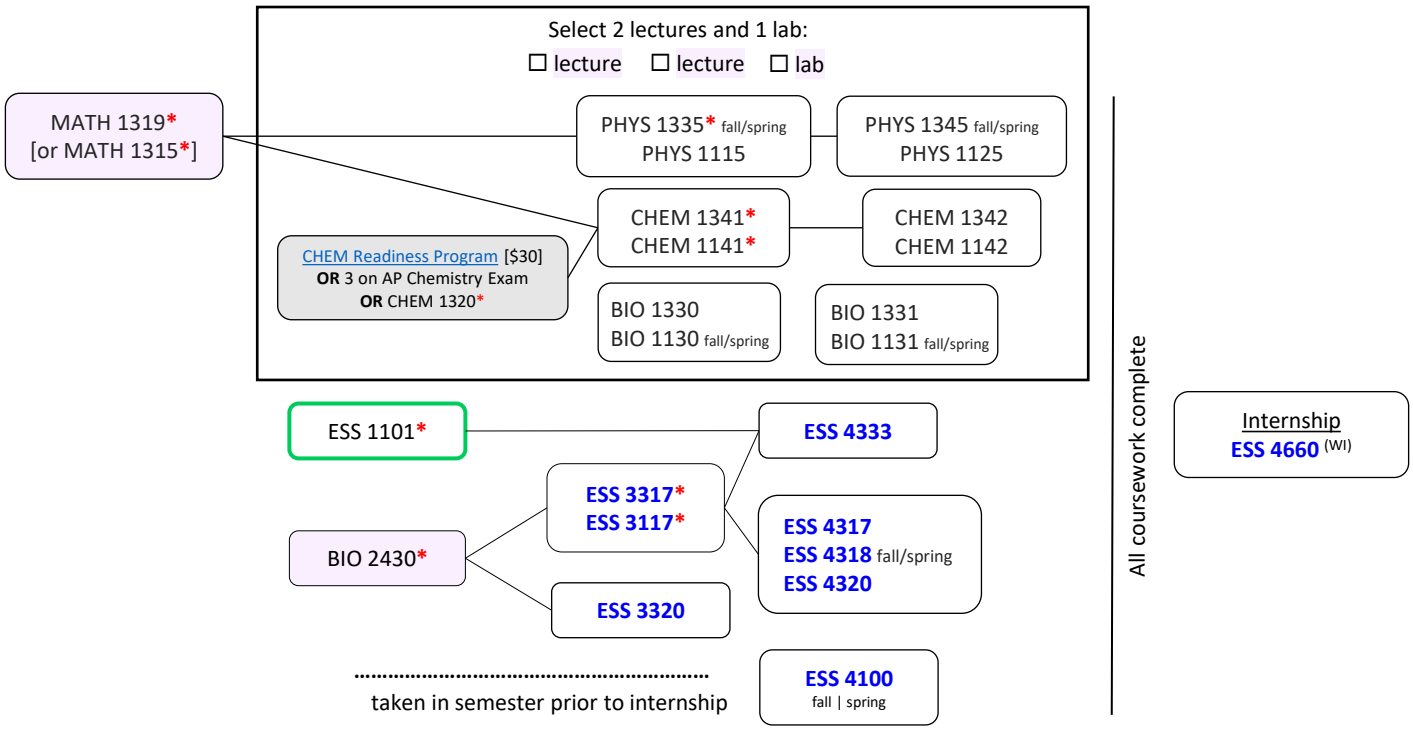
* Requires grade of 'C' or better
(WI) Writing Intensive; (?) option for Writing Intensive through course selection
This degree program requires a 2.0 Texas State GPA, 2.25 Major GPA, and 2.0 Minor GPA to graduate; a 2.0 Overall GPA is required for certain coursework.
Students should avoid enrolling in more than 72 CC/JC hours without prior consultation with an academic advisor.

HFM | SEQUENCING | 2026

Degree: Bachelor of Science | **Major:** Health and Fitness Management | **Minor:** Business Administration | **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

____ 010
____ 010
____ 040 (WI)
____ 050
____ 060 (WI)
____ 060 (WI)
____ 070
____ 070
____ 080 PSY 1300, SOCI 1310, PFW 1301
____ 090A
____ 090B (WI)

Other

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

Major

____ ESS 1100
____ ESS 1179
____ ESS 1201
____ AT 2356
____ **ESS 3329**
____ **ESS 4351** fall | spring

ESS Electives - select ☐ hours (6 required):
ESS 3319, ESS 3340, ESS 3323,
ESS 4324(WI), ESS 4357, REC 4330

Activity Electives - select ☐ hour(s) (2 required):
fall | spring
ESS 1172, 1175, 1176, 1178;
PFW 1110A/B/E/G,
PFW 1130B, 1155G/H,
PFW 1160B, 1190C

Business Administration Minor

____ ACC 2301 OR
ACC 2361 AND ACC 2362^

____ ECO 2301 OR
ECO 2314 AND ECO 2315

Select ☐ hours from (12 required):
BLAW 3300, **ISAN 3317, FIN 3340^**,
MGT 3301, **MKT 3301**

Support

____ PH 3376

____ NUTR/PSY Elective - select 1 from:
NUTR 3362 fall/spring or NUTR 3364 fall/spring;
PSY 3336 spring, 3350(WI), or 3361(WI)

GPA restricted (2.0 Overall) | * requires grade of 'C' or better | ^ requires ACC and ECO 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 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	=