

Texas State University College of Education

<http://www.education.txstate.edu/advising/>

Bachelor of Exercise and Sports Science (BESS) Major in Exercise and Sports Science (Non - Teacher Certification) Major Code: 257.10 Catalog Year: 2008

Worksheet for Advisement Purposes only – Not an Official Outline
(NOTE: This outline is subject to revision due to State Mandated changes or local policy changes)

CORE Curriculum

Prefix ^(Core)	Course	Sub	Grade	Hours
ENG ⁽¹⁰⁾	1310			3
ENG ⁽¹⁰⁾	1320			3
COMM ⁽¹¹⁾	1310			3
MATH ⁽²⁰⁾	1315, or 1316, or 1319, or 2321			3
Nat Sci ⁽³⁰⁾				3
Nat Sci ⁽³⁰⁾				4
ENG Lit ⁽⁴⁰⁾	23xx			3
PHIL ⁽⁴¹⁾	1305 or 1320			3
Fine Arts* ⁽⁵⁰⁾	2313			3
HIST ⁽⁶⁰⁾	1310			3
HIST ⁽⁶⁰⁾	1320			3
POSI ⁽⁷⁰⁾	2310			3
POSI ⁽⁷⁰⁾	2320			3
Soc Sci** ⁽⁸⁰⁾				3
PFW ⁽⁹⁰⁾	Act			1
PFW ⁽⁹⁰⁾	Act			1
US ⁽⁹⁰⁾	1100			1
Total				46

*Choose one from ART, DAN, MU, or TH 2313.

**Choose one from ANTH 1312, ECO 2301, ECO 2314, GEO 1310, PSY 1300, or SOCI 1310.

Support Courses

Prefix	Course	Sub	Grade	Hours
BIO	2430			4
CS or CIS	1308 1323			3
H ED	2338, or 2354, or 2340			3
Advanced Support Courses Choose Two From:	NUTR 3362, 3363, 3364, H ED 3321, 3348, 3350, 3376, 4340, 4350, PSY 3300, 3350, or 3361			6
Total				16

Electives

Prefix	Course	Sub	Grade	Hours
Total				1-7

ESS Major Physical Education Courses

Prefix	Course	Sub	Grade	Hours
PE	1310			3
AT	2356			3
PE	3317/3117			3/1
PE	3320			3
PE	3329			3
PE	4323			3
PE	4351			3
PE Elective Theory Choose Two From:	PE 4391, 4392, 4393, 3340, 3323, 4317 or 4318			6
PE	1100			1
PE or PFW	1171A, or 1172A, or 1177A, or 1178A 1160A or 1130B			1
PE or PFW	1170A, or 1176A, or 1192A 1155G			1
PE or PFW	1175A 1110A, or 1110B, or 1110F, or 1135A, or 1135B, or 1190B			1
PE	1179A			1
Total				33

Minor (Refer to undergraduate catalog for list of minors.)

Prefix	Course	Sub	Grade	Hours
Total				18-24

A maximum of 66 credit hours from Community/Junior College may be applied toward the degree.

A minimum of 120 credit hours is required for this degree, of which 36 must be advanced (3xxx-4xxx level). Additional elective hours may be needed to meet these requirements.

✓ For this degree, you must take two semesters of the same foreign language UNLESS you took two years of the same foreign language in high school.

Bachelor of Exercise and Sports Science (BESS) Non - Teacher Certification

The Exercise and Sports Science option provides students with a degree in Exercise and Sports Science without a teaching certificate in Physical Education. Graduates might choose to work as personal trainers, fitness leaders, or administrators of sports facilities or in the health care industry. The ESS non-certification degree also prepares students for graduate study towards a Master's degree in Exercise Physiology, Sports Management, Physical Education, and Physical Therapy. Additional admission requirements for graduate school may be required.

PE Activity coursework within Major

- Fitness and Wellness (1 credit hour):
PE 1100 Lifetime Fitness and Wellness
- Team Sports (1 credit hour), select one:
PE 1171A Beginning Basketball
PE 1172A Beginning Field Sports
PE 1177A Beginning Track and Field
PE 1178A Beginning Volleyball
PFW 1160A Softball
PFW 1130B Soccer
- Individual Sports (1 credit hour), select one:
PE 1170A Beginning Badminton
PE 1176A Beginning Tennis
PE 1192A Beginning Balance and Tumbling
PFW 1155G Racquetball
- Conditioning (1 credit hour), select one:
PE 1175A Beginning Jogging/Conditioning
PFW 1110A Beginning Aerobics
PFW 1110B Intermediate Aerobics
PFW 1110F Basic Fitness Activities
PFW 1135A Water Aerobics
PFW 1135B Aquatic-Conditioning
PFW 1190B Beginning Swimming
- Weight Training (1 credit hour):
PE 1179A Beginning Weight Training

Two additional PFW activity courses are required in the Core Curriculum.

Any minor (except Coaching Athletics or Exercise and Sports Science) may be selected from the Undergraduate Catalog. The degree requires a total of 120 hours and electives will be taken to meet this requirement. The degree requires 36 advanced hours (3xxx-4xxx level) and advanced electives will be taken to meet this requirement.

Students are ultimately responsible for knowing and fulfilling all University, College, Major, and Certification requirements. Failure to meet requirements and stated deadlines may delay graduation. Students who, at any time, are confused about academic requirements for their progress toward a degree and certification are encouraged and expected to meet with an academic advisor, adhering to the posted advising schedules and procedures.

This worksheet is intended as a quick and easy guide for your degree/certification but does not substitute for a Degree Audit Report (DAR). It is important that you meet with an advisor and refer to all information given to you throughout the course of your tenure at Texas State. Students are also encouraged to refer to the Undergraduate Texas State Catalog and Schedule of Classes for additional official information and semester calendars. The College of Education website (<http://www.education.txstate.edu>) may provide answers to most questions students have about major and certification requirements.