

# Texas State University College of Education

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

## Bachelor of Exercise and Sports Science (BESS) Major in Health and Fitness Management Major Code: 259.00 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 <sup>(Core)</sup>	Course	Sub	Grade	Hours
ENG <sup>(10)</sup>	1310			3
ENG <sup>(10)</sup>	1320			3
COMM <sup>(11)</sup>	1310			3
MATH <sup>(20)</sup>	1315, or 1316, or 1319, or 2321			3
Nat Sci <sup>(30)</sup>				3
Nat Sci <sup>(30)</sup>				4
ENG Lit <sup>(40)</sup>	23xx			3
PHIL <sup>(41)</sup>	1305 or 1320			3
Fine Arts* <sup>(50)</sup>	2313			3
HIST <sup>(60)</sup>	1310			3
HIST <sup>(60)</sup>	1320			3
POSI <sup>(70)</sup>	2310			3
POSI <sup>(70)</sup>	2320			3
ECO <sup>(80)</sup>	2301			3
PFW <sup>(90)</sup>	Act			1
PFW <sup>(90)</sup>	Act			1
US <sup>(90)</sup>	1100			1
<b>Total</b>				<b>46</b>

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

### Support Courses

Prefix	Course	Sub	Grade	Hours
ACC**	2301			3
Choose <b>Four</b> From:	BLAW 2361**, CIS 3317**, MGT 3303**, MKT 3343**, or FIN 3325**			12
BIO	2430			4
H ED	2340			3
H ED	4340			3
H ED	4350			3
H ED*****	4660			6
Choose <b>One</b> From:	MC 3343, NUTR 3362, NUTR 3364, PSY 3350, PSY 3361, PSY 4390L, or SOC 3340			3
REC or PE	1370 4323			3
<b>Total</b>				<b>40</b>

### Health and Fitness Management Major Courses

Prefix	Course	Sub	Grade	Hours
PE	1310			3
AT	2356			3
PE	3317/3117			3/1
PE	3320			3
PE	3323			3
PE	4317			3
PE	4318			3
PE	4351			3
PE***	Advanced Elective			3
PE	1179A	weight training		1
PE	1100	fitness & wellness		1
PFW	1110A	aerobics		1
PFW	1110F	basic fitness		1
PE****	Individual/ Team Sport	from list below		1
PE****	Conditioning Activity	from list below		1
<b>Total</b>				<b>34</b>

\*\* These courses comprise a minor in Business Administration. A minimum GPA of 2.0 is required in the Business Administration minor to graduate.

\*\*\* PE Advanced Elective - Choose one from: PE 3329, 3340, 4391, 4392, or 4393.

\*\*\*\* PE Individual and Team Sports - Choose one from: PE 1170A, 1171A, 1172A, 1176A, 1177A, 1178A, PFW 1110C, 1125A, 1150D, 1155B, 1155G, 1155K, 1160A.

\*\*\*\* PE Conditioning Activities - Choose one from: PE 1175A, 1192A, PFW 1110I, 1130B, 1135A, 1150F, 1190B, 1190F.

\*\*\*\*\*H ED 4660 Internship - See back for additional information.

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).

✓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) Health and Fitness Management Non - Teacher Certification**

The Health and Fitness Management program is available under the BESS degree and prepares students to direct fitness enterprises and wellness or health awareness programs in commercial, corporate, and institutional settings. Areas of study include fitness programming, stress management, smoking cessation, diet/nutrition, health-risk appraisal, and employee assistance. The curriculum also allows students to acquire the academic and clinical prerequisites needed to earn professional certification. Graduates work as fitness leaders, exercise testing technicians, cardiac rehabilitation specialists, or corrective therapists. Other students are employed as salespersons, administrators, and managers of sports or fitness facilities.

Business Administration minor consists of the following:

ACC 2301

ECO 2301

12 hours selected from: BLAW 2361, CIS 3317, MGT 3303, MKT 3343, or FIN 3325.

A minimum GPA of 2.0 is required in the minor to graduate.

H ED 4660: Internship in Public Health

- Participation in the on-going work of an official and/or voluntary health agency. The internship will be supervised by a member of the Health Education faculty. A minimum of one conference hour per week is required.
- 480 hours at approved site, unpaid.
- May only be completed during the fall or spring semester and is the only class taken during this semester; all other required coursework must be completed prior to the semester of your internship. H ED 4660 will be the only 6 hours remaining for you to graduate.
- Students must attend an organizational meeting the semester prior to being enrolled in H ED 4660. The meeting is held during the second week of classes.
- Obtain an H ED 4660 Internship in Public Health handout from the HPER Department (Jowers A116) for complete details the semester prior to being enrolled in H ED 4660.
- All paperwork for the internship must be completed by the last class day the semester prior to taking H ED 4660.
- Insurance information will also be posted in Jowers. Your insurance must be obtained by the first day of classes prior to starting the internship.

**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.

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