Degree: Bachelor of Exercise and Sports Science (BESS)
Major: Exercise and Sports Science (ESS)
Concentration: Health and Wellness Promotion for Clinical Populations (HCP)

Core Curriculum Requirements 47 Hours

Communication
- ENG 1310: College Writing I 3
- ENG 1320: College Writing II 3
- COMM 1310: Fundamentals of Human Communication 3

Mathematics
- MATH 1315: College Algebra 3

Natural Science
- CHEM 1341: General Chem. I / CHEM 1141: Lab 4
- CHEM 1342: General Chem. II / CHEM 1142: Lab 4

Humanities & Visual and Performing Arts
- (040) Select one course from:
  - PHIL 1305: Philosophy & Critical Thinking (WI) OR PHIL 320: Ethics & Society (WI) 3
- (050) Select one course from:
  - ART, DAN, MU, or TH 2313: Intro to Fine Arts 3

Social & Behavioral Sciences
- HIST 1310: History of United States to 1877 (WI) 3
- HIST 1320: History of United States from 1877(WI) 3
- POSI 2310: Principles of American Government 3
- POSI 2320: Functions of American Government 3
- Select one course from:
  - ANTH 1312: Cultural Anthropology
  - ECO 2301: Principles of Economics
  - ECO 2314: Principles of Microeconomics (Prerequisite: MATH 1315 or 1319)
  - GEO 1310: World Geography
  - PSY 1300: Introduction to Psychology
  - SOCI 1310: Introduction to Sociology 3

Texas State Component
- US 1100: University Seminar 1
- PFW Activity 1
- ESS 1179: Beginning Weight Training 1

Support Courses 16 Hours
- BIO 2430: Human Physiology & Anatomy 4
- AT 3358: Clinical Pathopharmacology (Prerequisite: BIO 2430 or PT 3400) 3
- NUTR 2360: Nutrition Science (Prerequisite: 3 hours of a Natural Science) 3
- NUTR 3364: The Science of Nutrition and Exercise (Prerequisite: Departmental Approval) 3
- ENG 3303: Technical Writing (WI) 3

Major Requirements 35 Hours
A 2.25 GPA is required in the Major in order to graduate
- AT 2356: Prevention and Care of Athletic Injuries 3
- ESS 1310: Foundations of Exercise and Sports Science 3
- ESS 3317: The Physiology of Exercise / ESS 3117: Lab (Prerequisite: BIO 2430) 4
- ESS 3320: Biomechanics (Prerequisite: BIO 2430) 3
- ESS 3329: Introduction to Motor Learning 3
- ESS 4317: Fitness Assessment & Exercise Prescription (Prerequisites: BIO 2430, ESS 3117, ESS 3317 w/ 'C' or better) 3
- ESS 4318: Assessment/Prescription Practicum (Prerequisites: BIO 2430, ESS 3117, ESS 3317 w/ 'C' or better) 3
- ESS 4319: Clinical Exercise Physiology (Prerequisites: ESS 1310, ESS 3117, ESS 3317 w/ 'C' or better) 3
- ESS 4320: Resistance Training and Conditioning (Prerequisite: ESS 3317) 3
- ESS 4324: Adapted Physical Activity (WI) 3
- ESS 4351: Measurement and Evaluation 3
- ESS 1100: Lifetime Fitness and Wellness 1

Concentration Requirements 16 Hours
- H ED 1320: Intro to Health & Wellness Promotion 3
- H ED 2340: Community Health (Co- or Prerequisite: H ED 1320) 3
- H ED 3348: Prevention of Disease 3
- H ED 4100: Professional Development in HWP (Prerequisites: H ED 1320 and H ED 2340 with 'C' or better; Co-requisite: H ED 4640) 1
- H ED 4640: Comm. Health Prog. Planning & Eval (WI) (Prerequisites: H ED 1320 and H ED 2340 with 'C' or better; Co-requisite: H ED 4100) 6

Internship 6 Hours
- H ED 4660: Internship in Health & Wellness Promotion (WI) (Prerequisites: H ED 4100 and H ED 4640 with 'C' or better, Dept. Approval) 6

All other coursework must be completed prior to the Internship
A 2.5 Texas State GPA is required

Total: 120 Hours Minimum

- 9-credit-hours of designated Writing Intensive (WI) coursework must be completed in residence at Texas State.
- If two years of the same foreign language were not completed in high school, students must complete 6-8 hours of the same foreign language at the college level to satisfy foreign language proficiency requirements.
- A maximum of 66 approved hours from an accredited two-year college may be applied toward degree requirements, not including hours transferred to satisfy foreign language proficiency.
- Please refer to your degree audit for additional graduation requirements.

8/14/13 DHC20
HEALTH AND WELLNESS PROMOTION FOR CLINICAL POPULATIONS

DESCRIPTION OF DEGREE PROGRAM
This 120 credit-hour degree program involves the following areas of study: pharmacology, exercise physiology, diet/nutrition, exercise testing (with EKG monitoring), and exercise prescription for clinical populations (e.g., those with heart disease or diabetes). The curriculum also allows students to acquire the academic and clinical prerequisites needed to test for and earn professional certifications required in this field (e.g., American College of Sports Medicine Certified Clinical Exercise Specialist®).

EMPLOYMENT OPPORTUNITIES
This degree program provides students with the knowledge, skills, and abilities to perform cardiopulmonary, clinical exercise, and diagnostic testing and programming for cardiac rehabilitation and other special populations. The overall employment of Cardiovascular Technologists and Technicians is expected to grow much faster than the average (20% versus 7-13%) for all occupations through 2018.

ACADEMIC PREPARATION
This degree prepares students for graduate study toward a Master's degree in Exercise Physiology, Biomechanics, or a similar field of study as well as other professional degree programs in related disciplines, such as physician assistant, nursing, medicine, and nutrition.

Please Note: Additional admission requirements for graduate-level programs may be required and vary by institution/program.

H ED 4660: INTERNSHIP IN HEALTH AND WELLNESS PROMOTION
- Students are encouraged to take H ED 4100 the semester prior to enrollment in H ED 4660
- Participation in the on-going work of a hospital cardiac rehabilitation or other rehabilitation facility or community agency which focuses on health promotion or rehabilitation
- A member of the Health and Human Performance faculty will supervise this unpaid internship
- 480 hours at an approved site must be completed
- This course is writing intensive and will include online assignments throughout the semester as well as a semester-long project.
- 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
- Up-to-date CPR certification is required
- Students must attend an organizational meeting at the beginning of the semester prior to the semester of enrollment in H ED 4660. The internship admission and site selection process will be described at this meeting

ADDITIONAL DEGREE REQUIREMENTS
- If two years of the same foreign language were not completed in high school, students must complete 6-8 hours of the same foreign language at the college level to satisfy foreign language proficiency requirements
- 9 hours of designated Writing intensive (WI) coursework must be completed in residence at Texas State
- A maximum of 66 approved hours from an accredited two-year college may be applied toward degree requirements, not including hours transferred to satisfy foreign language proficiency requirements
- Graduation with honors requires 54 hours of coursework be completed in residence with Texas State
- Students must meet residency requirements to qualify for graduation. Specifically, at least 24 semester-hours of the last 30 hours completed that are required for the degree must be taken at Texas State. Correspondence, extension, and off-campus coursework completed through Texas State may be applied toward residency requirements. Credit-by-examination may not be applied toward residency

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 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 your official degree plan. 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 for additional information and semester academic calendars for important dates and deadlines. Refer to the Registrar’s Office (www.registrar.txstate.edu) for more information, The College of Education website (http://www.education.txstate.edu), the Department of Health and Human Performance website (http://www.hhp.txstate.edu), and the College of Education Undergraduate Advising Center website (www.education.txstate.edu/advising) may provide answers to most questions students have about major and certification requirements.