Degree: Bachelor of Exercise & Sports Science  |  Major: Exercise & Sports Science  |  Concentration: Health & Wellness for Clinical Populations

CORE CURRICULUM  42 Hours

Communication
_____ (0100) ENG 1310: College Writing I
_____ (0100) ENG 1320: College Writing II

Mathematics
_____ (0200) MATH 1315: College Algebra

Life and Physical Sciences
(030) Select two courses from:
- CHEM 1341, 1342; PHYS 1315, 1325; BIO 1330

Language, Philosophy, and Culture
(0400) PHIL 1305: Philosophy & Critical Thinking (WI) OR PHIL 1320: Ethics & Society (WI)

Creative Arts
(050) Select one course from:
- ART, DAN, MU, or TH 2313: Intro to Fine Arts

American History
(060) HIST 1310: History of the United States to 1877 (WI)
(060) HIST 1320: History of the United States from 1877 (WI)

Government/Political Science
(070) POSI 2310: Principles of American Government
(070) POSI 2320: Functions of American Government

Social and Behavioral Sciences
(080) Select one course from:
- ANTH 1312: Cultural Anthropology
- ECO 2301: Principles of Economics
- ECO 2314: Principles of Microeconomics
- GEO 1310: World Geography
- PSY 1300: Introduction to Psychology
- SOCI 1310: Introduction to Sociology

Component Area
(090) COMM 1310: Fund of Human Communication
(090) Select one course from:
- ENG 2310: British Literature before 1785
- ENG 2320: British Literature after 1785
- ENG 2330: World Literature before 1600
- ENG 2340: World Literature after 1600
- ENG 2359: American Literature before 1865
- ENG 2360: American Literature after 1865

INSTITUTIONAL REQUIREMENT  1 Hour

_____ US 1100: University Seminar (1-Hr Open Elec. if Exempt)

PROFICIENCY: Foreign Language
If two years of the same foreign language were not completed in high school, students must complete two semesters of the same foreign language at the college level to meet proficiency requirements.

_____ Foreign Language Proficiency

INTERNSHIP: Health and Wellness Promotion  6 Hours
A 2.25 Major GPA is required to graduate, which includes all Major, Concentration, and Internship coursework.
All coursework must be completed before the internship experience.

_____ H ED 4660: Internship in Health & Wellness Prom. (WI)

SEE REVERSE FOR NATURAL SCIENCE/LAB PAIRINGS AND ADDITIONAL PROGRAM INFORMATION

MAJOR: Exercise and Sports Science  30 Hours
A 2.25 Major GPA is required to graduate, which includes all Major, Concentration, and Internship coursework.

_____ ESS 1100: Lifetime Fitness and Wellness
_____ ESS 1179: Beginning Weight Training
_____ AT 2356: Prevention and Care of Athletic Injuries
_____ ESS 3317: The Physiology of Exercise / ESS 3117: Lab
_____ ESS 3320: Biomechanics
_____ ESS 3329: Introduction to Motor Learning
_____ ESS 4320: Resistance Training and Conditioning
_____ ESS 4351: Measurement and Evaluation
_____ ESS 4317: Fitness Assessment & Exercise Prescription
_____ ESS 4318: Assessment/Prescription Practicum
_____ ESS 4319: Clinical Exercise Physiology

CONCENTRATION: Health and Wellness Promotion  16 Hours
A 2.25 Major GPA is required to graduate, which includes all Major, Concentration, and Internship coursework.

H ED 1320: Intro to Health & Wellness Promotion
H ED 2340: Community Health
H ED 4336: Theoretical Foundations of Hlth & Wlns Prom.
H ED 4100: Professional Development in Hlth & Wlns Prom.
H ED 4640: Comm. Health Program Planning & Eval. (WI)

SUPPORT COURSES  25 Hours

_____ BIO 2430: Human Physiology & Anatomy
_____ NUTR 3362: Nutrition and Health
_____ ENG 3303: Technical Writing (WI)

ESS/PFW Activity Options
Select any three courses from:
- ESS 1172, 1175, 1176, 1178
- PFW 1110A/B/E/I, 1130B, 1135B, 1155A/G/I/I/
- PFW 1160B/C, 1190B/C

Clinical Electives
Select any two courses from:
- AT 3358, ESS 1310, 4324, HED 3348,
- HIM 2360, or NUTR 3364

Life and Physical Sciences labs
Select two courses from:
- CHEM 1341, 1142; PHYS 1115, 1125; BIO 1130

Additional Life and Physical Sciences
Select one additional lecture/lab pairing from:
- CHEM 1341/1141 or 1342/1142
- PHYS 1315/1115 or PHYS 1325/1125
- BIO 1330/1130

Additional Degree Requirements: See Undergraduate Catalog for Residency, GPA, and Graduation with Honors requirements.
Writing Intensive Hours: 9 Hours of designated Writing Intensive (WI) coursework must be completed in-residence with Texas State.
Important Note: See Statements of Understanding sheet for additional notes regarding course sequencing and program requirements.
HEALTH AND WELLNESS FOR CLINICAL POPULATIONS

LIFE AND PHYSICAL SCIENCES LECTURE/LAB PAIRINGS
Students are required to complete two of the designated lectures in the ‘CORE CURRICULUM’ (6 hours) while concurrently enrolling in the respective corresponding lab courses (2 hours), and a third additional pairing (4 hour) to satisfy ‘SUPPORT’ course requirements. These pairing options include:

<table>
<thead>
<tr>
<th>Lecture</th>
<th>CHEM 1341</th>
<th>CHEM 1342</th>
<th>PHYS 1315</th>
<th>PHYS 1325</th>
<th>BIO 1330</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lab</td>
<td>CHEM 1141</td>
<td>CHEM 1142</td>
<td>PHYS 1115</td>
<td>PHYS 1125</td>
<td>BIO 1130</td>
</tr>
<tr>
<td>Prerequisites</td>
<td>MATH 1315 w/ 'C' or better</td>
<td>CHEM 1341 and 1141 w/ 'C' or better</td>
<td>MATH 1315 w/ 'C' or better</td>
<td>PHYS 1315 and 1115 w/ 'C' or better</td>
<td>None</td>
</tr>
</tbody>
</table>

PREREQUISITES
Regardless of catalog year, students will be held to current academic policies and course prerequisites which are subject to change. Prerequisites for College of Education programs can be found on the College of Education Undergraduate Advising Center website: [http://www.education.txstate.edu/advising/Registration-/Guide-to-Current-Prerequisites.html](http://www.education.txstate.edu/advising/Registration-/Guide-to-Current-Prerequisites.html)

GENERAL ADVISING
• HIM 2360 is recommended be completed as early as possible to familiarize students with necessary terminology
• ENG 3303 is recommended to be completed prior to ESS 4319 to hone writing skills necessary for coursework assignments
• ESS 4317, 4318, 4319, and 4320 are not recommended to all be taken in the same term

H ED 4660: INTERNSHIP IN HEALTH AND WELLNESS PROMOTION
• Students are encouraged to take both H ED 4100 and H ED 4640 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 semesters, 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

IMPORTANT NOTES
• Additional GPA requirements (Overall, Texas State, etc.) may exist for registration and enrollment that varies by course
• The H ED 4660 Internship must be completed at an approved site
• Transportation and/or financial challenges are not justification for the internship requirement to be waived
• Regardless of catalog year, students are held to prerequisites and academic policies that are subject to change
• Many ESS courses have limited enrollments and are offered on a rotational basis (Fall only or Spring only, etc.)
• HED 4640 Community Health Programming Planning and Evaluation should be taken concurrently with
• HED 4100 Professional Development in Health and Wellness Promotion the semester immediately prior to the Internship

Students are responsible for knowing and fulfilling all University, College, Major, and Certification requirements and should refer to the Texas State Undergraduate Catalog for additional information. Students are also encouraged to consult with Academic Advisors to ensure thorough understanding of all degree and graduation requirements.

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5/18/15 DHC