### Degree: Bachelor of Exercise & Sports Science | Major: Health & Fitness Management | Minor: Business Administration

**NOTE:** It is your responsibility as a student to know the requirements of your degree program and to take the courses required for graduation. For guidance about course sequencing, application processes, GPA, and other graduation requirements, see the following:
1. Undergraduate Catalog,
2. Degree Audit,
3. Degree Planning tab of [www.education.txstate.edu/advising](http://www.education.txstate.edu/advising),
4. your Academic Advisor.

#### INSTITUTIONAL REQUIREMENT
- **1 Hour**
  - US 1100: University Seminar (1-Hr Open Elective if Exempt)

#### FOREIGN LANGUAGE PROFICIENCY
- **Satisfied two years of same language in High School** OR
- Choose one language to satisfy **1410 AND 1420:**
  - ARAB, ASL, CHI, FR, GER, ITAL, JAPA, LAT, POR, SPAN

#### CORE CURRICULUM
- **42 Hours**
  - **Communication**
    - (010) ENG 1310: College Writing I
    - (010) ENG 1320: College Writing II
  - **Mathematics**
    - (020) MATH 1319: Math for Business & Economics
  - **Life and Physical Sciences**
    - (030) Select two courses from:
      - CHEM 1341, 1342; PHYS 1315, 1325; BIO 1330
  - **Language, Philosophy, and Culture**
    - (040) PHIL 1305: Philosophy & Critical Thinking OR
    - (040) PHIL 1320: Ethics & Society
  - **Creative Arts**
    - (050) ART, DAN, MU, or TH 2313: Intro to Fine Arts
  - **American History**
    - (060) HIST 1310: History of United States to 1877
    - (060) HIST 1320: History of United States from 1877
  - **Government/Political Science**
    - (070) POSI 2310: Principles of American Government
    - (070) POSI 2320: Functions of American Government
  - **Social and Behavioral Sciences**
    - (080) PSY 1300: Introduction to Psychology
  - **Component Area**
    - (090) COMM 1310: Fund. of Human Communication
      - Select one course from:
        - (090) ENG 2310: British Literature before 1785
        - (090) ENG 2320: British Literature after 1785
        - (090) ENG 2330: World Literature before 1600
        - (090) ENG 2340: World Literature after 1600
        - (090) ENG 2359: American Literature before 1865
        - (090) ENG 2360: American Literature after 1865

#### SUPPORT COURSES
- **12 Hours**
  - BIO 2430: Human Physiology & Anatomy
  - H_ED 3376: Worksite Health Promotion
  - Select one Advance Nutrition or Psychology from:
    - NUTR 3362: Nutrition & Health
    - NUTR 3364: The Science of Nutrition and Exercise
    - PSY 3336: Sports Psychology
    - PSY 3350: Behavior Modification & Cognitive Theory
    - PSY 3361: Health Psychology
  - Life and Physical Sciences labs
    - Select two courses from:
      - CHEM 1141, 1142; PHYS 1115, 1125; BIO 1130

#### MAJOR: Health and Fitness Management
- **41 Hours**
  - ESS 1100: Lifetime Fitness and Wellness
  - ESS 1179: Beginning Weight Training
  - ESS 1201: Group Exercise Instructor 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 & Conditioning
  - ESS 4351: Measurement and Evaluation
  - ESS/PFW Activity Options
    - Select any three courses from:
      - ESS 1172, 1175, 1176, 1178, PFW 1110A/B/E/F/G,
      - PFW 1130B, 1135B, 1155A/G/H/I, 1160B/C, 1190B/C
  - ESS Electives
    - Select any two courses from:
      - ESS 1310: Introduction to Teaching Physical Education
      - ESS 3321: Teach Elem. Child. Physical Activities
      - ESS 3340: Theories and Principles of Coaching
      - ESS 3323: Psychosocial Exercise and Sports Science
      - ESS 4324: Adapted Physical Activities
      - REC 4330: Entrepreneurial Recreation Management
      - ESS 4317: Fitness Assessment & Exercise Prescription
      - ESS 4318: Assessment/Prescription Practicum
      - ESS 4319: Clinical Exercise Physiology
  - ESS/PFW Activity Options
    - Select any two courses from:
      - ESS 1310: Introduction to Teaching Physical Education
      - ESS 3321: Teach Elem. Child. Physical Activities
      - ESS 3340: Theories and Principles of Coaching
      - ESS 3323: Psychosocial Exercise and Sports Science
      - ESS 4324: Adapted Physical Activities
      - REC 4330: Entrepreneurial Recreation Management
      - ESS 4317: Fitness Assessment & Exercise Prescription
      - ESS 4318: Assessment/Prescription Practicum
      - ESS 4319: Clinical Exercise Physiology

#### INTERNSHIP: Exercise and Sports Science
- **1 Hour**
  - ESS 4660: Exercise & Sports Science Internship

#### MINOR: Business Administration
- **18 Hours**
  - ACC 2301: Accounting in Organizations and Society OR
  - ECO 3301: Principles of Economics OR
    - ECO 2314 AND 2315: Prin. of Micro- & Macro-Economics
  - Business Electives
    - Select any four courses from:
      - BLAW 2361: Legal Environment of Business
      - CIS 3317: E-Business
      - FIN 3325: Personal Financial Management
      - MKT 3303: Management of Organizations
      - MKT 3343: Principles of Marketing

#### FOREIGN LANGUAGE PROFICIENCY
- Satisfied two years of same language in High School OR
  - Choose one language to satisfy **1410 AND 1420:**
    - ARAB, ASL, CHI, FR, GER, ITAL, JAPA, LAT, POR, SPAN

#### FOREIGN LANGUAGE PROFICIENCY
- Satisfied two years of same language in High School OR
  - Choose one language to satisfy **1410 AND 1420:**
    - ARAB, ASL, CHI, FR, GER, ITAL, JAPA, LAT, POR, SPAN

#### FOREIGN LANGUAGE PROFICIENCY
- Satisfied two years of same language in High School OR
  - Choose one language to satisfy **1410 AND 1420:**
    - ARAB, ASL, CHI, FR, GER, ITAL, JAPA, LAT, POR, SPAN