**Degree:** Bachelor of Exercise & Sports Science | **Major:** Exercise & Sports Science | **Certification:** EC-12th Physical Education

**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), and
4. (your Academic Advisor).

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

### CORE CURRICULUM
42 Hours

**Communication**
- (010) ENG 1310: College Writing I
- (010) ENG 1320: College Writing II

**Mathematics**
- (020) MATH 1315: College Algebra OR
- (020) MATH 1319: Math for Business & Economics

**Life and Physical Sciences**
- (030) Select two courses from:
  - ANTH, BIO, CHEM, GEO, GEOL, PHYS
- (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**
- Select one course from:
  - (080) ANTH 1312: Cultural Anthropology
  - (080) ECO 2301: Principles of Economics
  - (080) ECO 2314: Principles of Microeconomics
  - (080) GEO 1310: World Geography
  - (080) PFW 1301: Behavioral Physical Fitness and Well.
  - (080) PSY 1300: Introduction to Psychology
  - (080) SOCI 1310: Introduction to Sociology

**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 COURSE
4 Hours
- BIO 2430: Human Physiology & Anatomy

### MAJOR: Exercise and Sports Science
39 Hours
- ESS 1100: Lifetime Fitness and Wellness
- ESS 1179: Beginning Weight Training
- Team Sport (ESS 1172, 1177, 1178; PFW 1130B)
- Individual Sport (ESS 1128, 1176, 1192; PFW 1155G)
- Conditioning (ESS 1175; PFW 1110A/B, 1110F, 1135A/B, 1190B)
- ESS 1310: Introduction to Teaching Physical Education
- AT 2356: Prevention and Care of Athletic Injuries
- ESS 2320: Motor Development
- ESS 3320: Biomechanics
- ESS 3317: Exercise Physiology / ESS 3117: Lab
- ESS 3329: Introduction to Motor Learning

Select one Advance PE Elective Theory from:
- ESS 3321: Teaching Elem. Students Physical Activities
- ESS 3323: Psychosocial Exercise and Sports Science
- ESS 3340: Theory & Principles of Coaching
- ESS 4337: Independent Study

### MINOR / 2ND TEACH FIELD:

<table>
<thead>
<tr>
<th>Minor/Field</th>
<th>Hours</th>
</tr>
</thead>
</table>

### EDUCATOR PREPARATION
21 Hours
- ESS 4323: Adapted Physical Education
- ESS 4624: Principles and Practices of Teaching PE

**Education Core**
- CI 3325: Adolescent Growth and Development
- CI 4332: Secondary Teaching: Curriculum & Technology

**Field-Based Block**
- CI 4343: Instructional Strategies for Secondary Teacher
- CI 4370: Class. Mgmt, Ethics, Legal in Secondary Ed.
- RDG 3323: Teaching Reading in the Content Areas

**Student Teaching**
- EDST 4380: Student Teaching All-Level I
- EDST 4381: Student Teaching All-Level II