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

#### CORE CURRICULUM | 42 Hours

- **Communication**
  - (010) ENGL 1310: College Writing I
  - (010) ENGL 1320: College Writing II
- **Mathematics**
  - (020) MATH 1319: Math for Business & Economics I
- **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 (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)
- **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
  - (090) Select one course from:
    - ENGL 2310: British Literature before 1785
    - ENGL 2320: British Literature after 1785
    - ENGL 2330: World Literature before 1600
    - ENGL 2340: World Literature after 1600
    - ENGL 2359: American Literature before 1865
    - ENGL 2360: American Literature after 1865

#### SUPPORT COURSES | 12 Hours

- BIO 2430: Human Physiology & Anatomy
- H ED 3376: Worksite Health Promotion (not offered in spring)
- Select one course from:
  - NUTR 3362: Nutrition & Health
  - NUTR 3364: The Science of Nutrition and Exercise
  - PSY 3336: Sports Psychology
  - PSY 3350: Behavior Modification and Cognitive Theory (WI)
  - PSY 3361: Health Psychology (WI)
- **Life and Physical Sciences labs**
  - Select two courses from:
    - CHEM 1141, 1142; PHYS 1115, 1125; BIO 1130

#### 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

#### INSTITUTIONAL REQUIREMENT | 1 Hour

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

#### MAJOR: Health and Fitness Management | 41 Hours

A 2.25 Major GPA is required to graduate, which includes all Major and Internship coursework.

- 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, 1130B, 1135B, 1155A/G/H/I, 1160B/C, 1190B/C

#### ESS Electives

- Select any two courses from:
  - ESS 1310: Foundations of Exercise and Sports Science
  - 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 (WI)
  - REC 4330: Entrepreneurial Recreation Management
  - ESS 4317: Fitness Assessment & Exercise Prescription
  - ESS 4318: Assessment/Prescription Practicum
  - ESS 4319: Clinical Exercise Physiology

#### MINOR: Business Administration | 18 Hours

A 2.0 Minor GPA is required to graduate.

- ACC 2301: Accounting in Organizations and Society
- ECO 2301: Principles of Economics

#### Business Electives

- Select any four courses from:
  - BLAW 2361: Legal Environment of Business
  - CIS 3317: E-Business
  - FIN 3325: Personal Financial Management
  - MGT 3303: Management of Organizations
  - MKT 3343: Principles of Marketing

#### INTERNSHIP: Exercise and Sports Science | 6 Hours

A 2.25 Major GPA is required to graduate, which includes all Major and Internship coursework. All coursework must be completed before the internship experience.

- ESS 4660: Exercise & Sports Science Internship (WI)

### Additional Degree 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 FITNESS MANAGEMENT

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). 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>MATH 1315 w/ 'C' or better</td>
<td>PHYS 1315 and 1115 w/ 'C' or better</td>
<td>None</td>
<td></td>
</tr>
</tbody>
</table>

PREREQUISITES
Regardless of catalog year, students are held to current academic policies and course prerequisites, which are subject to change. Updated course prerequisites are listed in the Undergraduate Catalog online at: [http://mycatalog.txstate.edu/](http://mycatalog.txstate.edu/).

ESS 4660: EXERCISE AND SPORTS SCIENCE INTERNSHIP
- A 2.5 Overall GPA, and the completion of all other degree requirements, is required for enrollment in the internship
- Participation in the on-going work of an official and/or voluntary health agency, a health and fitness facility, corporate wellness site, or community agency which focuses on health and fitness is required
- A member of the Health and Human Performance faculty will supervise this unpaid internship
- A minimum of two conferences with faculty will be required
- 400 hours at an approved site must be completed
- This course is Writing Intensive (WI) and will include online assignments throughout the semester as well as a semester-long project
- May be taken in a Fall, Spring, or Summer term and is the only class taken during a student’s final semester of matriculation
- Students must attend an organizational planning meeting at the beginning of the semester prior to enrollment in ESS 4660
- The internship admission and site selection processes will be described at the organizational meeting

IMPORTANT NOTES
- Additional GPA requirements (Overall, Texas State, Minor etc.) may exist for registration and enrollment that varies by course
- The ESS 4660 Exercise and Sports Science 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.)

NOTE:
A grade of ‘C’ or higher in BIO 2430 and an Overall GPA of 2.50+ is required for enrollment in the majority of Major coursework in this degree program.