## CORE CURRICULUM 42 Hours

**Communication**
- (010) ENG 1310: College Writing I 3
- (010) ENG 1320: College Writing II 3

**Mathematics**
- (020) MATH 1315: College Algebra 3
  (Prerequisite: See Undergraduate Catalog)

**Life and Physical Sciences**
- (030) Select two courses from:
  - CHEM 1341, 1342; PHYS 1315, 1325; BIO 1330
  - (Prerequisite: MATH 1315 w/ 'C' or better except BIO; Co-requisite: BIO, CHEM, PHYS Lab; See Support)

**Language, Philosophy, and Culture**
- (040) PHIL 1305: Philosophy & Critical Thinking (WI) OR 3
- PHIL 1320: Ethics & Society (WI)

**Creative Arts**
- (050) Select one course from:
  - ART, DAN, MU, or TH 2313: Intro to Fine Arts 3

**American History**
- (060) RIST 1310: History of United States to 1877 (WI) 3
- (060) HIST 1320: History of United States from 1877 (WI) 3

**Government/Political Science**
- (070) POSI 2310: Principles of American Government * 3
- (070) POSI 2320: Functions of American Government * 3

**Social and Behavioral Sciences**
- (080) 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

**Component Area**
- (090) COMM 1310: Fund of Human Communication ** 3
- (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 3

### INSTITUTIONAL REQUIREMENT 1 Hour

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

### 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) 6
  (Prerequisites: 2.5 Overall GPA; H ED 4640, 4100 both w/ 'C' or better)

## 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 1
- ESS 1179: Beginning Weight Training 1
- AT 2356: Prevention and Care of Athletic Injuries 3
- ESS 3317: The Physiology of Exercise / ESS 3117: Lab * 4
  (Prerequisite: BIO 2430 w/ 'C' or better)
- ESS 3320: Biomechanics * 3
  (Prerequisite: BIO 2430 w/ 'C' or better)
- ESS 3329: Introduction to Motor Learning 3
- ESS 4320: Resistance Training and Conditioning * 3
  (Prerequisite: BIO 2430; ESS 3317/3117; All w/ 'C' or better)
- ESS 4351: Measurement and Evaluation 3
- ESS 4371: Fitness Assessment & Exercise Prescription * 3
  (Prerequisites: BIO 2430; ESS 3317/3117; All w/ 'C' or better)
- ESS 4378: Assessment/Prescription Practicum * 3
  (Prerequisites: BIO 2430; ESS 3317/3117; All w/ 'C' or better)
- ESS 4379: Clinical Exercise Physiology * 3
  (Prerequisites: BIO 2430; ESS 3317/3117; All w/ 'C' or better)

* Requires a 2.5 Overall GPA or better for prerequisites

## 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 3
- H ED 2340: Community Health 3
- (Prereq.: Co-requisite: H ED 1320)
  (Prerequisites: H ED 1320, 2340 both w/ 'C' or better) 3
- H ED 4100: Professional Development in Hlth & Wlns Prom.
  (Prerequisites: H ED 1320, 2340; Co-Requisite: H ED 4640) 1
- H ED 4640: Comm. Health Program Planning & Eval. (WI) 6
  (Prerequisites: H ED 1320, 2340, 4336 all w/ 'C' or better; Senior Classification; Co-Requisite: H ED 4100)

## SUPPORT COURSES 25 Hours

- BIO 2430: Human Physiology & Anatomy 4
- NUTR 3362: Nutrition and Health 3
- ENG 3303: Technical Writing (WI) 3

**ESS/PFW Activity Options**
- Select any three courses from:
  - ESS 1172, 1175, 1176, 1178, 1179
  - PFW 1110A/B/E/F/G, 1130B, 1135B, 1155A/G/H/I,
  - PFW 1160B/C, 1190B/C

**Clinical Electives**
- Select any two courses from:
  - AT 3358, ESS 1310, 4324, HED 3348,
    (Prerequisite for AT 3358: BIO 2430)
  - HIM 2360, or NUTR 3364

**Life and Physical Sciences labs**
- Select two courses from:
  - CHEM 1141, 1142; PHYS 1115, 1125; BIO 1130

**Additional Life and Physical Sciences**
- Select one course/lab pairing from:
  - CHEM 1314/1141 or 1342/1142
  - PHYS 1315/1115 or BIO 1325/1125
  - BIO 1330/1130

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

---

**Program Notes**

- 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

---

12/10/14 DHG
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. Additional admission requirements for graduate-level programs may be required and vary by institution/program.

LIFE AND PHYSICAL SCIENCES LECTURE/LAB PAIRINGS
Students are required to complete two of the designated lectures in the ‘CORE CURRICULUM’ (6 hours) while simultaneously enrolling in specific co-requisite labs (2 hours), and a third additional pairing (4 hours) 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>

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 two semesters 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

IMPORTANT NOTES
- An Overall GPA of 2.0 is required prior to registration for and enrollment in the advanced Business Administration electives
- The H ED 4660 Internship must be completed at an approved site. Transportation and/or financial challenges are not justification for this 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