Degree: Bachelor of Exercise and Sports Science (BESS)
Major: Exercise and Sports Science (ESS)
Certification: All-Level Physical Education (ALPE)

Minor or Second Teaching Field: Please Refer to the Undergraduate Catalog for a List of Available Minors*

### Core Curriculum Requirements 46 Hours

**Communication**

- (010) ENG 1310: College Writing I * 3
- (010) ENG 1320: College Writing II * 3
- (011) COMM 1310: Fundamentals of Human Comm ** 3

**Mathematics**

- (020) MATH 1315: College Algebra * OR MATH 1319: Math for Business and Economics I 3

**Natural Science**

- (030) ANTH/BIO/Chem/GEO/GEOL/PHYS 7-8
- (030) ANTH/BIO/Chem/GEO/GEOL/PHYS 7-8

**Humanities & Visual and Performing Arts**

- (040) Select one course from:
  - ENG 2310: British Literature before 1785 3
  - ENG 2320: British Literature after 1785 3
  - ENG 2330: World Literature before 1600 3
  - ENG 2340: World Literature after 1600 3
  - ENG 2359: American Literature before 1865 3
  - ENG 2360: American Literature after 1865 3
- (041) PHIL 1305: Phil. & Critical Thinking (WI) * OR PHIL 1320: Ethics & Society (WI) * 3
- (050) Select one course from:
  - ART, DAN, MU, or TH 2313: Intro to Fine Arts 3

**Social & Behavioral Sciences**

- (060) HIST 1310: History of United States to 1877 (WI) * 3
- (060) HIST 1320: History of United States after 1877 (WI) * 3
- (070) POSI 2310: Principles of American Government * 3
- (070) POSI 2320: Functions of American Government * 3

- (080) Select one course from:
  - ANTH 1312: Cultural Anthropology 3
  - ECO 2301: Principles of Economics 3
  - ECO 2314: Principles of Microeconomics 3
  - GEO 1310: World Geography 3
  - PSY 1300: Introduction to Psychology 3
  - SOCI 1310: Introduction to Sociology 3

**Texas State Component**

- (090) US 1100: University Seminar 1
- (090) PFW Activity 1
- (090) PFW Activity 1

*These core courses must be completed with a grade of 'C' or better

**This core course must be completed with a grade of 'B' or better to demonstrate competency in oral communication

### Minor or Second Teaching Field 18-24 Hours

Refer to Second Teaching Field/Recommended Minor handbook for a list of available Second Teaching Fields and recommended Minors. Refer to your degree audit for required coursework. All courses in a Second Teaching Field must be completed with a grade of 'C' or better. A 2.5 GPA is required in a Second Teaching Field. A 2.0 GPA is required in a Minor. Refer to the Undergraduate Catalog for additional Minor options.

### Exercise & Sports Science Major Requirements 39 Hours

- Pedagogy & Professional Responsibility (PPR)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>AT 2356</td>
<td>Prevention and Care of Athletic Injuries</td>
</tr>
<tr>
<td>ESS 1310</td>
<td>Foundations of Exercise and Sports Science</td>
</tr>
<tr>
<td>ESS 2320</td>
<td>Motor Development</td>
</tr>
<tr>
<td>ESS 3317</td>
<td>Exercise Physiology / ESS 3117: Lab (Prerequisite: BIO 2430)</td>
</tr>
<tr>
<td>ESS 3320</td>
<td>Biomechanics (Prerequisite: BIO 2430)</td>
</tr>
<tr>
<td>ESS 3325</td>
<td>Applied Assessment of Physical Activity (Prerequisites: ESS 1310, ESS 2320)</td>
</tr>
<tr>
<td>ESS 3329</td>
<td>Introduction to Motor Learning (Recommended Prerequisite: ESS 1310)</td>
</tr>
<tr>
<td>ESS 4323</td>
<td>Adapted Physical Education (WI) (Prerequisites: ESS 1310, ESS 2320; 2.75 Overall GPA)</td>
</tr>
<tr>
<td>ESS 4624</td>
<td>Principles and Practices of Teaching PE (Prerequisites: ESS 1310, ESS 2320, ESS 3325; 2.75 Overall GPA)</td>
</tr>
</tbody>
</table>

- Select one course from:
  - ESS 3321: Physical Activities for Elementary Students
  - ESS 3323: Psychosocial Exercise and Sports Science (Prerequisite: ESS 1310)
  - ESS 3340: Theory & Principles of Coaching
  - ESS 4337: Independent Study (Prerequisites: Special Approval; 3.0 Texas State GPA)
  - ESS 1100: Lifetime Fitness and Wellness 1
  - Individual Sport (see reverse side for options) 1
  - Conditioning Activity (see reverse side for options) 1
  - ESS 1179: Beginning Weight Training 1

*You must apply and be admitted to the Teacher Preparation Program before you can enroll in the education course sequence indicated below. Please see the reverse side for more information.

### Education Core

**Prerequisite: Junior classification: 2.75 Overall GPA**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>CI 3325</td>
<td>Adolescent Growth and Development</td>
</tr>
<tr>
<td>CI 4332</td>
<td>Secondary Teaching: Curriculum &amp; Technology</td>
</tr>
</tbody>
</table>

### Field-Based Block

**Prerequisites: Education Core**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>CI 4343</td>
<td>Instructional Strategies for Secondary Teacher</td>
</tr>
<tr>
<td>CI 4370</td>
<td>Classroom Mgmt, Ethics, Legal in Secondary Ed</td>
</tr>
<tr>
<td>RDG 3323</td>
<td>Teaching Reading in the Content Areas</td>
</tr>
</tbody>
</table>

### Student Teaching

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>EDST 4380</td>
<td>Student Teaching All-Level I EC-6/4-8</td>
</tr>
<tr>
<td>EDST 4381</td>
<td>Student Teaching All-Level II 8-12</td>
</tr>
</tbody>
</table>

*Any minor except Exercise and Sports Science may be selected.

- Please refer to your degree audit for additional graduation requirements.

### Total Hours

- A 2.75 Overall GPA must be maintained in order to both enroll in the teacher preparation course sequence and graduate.
- 9 hours of designated Writing Intensive (WI) coursework must be completed in residence at Texas State.
- If two years of the same foreign language were not completed in high school, students must complete 6-8 hours of the same foreign language at the college level to satisfy foreign language proficiency requirements.
- A maximum of 66 approved hours from an accredited two-year college may be applied towards degree requirements, not including hours transferred to satisfy foreign language proficiency.

Total: 128 Hours Minimum

11/21/13 DHC20
ADMITTANCE TO THE TEACHER PREPARATION PROGRAM
Students seeking teacher certification must attend a Teacher Education Admittance Orientation at least one long semester prior to applying to the Teacher Preparation Program. TEAO sessions may occur at New Student Orientation or at other scheduled dates as indicated on the Office of Educator Preparation website: www.education.txstate.edu/oep.

TEACHER PREPARATION COURSE SEQUENCE
There is a specific course sequence for the Teacher Preparation courses. Blocked courses are two or more courses with an integrated curriculum. Other courses can be taken while completing the Education Core (Sequence One) and the Field-Based Block (Sequence Two). All coursework must be completed prior to the Student Teaching semester (Sequence Three).

SEQUENCE ONE: Education Core - CI 3325, CI 4332
These courses prepare students for Student Teaching through instruction and assignments, such as planning learning activities within the classroom and learning about human cognitive development. The Education Core courses must be completed with a grade of 'C' or better and should be taken the semester prior to the Field-Based Block. Additional courses may be completed at this time.

Apply for a Field-Based Block placement prior to registration for the upcoming semester. Refer to the Department of Curriculum and Instruction website at www.education.txstate.edu/ci for more information.

SEQUENCE TWO: High School Field-Based Block - CI 4343, CI 4370, RDG 3323
The Field-Based Block provides students the opportunity for hands-on experience at an area public high school prior to Student Teaching. The Field-Based Block courses must be taken together as a group and are only available during the long (fall and spring) semesters. Courses in the Field-Based Block must be completed with a grade of 'C' or better and should be taken the semester prior to Student Teaching. Additional courses may be completed at this time.

Attend Student Teacher Roundup at the beginning of the semester prior to the Student Teaching semester. For dates and locations refer to the Office of Educator Preparation website at www.education.txstate.edu/oep. This meeting is MANDATORY and begins the Student Teaching Application process.

Take Required Practice Tests for the TExES (Texas Examination of Educator Standards) at the beginning of the semester prior to Student Teaching. Refer to the Office of Educator Preparation (www.education.txstate.edu/oep) for additional information.

Take Required TExES (Content Area and Pedagogy & Professional Responsibility) during the semester prior to Student Teaching. Practice tests must be completed before students will be given approval to register for the TExES/ExCET (official exam). Refer to the Office of Educator Preparation (www.education.txstate.edu/oep) for more information. For more information, including links to study materials and a schedule of TExES administrations, please visit the TEXES website at www.texas.ets.org

SEQUENCE THREE: Student Teaching - EDST 4380, 4381
Required culminating experience of the Teacher Preparation Program. This is a one semester, six-hour, unpaid, full-time experience (Monday-Friday) in a local public school classroom. Students will integrate and apply knowledge from their entire program while teaching in collaboration with experienced teachers in the public schools with University guidance and supervision. Student Teaching can only be completed during a long semester (fall or spring) after all coursework for the degree has been completed. No other coursework should be needed for graduation. No other courses should be taken with Student Teaching.

Clear Tentatives with the Office of Educator Preparation by the stated deadline or you will be dropped from Student Teaching. The Student Teaching Tentatives Packet lists all requirements pending completion (coursework, specific grades, GPA) before Student Teaching may be approved.

Attend a Mandatory Student Teacher Roundup at the beginning of the semester. Expectations, policies, and procedures for Student Teaching will be discussed. Students will also receive their final placements and meet their University supervisors.

Apply for Graduation online at the beginning of the semester. Please refer to the Academic Calendar for the graduation application deadline.

Upon completion of ALL degree and certification requirements (Student Teaching, graduation, and passing scores on required TExES), you must apply online with the Texas Education Agency (TEA) for issuance of your teaching certificate. The Office of Educator Preparation will make a recommendation to the state for issuance of your teaching certificate. You will receive an email from TEA confirming the recommendation, which may serve as verification of completion of all certification requirements for job applications and interviews. Your teaching certificate will be accessible online through TEA.

ESS/PFW Activity coursework within Major

<table>
<thead>
<tr>
<th>Team Sports (1 credit-hour), select one:</th>
<th>Individual Sports (1 credit-hour), select one:</th>
<th>Conditioning Activity (1 credit-hour), select one:</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESS 1172 Beginning Field Sports</td>
<td>ESS 1177 Beginning Track and Field</td>
<td>ESS 1175 Beginning Jogging/Conditioning</td>
</tr>
<tr>
<td>ESS 1128 Aquatic Therapy</td>
<td>ESS 1176 Beginning Racquet Sports</td>
<td>PFW 1110F Basic Fitness Activities</td>
</tr>
<tr>
<td>PFW 1109B Beginning Swimming</td>
<td></td>
<td>PFW 1110B Intermediate Aerobics</td>
</tr>
</tbody>
</table>

 Students are ultimately responsible for knowing and fulfilling all University, College, Major, and Certification requirements. Failure to meet requirements and stated deadlines may delay graduation. Students who, at any time, are confused about academic requirements for their progress toward a degree are encouraged and expected to meet with an academic advisor, adhering to the posted advising schedules and procedures.

This worksheet is intended as a quick and easy guide for your degree/certification but does not substitute for your official degree plan. It is important that you meet with an advisor and refer to all information given to you throughout the course of your tenure at Texas State. Students are also encouraged to refer to the Undergraduate Texas State Catalog for additional information and semester academic calendars for important dates and deadlines. Refer to the Registrar’s Office (www.registrar.txstate.edu) for more information. The College of Education website (http://www.education.txstate.edu), the Department of Health and Human Performance website (http://www.hhp.txstate.edu), and the College of Education Undergraduate Advising Center website (www.education.txstate.edu/advising) may provide answers to most questions students have about major and certification requirements.