MAJOR: Exercise and Sports Science  

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

- ESS 1100: Lifetime Fitness and Wellness
- ESS 1179: Beginning Weight 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 and Conditioning
- ESS 4351: Measurement and Evaluation
- ESS 4317: Fitness Assessment & Exercise Prescription
- ESS 4318: Assessment/Prescription Practicum
- ESS 4319: Clinical Exercise Physiology

CONCENTRATION: Health and Wellness Promotion for Clinical Populations  

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
- H ED 2340: Community Health
- H ED 4100: Professional Development in Hlth & Wins Prom.
- H ED 4640: Comm. Health Program Planning & Eval. (WI)

SUPPORT COURSES  

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

ESS/PFW Activity Options

Select any three courses from:
- ESS 1172, 1175, 1176, 1178,
- PFW 1110/1120, 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,
- 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 additional lecture/lab pairing from:
- CHEM 1341/1141 or 1342/1142
- PHYS 1315/1115 or PHYS 1325/1125
- BIO 1330/1130

INSTITUTIONAL REQUIREMENT  

1 Hour

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

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)

See Reverse for Natural Science/Lab Pairings and Additional Program Information
HEALTH AND WELLNESS FOR CLINICAL POPULATIONS

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), and a third additional pairing (4 hour) 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>

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/).

H ED 4660: INTERNSHIP IN HEALTH AND WELLNESS PROMOTION
- Students are required to take both H ED 4100 and H ED 4640 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 semesters, and is the only class taken during this semester
- All other required coursework must be completed prior to the semester of your internship
- Transportation and/or financial challenges are not justification for the internship requirement to be waived

IMPORTANT NOTES
- Additional GPA requirements (Overall, Texas State, etc.) may exist for registration and enrollment that varies by course
- Many ESS courses have limited enrollments and are offered on a rotational basis (Fall only or Spring only, etc.)

Students are responsible for knowing and fulfilling all University, College, Major, and Certification requirements and should refer to the Texas State Undergraduate Catalog for additional information. Students are also encouraged to consult with Academic Advisors to ensure thorough understanding of all degree and graduation requirements.

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05/18/16 JK