The degree requirements below are outlined in the 2021 Undergraduate Catalog and will remain valid through summer 2028.

### INSTITUTIONAL REQUIREMENTS
1-9 Hours
- US 1100: University Seminar (1-Hr Open Elective if Exempt)
- Foreign Language Proficiency (see catalog)

### PROGRAM-SPECIFIC CORE
3 Hours
- Mathematics (020)
- MATH 1315: College Algebra

### GENERAL EDUCATION CORE
39 Hours
- **Communication (010)** – select two from:
  - ENG 1310: College Writing I
  - ENG 1320: College Writing II
  - ENG 1321: Writing for Sustainable Change
- **Life and Physical Sciences (030)** – select two from:
  - ANTH, BIO, CHEM, GEO, GEOL, PHYS
  - See Degree Audit for exact options
- **Language, Philosophy, and Culture (040)** – select one from:
  - PHIL 1305: Philosophy & Critical Thinking OR PHIL 1320: Ethics & Society
  - 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
  - ENG 2371: U.S. Literature: Writing Identities
- **Creative Arts (050)** - select one from:
  - ART, DAN, MU, or TH 2313: Introduction to Fine Arts
- **American History (060)** – select two from:
  - 1st course:
    - HIST 1310: History of United States to 1877
    - HIST 2327: History of Mexican America to 1865
    - HIST 2381: African American History to 1877
  - 2nd course:
    - HIST 1320: History of United States from 1877
    - HIST 2328: History of Mexican America from 1865
    - HIST 2382: African American History from 1877
- **Government/Political Science (070)** – select two from:
  - POSI 2310: Principles of American Government
  - POSI 2320: Functions of American Government
- **Social and Behavioral Sciences (080)** – select one from:
  - ANTH 1312: Cultural Anthropology
  - CA 2351: Behavioral & Personal Financial Management
  - ECO 2311: Principles of Economics
  - ECO 2314: Principles of Microeconomics
  - GEO 1310: World Geography
  - PFW 1301: Behavioral Physical Fitness and Well.
  - PSY 1300: Introduction to Psychology
  - SOCI 1310: Introduction to Sociology
- **Component Area (090):**
  - COMM 1310: Fundamentals of Human Communication
- **English Literature – select one 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
  - ENG 2371: U.S. Literature: Writing Identities

### MAJOR
34 Hours
- **ESS Activity Courses and Practicum** – select one from:
  - **ESS 1173A Individual Sport Practicum**
    - Team Sport (ESS 1172 or 1178)
    - Conditioning (ESS 1175; PFW 1110A/B/F, 1135B, 1190B)
  - **ESS 1173B Team Sport Practicum**
    - Individual Sport (ESS 1128 or 1176)
    - Conditioning (ESS 1175; PFW 1110A/B/F, 1135B, 1190B)
  - **ESS 1173C Conditioning Practicum**
    - Individual Sport (ESS 1128 or 1176)
    - Team Sport (ESS 1172 or 1178)
  - **ESS 11100: Lifetime Fitness and Wellness**
  - **ESS 1179: Beginning Weight Training**
  - **ESS 1310: Introduction to Teaching Physical Education**
  - **ESS 2321: Curriculum Design & Implement in Physical Act. Settings**
  - **ESS 2320: Motor Development**
  - **ESS 3180: CPR, First Aid, and Basic Life Support**
  - **ESS 3320: Biomechanics**
  - **ESS 3325: Applied Assessment of Physical Activity**
  - **ESS 3317: Exercise Physiology / ESS 3117: Lab**
  - **ESS 3329: Introduction to Motor Learning**
  - **ESS 4323: Adapted Physical Education**
- **Advanced PE Elective Theory** – select one 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

### SUPPORT
4 Hours
- **BIO 2430: Human Physiology & Anatomy**

### MINOR (1): EDUCATION
21 Hours
- **Education Core**
  - ESS 4624: Principles and Practices of Teaching PE
- **Field-Based Block**
  - CI 4372: Teaching in Communities
  - CI 4370: Building Relationships in the Secondary Classroom
  - RDG 3323: Teaching Literacies in the Content Areas
- **Clinical Teaching**
  - EDST 4380: Student Teaching All-Level I
  - EDST 4381: Student Teaching All-Level II

### MINOR (2) : Chosen from catalog
18+ Hours
- **Certificates**

|This degree program also requires a 2.0 Texas State GPA, 2.75 Overall GPA, 2.25 Major GPA, and 2.0 Minor GPA to graduate.|

|College of Education Advising Center|

|Last Revised: 02.02.22|
The sequencing below reflects course prerequisites that are subject to change each academic year.
For use in planning Fall 2022, Spring 2023, and Summer 2023 semesters.

**PRIORITY DUE TO SEQUENCING**

Prioritize these courses in your schedule each semester

**ADDITIONAL REQUIRED COURSES**

Use these courses to fill remaining space in your schedule each semester

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### Core Curriculum

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### Major

- ESS 1100*
- ESS 1179*
- ESS 2321*
- ESS 3180* first offered Spring 2023
- ESS 3329*

- Select one Advanced PE Elective from*:
  - ESS 3321, ESS 3323, ESS 3340, or ESS 4337

### Minor 2

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### ESS Activity Courses and Practicum – select one from*:

- ESS 1173A Individual Sport Practicum first offered Spring 2023
  Team Sport (ESS 1172 or 1178) Conditioning (ESS 1175; PFW 1110A/B/F, 1135B, 1190B)

- ESS 1173B Team Sport Practicum first offered Spring 2023
  Individual Sport (ESS 1128 or 1176) Conditioning (ESS 1175; PFW 1110A/B/F, 1135B, 1190B)

- ESS 1173C Conditioning Practicum first offered Spring 2023
  Individual Sport (ESS 1128 or 1176) Team Sport (ESS 1172 or 1178)

- Requires a 2.0 Texas State GPA, 2.75 Overall GPA, 2.25 Major GPA, and a 2.0 Minor GPA to graduate.

US 1100 Foreign Language Proficiency