The degree requirements below are outlined in the 2022 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
9 Hours
- **Mathematics (020)** – select one from:
  - MATH 1319: Math for Business & Economics
  - MATH 1315: College Algebra
- **Life and Physical Sciences (030)** – select two from:
  - CHEM 1341, 1342; PHYS 1315, 1325; BIO 1330

### GENERAL EDUCATION CORE
33 Hours
- **Communication (010)** – select two from:
  - ENG 1310: College Writing I
  - ENG 1320: College Writing II
  - ENG 1321: Writing for Sustainable Change
- **Language, Philosophy, and Culture (040)** – select one from:
  - PHIL 1305: Philosophy & Critical Thinking
  - 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 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 2301: 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
31 Hours
- ESS 1100: Lifetime Fitness and Wellness
- ESS 1101: Seminar in Exercise and Sport Science
- ESS 1179: Beginning Weight Training
- AT 2356: Prevention and Care of Athletic Injuries
- ESS 3317: Exercise Physiology / ESS 3117: Lab
- ESS 3319: Introduction To Cardiopulmonary Exercise Physiology
- ESS 3320: Biomechanics
- ESS 3329: Motor Learning
- ESS 4320: Resistance Training & Conditioning
- ESS 4351: Measurement and Evaluation in ESS
- ESS 4321: Asmnt/Prescription Practicum for Clinical Exercise Science
- ESS 4319: Fitness Asmnt/Programming for Clinical Exercise Science

### CONCENTRATION
16 Hours
- PH 1320: Introduction to Public Health
- PH 2340: Community Health
- PH 4336: Health Behavior Theory
- ESS 4101: Professional Development in Clinical Exercise Science

### INTERNSHIP: Exercise and Sports Science
- ESS 4661: Internship in Clinical Exercise Science

### SUPPORT
30 Hours
- BIO 2430: Human Physiology & Anatomy
- NUTR 2360: Nutrition Science
- NUTR 3362: Nutrition and Health
- ENG 3303: Technical Writing
- AT 3358: Clinical Pathopharmacology
- ESS/PFW Activity Options - select two from:
  - ESS 4324, ESS 4333, PH 3348, HIM 2360
  - NUTR 3364, PSY 3336
- Additional Life & Physical Science – select one additional pair from:
  - CHEM 1341/1141, CHEM 1342/1142, PHYS 1315/1115, PHYS 1325/1125, BIO 1330/1130

This degree program also requires a 2.0 Texas State GPA, 2.25 Major GPA, and 2.0 Minor GPA (if declared) to graduate.
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**
- 010
- 010
- 040
- 050
- 060
- 060
- 070
- 070
- 080
- 090A
- 090B

**Major**
- ESS 1100
- ESS 1179
- AT 2356
- ESS 3329
- ESS 4351

**Support**
- Select one from:
  - NUTR 2360
  - NUTR 3362
  - ENG 3303
- Select two courses from:
  - ESS 1172, 1175, 1176, 1178;
  - PFW 1110A/B/E/F/G, PFW 1130B, 1135B, 1155A/G/H/I, PFW 1160B/C, 1190B/C
- Select three courses from:
  - ESS 4324, ESS 4333, PH 3348,
  - HIM 2360, NUTR 3364, PSY 3336

**GPA restricted (2.0 Overall) | * requires grade of ‘C’ or better**

This degree program also requires a 2.0 Texas State GPA, 2.25 Major GPA, and 2.0 Minor GPA (if declared) to graduate.