College of Education Undergraduate Advising

Catalog: 2018 (Effective Fall 2018)
Total: 120 Credits

Degree: Bachelor of Exercise & Sports Science | Major: Exercise & Sports Science | Concentration: Clinical Exercise Science

NOTE: It is your responsibility as a student to know the requirements of your degree program and to take the courses required for graduation. For guidance about course sequencing, application processes, GPA, and other graduation requirements, see the following: (1) Undergraduate Catalog, (2) Degree Audit, (3) Degree Planning tab of www.education.txstate.edu/advising, and (4) your Academic Advisor.

INSTITUTIONAL REQUIREMENT  1 Hour
______ US 1100: University Seminar (1-Hr Open Elective if Exempt)

FOREIGN LANGUAGE PROFICIENCY
______ Satisfied two years of same language in High School OR
□ Choose one language to satisfy 1410 AND 1420:
□ ARAB, ASL, CHI, FR, GER, ITAL, JAPA, LAT, POR, SPAN

CORE CURRICULUM  42 Hours

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

Mathematics
(020) MATH 1319: Math for Business & Economics I OR
(020) MATH 1315: College Algebra

Life and Physical Sciences
(030) Select two courses from:
CHEM 1341, 1342; PHYS 1315, 1325; BIO 1330

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

Creative Arts
Select one course from:
(050) ART, DAN, MU, or TH 2313: Into to Fine Arts

American History
(060) HIST 1310: History of United States to 1877
(060) HIST 1320: History of United States from 1877

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

Social and Behavioral Sciences
Select one course from:
(080) ANTH 1312: Cultural Anthropology
(080) ECO 2301: Principles of Economics
(080) GEO 2314: Principles of Microeconomics
(080) GEO 1310: World Geography
(080) PFW 1301: Behavioral Physical Fitness and Well.
(080) PSY 1300: Introduction to Psychology
(080) SOCI 1310: Introduction to Sociology

Component Area
(090) COMM 1310: Fund. of Human Communication
Select one course from:
(090) ENG 2310: British Literature before 1785
(090) ENG 2320: British Literature after 1785
(090) ENG 2330: World Literature before 1800
(090) ENG 2340: World Literature after 1800
(090) ENG 2359: American Literature before 1865
(090) ENG 2360: American Literature after 1865

MAJOR: Exercise and Sports Science  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: Intro. To Cardiopulmonary Ex. 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 Ex Sci
______ ESS 4319: Fitness Asmnt/Programming for Clinical Ex Sci

CONCENTRATION: Clinical Exercise Science  15 Hours

______ H ED 1320: Intro to Health & Wellness Promotion
______ H ED 2340: Community Health
______ H ED 4336: Theoretical Found. of Hlth & Wins Promotion.

INTERNSHIP: Exercise and Sports Science
______ ESS 4661: Internship in Clinical Exercise Science

SUPPORT COURSES  31 Hours

______ BIO 2430: Human Physiology & Anatomy
______ NUTR 3362: Nutrition and Health
______ ENG 3303: Technical Writing
______ AT 3358: Clinical Pathopharmacology

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

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

Clinical Electives
Select any three courses from:
□ ESS 4324, ESS 4333, H ED 3348, HIM 2360,
□ NUTR 3364, PSY 3336

Additional Life and Physical Sciences
Select one additional lecture/lab pairing from:
CHEM 1341/1141 OR CHEM 1342/1142 OR
PHYS 1315/1115 OR PHYS 1325/1125 OR
BIO 1330/1130