### Degree: Bachelor of Exercise & Sports Science | Major: Exercise & Sports Science | Concentration: Health & Wellness Promotion for Clinical Populations

**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](http://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**
  - [ENG 1310: College Writing I](#)
  - [ENG 1320: College Writing II](#)

- **Mathematics**
  - [MATH 1315: College Algebra](#)

- **Life and Physical Sciences**
  - [Select two courses from:](#) CHEM 1341, 1342; PHYS 1315, 1325; BIO 1330

- **Language, Philosophy, and Culture**
  - [PHIL 1305: Philosophy & Critical Thinking](#) OR [PHIL 1320: Ethics & Society](#)

- **Creative Arts**
  - [Select one course from:](#) ART, DAN, MU, or TH 2313: Intro to Fine Arts

- **American History**
  - [HIST 1310: History of United States to 1877](#)
  - [HIST 1320: History of United States from 1877](#)

- **Government/Political Science**
  - [POSI 2310: Principles of American Government](#)
  - [POSI 2320: Functions of American Government](#)

- **Social and Behavioral Sciences**
  - [ANTH 1312: Cultural Anthropology](#)
  - [ECO 2301: Principles of Economics](#)
  - [ECO 2314: Principles of Microeconomics](#)
  - [GEO 1310: World Geography](#)
  - [PFW 1301: Behavioral Physical Fitness and Wellness](#)
  - [PSY 1300: Introduction to Psychology](#)
  - [SOC 1310: Introduction to Sociology](#)

- **Component Area**
  - [COMM 1310: Fund. of Human Communication](#)

- **Support Courses**
  - [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](#)

#### MAJOR: Exercise and Sports Science
- **30 Hours**

- [ESS 1100: Lifetime Fitness and Wellness](#)
- [ESS 1179: Beginning Weight Training](#)
- [AT 2356: Prevention and Care of Athletic Injuries](#)
- [ESS 3117: The Physiology of Exercise / ESS 3117: Lab](#)
- [ESS 3320: Biomechanics](#)
- [ESS 3329: Introduction to Motor Learning](#)
- [ESS 4320: Resistance Training & 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
- **22 Hours**

- [HED 1320: Intro to Health & Wellness Promotion](#)
- [HED 2340: Community Health](#)
- [HED 4336: Theoretical Foun. of Hlth & Wlns Promotion.](#)
- [HED 4100: Professional Dvlp. in Hlth & Wlns Promotion.](#)
- [HED 4640: Comm. Health Program Plan. & Eval.](#)
- [HED or ESS 4660: Internship in HWP or ESS](#)

#### SUPPORT COURSES
- **25 Hours**

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

**ESS/PFW Activity Options**
- Select any three courses from:
  - [ESS 1310](#)
  - [ESS 4324](#)
  - [HED 3348](#)
  - [HIM 2360](#)
  - [NUTR 3364](#)

**Clinical Electives**
- Select any two courses from:
  - [AT 3358 OR ESS 1310 OR ESS 4324](#)
  - [HED 3348 OR HIM 2360 OR NUTR 3364](#)

**Life and Physical Sciences labs**
- Select two courses from:
  - [CHEM 1341/1141 OR CHEM 1342/1142 OR PHYS 1315/1115 OR PHYS 1325/1125 OR BIO 1330/1130](#)

**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](#)