BACHELOR OF EXERCISE AND SPORTS SCIENCE (B.E.S.S.)
MAJOR IN EXERCISE AND SPORTS SCIENCE
(CLINICAL EXERCISE SCIENCE CONCENTRATION)

Minimum required: 120 semester credit hours

General Requirements
1. The Bachelor of Exercise and Sports Science (B.E.S.S.) degree with a major in Exercise and Sports Science program is designed to prepare graduates for study towards a master's degree in Exercise Physiology, Biomechanics, or a similar field of study. Completion of this degree does not guarantee admission to a graduate program.

2. This degree program can lead to careers in cardiopulmonary, clinical exercise, and diagnostic testing and programming for cardiac rehabilitation and other special populations. Additional requirements may be necessary to enter these fields.

3. Students entering Texas State with fewer than 16 hours completed after high school graduation will be required to take US 1100. All others will be exempt from taking this course but will be required to earn an additional free elective, if needed, to reach the 120 minimum total hour requirement for the awarding of a degree.

4. The general education core curriculum courses are listed in the degree plan below along with the statewide component code number. See the mycatalog.txstate.edu/undergraduate/general-education-core-curriculum/ section of this catalog for the Texas State requirements and options in the core curriculum, including Honors courses.

Course Requirements

<table>
<thead>
<tr>
<th>First Semester Hours</th>
<th>Second Semester Hours</th>
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<tbody>
<tr>
<td>ENGL 1310 (Communication Component Code 010 [TCCN ENGL 1301])</td>
<td>3</td>
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<tr>
<td>ENGL 1320 (Communication Component Code 010 [TCCN ENGL 1302])</td>
<td>3</td>
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<tr>
<td>PHYS 1315 (Mathematics Component Code 020 [TCCN MATH 1314])</td>
<td>3</td>
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<tr>
<td>BIOL 1330 (Component Area Option Code 090/091 [TCCN SPCH 1311])</td>
<td>3</td>
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<tr>
<td>COMM 1310 (Component Area Option Code 090/091 [TCCN SPCH 1311])</td>
<td>3</td>
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<tr>
<td>US 1100</td>
<td>1</td>
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Total Hours: 120

1. While not recommended, previously completed courses in some areas can be substituted for the following degree requirements:
   - Any course approved for 020 General Education Core Curriculum, except MATH 1316, can satisfy the MATH 1315 requirement.
   - BIO 2451 and BIO 2452 can be used together to satisfy the BIO 2430 requirement.
   - NUTR 2360 can satisfy the NUTR 3362 requirement.

2. A 2.5 Overall GPA is required to enroll in this internship. All other coursework must be completed prior to the internship.

3. Life and Physical Sciences courses must be chosen from: BIO 1330, BIO 1130, CHEM 1314, CHEM 1141, CHEM 1342, CHEM 1142, PHYS 1315, PHYS 1115, PHYS 1325, and PHYS 1125. Students must take 12 hours (i.e. three courses and three corresponding labs).

Clinical Elective courses must be chosen from: ESS 4333, ESS 4324, HIM 2360, and NUTR 3364, PH 3348.