

# 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 General Education Core Curriculum (<http://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

Freshman	Hours
AT 2356	3
MATH 1315 (Mathematics Component Code 020) <sup>1</sup>	3
BIO 2430 <sup>1</sup>	4
COMM 1310 (Component Area OptionCode 090/091)	3
ENG 1310 (Communication Component Code 010)	3
ENG 1320 (Communication Component Code 010)	3
ESS 1100	1
ESS 1101	1
ESS/PFW Major Activity <sup>4</sup>	1
ESS/PFW Major Activity <sup>4</sup>	1
H ED 1320	3

POSI 2310 (Government/Political Science Component Code 070)	3
POSI 2320 (Government/Political Science Component Code 070)	3
US 1100	1

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Sophomore	Hours
ART 2313, DAN 2313, MU 2313, or TH 2313 (Creative Arts Component Code 050)	3
ENG Literature (Component Area Option Code 090/094)	3
ESS 1179	1
H ED 2340	3
HIST 1310 (American History Component Code 060)	3
HIST 1320 (American History Component Code 060)	3
Life & Physical Sciences Component Code 030 <sup>3</sup>	4
Life & Physical Sciences Component Code 030 <sup>3</sup>	4
NUTR 3362 <sup>1</sup>	3
PHIL 1305 or 1320 (Language, Philosophy & Culture Component Code 040)	3
Social & Behavioral Sciences Component Code 080	3

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Junior	Hours
Clinical Elective <sup>5</sup>	3
AT 3358	3
ENG 3303	3
ESS 3317	3
ESS 3117	1
ESS 3320	3
ESS 3329	3
ESS 4320	3
ESS 4351	3
H ED 4336	3
Life and Physical Sciences <sup>3</sup>	4
ESS/PFW Major Activity	1

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Senior	Hours
ESS 3319	3
ESS 4321	3
ESS 4319	3
ESS 4661	6
Clinical Elective Choose 2 <sup>5</sup>	6

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Total Hours: 120

2 *Bachelor of Exercise and Sports Science (B.E.S.S.) Major in Exercise and Sports Science (Clinical Exercise Science Concentration)*

<sup>1</sup> While not recommended, previously completed courses in some areas can be substituted for the following degree requirements:

- MATH 1319 or MATH 2417 or MATH 2471 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.

<sup>2</sup> Students must complete H ED 4660 or ESS 4660. A 2.5 Overall GPA is required to enroll in this internship. All other coursework must be completed prior to the internship.

<sup>3</sup> Life and Physical Sciences courses must be chosen from: BIO 1330, BIO 1130, CHEM 1341, 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).

<sup>4</sup> ESS/PFW Major Activity courses must be chosen from: ESS 1172, ESS 1175, ESS 1176, ESS 1178, PFW 1110A, PFW 1110B, PFW 1110E, PFW 1110F, PFW 1110G, PFW 1130B, PFW 1135B, PFW 1155A, PFW 1155G, PFW 1155H, PFW 1155I, PFW 1160B, PFW 1160C, PFW 1190B, and PFW 1190C.

<sup>5</sup> Clinical Elective courses must be chosen from: ESS 4333, ESS 4324, H ED 3348, HIM 2360, and NUTR 3364, PSY 3336