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**
12 Hours
- Mathematics (020)
  - MATH 1315: College Algebra
- Life and Physical Sciences (030)
  - CHEM 1341: General Chemistry I
  - CHEM 1342: General Chemistry II
- Social and Behavioral Sciences (080)
  - PSY 1300: Introduction to Psychology

**GENERAL EDUCATION CORE**
30 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 2360: American Literature after 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
  - 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
  - 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

**CONCENTRATION: Pre-Rehabilitation Sciences**
9 Hours
- AT 3311: Clinical Assessment I
- AT 3312: Clinical Assessment II
- AT 4313: Clinical Therapeutic Interventions

**MAJOR**
24 Hours
- ESS 1179: Weight Training
- AT 2356: Prevention and Care of Athletic Injuries
- ESS 3317: Exercise Physiology / ESS 3117 Lab
- ESS 3320: Biomechanics
- ESS 3329: Introduction to Motor Learning
- AT 3358: Clinical Pathopharmacology
- ESS 4317: Fitness Asmt. & Programming for Healthy Populations
- AT 2400: Functional Anatomy

**SUPPORT**
26 Hours
- BIO 2430: Human Physiology & Anatomy
- CHEM 1141: General Chemistry I Lab
- CHEM 1142: General Chemistry II Lab
- HIM 2360: Medical Terminology

Select one from:
- HP 3325: Healthcare Statistics
- MATH 2328: Elementary Statistics
- PH 3315: Statistics in Public Health
- PSY 2301: Introduction to Statistics
- SOCI 3307: Statistics of Behavioral Sciences

Select one from:
- NUTR 2360: Nutrition Science
- NUTR 3362: Nutrition and Health
- NUTR 3364: The Science of Nutrition and Exercise
- PHYS 1315: General Physics I / PHYS 1115: Lab
- PHYS 1325: General Physics II / PHYS 1125: Lab
- ENG 1320: College Writing I
- ENG 1321: Writing for Sustainable Change

**PRESCRIBED ELECTIVES**
18 Hours
- Select at least 18 credit hours from:
  - ANTH 3311: Disease and Society
  - AT 2298: Orientation to Athletic Training Profession
  - AT 3298: Foundations of Athletic Training Practice
  - AT 3400: Gross Applied Anatomy
  - AT 4360: Internship in Clinical Settings
  - BIO 1330: Functional Biology / BIO 1130 Lab
  - BIO 1331: Organismal Biology / BIO 1131 Lab
  - BIO 2400: Microbiology
  - BIO 2440: Principles of Microbiology
  - BIO 2450: Genetics
  - BIO 3421: Vertebrate Physiology
  - ENG 4326: Immunology
  - CHEM 2341: Organic Chemistry I / CHEM 2141 Lab
  - CHEM 2342: Organic Chemistry II / CHEM 2142 Lab
  - CHEM 4375: Biochemistry
  - ENG 3303: Technical Writing
  - ESS 1101: Seminar in Exercise and Sports Science
  - ESS 1128: Aquatic Therapy
  - ESS 1298: Foundations of Sports Medicine
  - ESS 3333: Psychosocial Aspects of ESS
  - ESS 4324: Adapted Physical Activity
  - ESS 4333: Fit Assess Programming for Pop Spec Considerations
  - PH 3348: Prevention of Disease
  - PSY 3336: Sport Psychology
  - PSY 3322: Brain and Behavior
  - REC 1370 Introduction to Therapeutic Recreation
  - SOCI 1310: Introduction to Sociology
  - SOCI 3363: Medical Sociology

**CONCENTRATION: Pre-Rehabilitation Sciences**
9 Hours
- AT 3311: Clinical Assessment I
- AT 3312: Clinical Assessment II
- AT 4313: Clinical Therapeutic Interventions

120 HOURS

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

**PINK**: if planning to pursue MSAT, postpone taking these and refer instead to separate AT32 checklist

**LAST REVISED 07.13.22**
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.

**Degree:** Bachelor of Exercise and Sports Science | **Major:** Exercise and Sports Science | **Concentration:** Pre-Rehabilitation Sciences

**Prioritize these courses in your schedule each semester**

- **PSY 1300**
  - OR **PSY 3315**
  - 1 statistics course from:
    - **PSY 2301**
    - **HP 3325**
    - **MATH 2328**
    - **PH 3315**
    - **SOCI 3307**

- **MATH 1315**
  - **PHYS 1315**
  - **PHYS 1115**
  - **CHEM 1341**
  - **CHEM 1141**
  - **ESS 3317**
  - **ESS 3117**

- **BIO 2430**
  - **AT 2356**
  - **PSY 3300**
  - **OR PSY 3315**
  - **PSY 1300**

- **AT 2400**
  - **AT 2356**
  - **AT 3311**
  - **AT 3312**
  - **AT 4313**

**Additional Required Courses**

Use these courses to fill remaining space in your schedule each semester

- **Core Curriculum**
  - **Core Curriculum**
    - 010
    - 010
    - 040
    - 050
    - 060
    - 070
    - 070
    - 090A
    - 090B

- **Major**
  - **ESS 1179**
  - **ESS 3329**

- **Support**
  - **HIM 2360**
  - Select one from:
    - **NUTR 2360**
    - **ESS 2105**
    - **SOCI 3507**

- **Prescribed Electives**

  Select 18 hours from:

  - **ANTH 3311**
  - **BIO 2450**
  - **ESS 1298**
  - **AT 2298**
  - **BIO 3421**
  - **ESS 3323**
  - **AT 3298**
  - **BIO 4326**
  - **ESS 4324**
  - **AT 3400**
  - **CHEM 2341/2141**
  - **ESS 4333**
  - **AT 4360**
  - **CHEM 2342/2142**
  - **PH 3348**
  - **BIO 1330/1130**
  - **CHEM 4375**
  - **PSY 3322**
  - **BIO 1331/1131**
  - **ENG 3303**
  - **PSY 3336**
  - **BIO 2400**
  - **ESS 1101**
  - **REC 1370**
  - **BIO 2440**
  - **ESS 1128**
  - **SOCI 1310**
  - **SOCI 3363**

- **US 1100**
- **Foreign Language Proficiency**

**GPA restricted (2.0 Overall; 2.75 Texas State)**

- PINK: if planning to pursue MSAT, postpone taking these and refer instead to separate AT32 checksheet

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