

**Texas State University
College of Education
Academic Advising Center**

<http://www.education.txstate.edu/directorypages/advising.html>

**Bachelor of Exercise and Sports Science (BESS)
Major in Exercise and Sports Science, Non Teacher Certification Major Code: 257.10**

Worksheet for Advisement Purposes only – Not an Official Outline
(NOTE: This outline is subject to revision due to State Mandated changes or local policy changes)

CORE Curriculum

Prefix ^(Core)	Course	Sub	Grade	Hours
ENG ⁽¹⁰⁾	1310			3
ENG ⁽¹⁰⁾	1320			3
ENG Lit ⁽⁴⁰⁾	23xx			3
HIST ⁽⁶⁰⁾	1310			3
HIST ⁽⁶⁰⁾	1320			3
POSI ⁽⁷⁰⁾	2310			3
POSI ⁽⁷⁰⁾	2320			3
MATH ⁽²⁰⁾	1315, or 1316, or 1319			3
COMM ⁽¹¹⁾	1310			3
Soc Sci ^{*(80)}				3
BIO ⁽³⁰⁾	1320			3
BIO ⁽³⁰⁾	1421			4
PHIL ⁽⁴¹⁾	1305			3
Fine Arts ⁽⁵⁰⁾	2313			3
PFW ⁽⁹⁰⁾	Act			1
PFW ⁽⁹⁰⁾	Act			1
US ⁽⁹⁰⁾	1100			1
Total				46

For this degree, you must take two semesters of foreign language UNLESS you took 2 years of the same foreign language in high school.

*Choose one from ANTH 1312, ECO 2301, GEO 1310, PSY 1300, or SOCI 1310.

Support Courses

Prefix	Course	Sub	Grade	Hours
BIO	2430			4
CS or CIS	1308 1323			3
HED	2338 or 2354			3
Total				10

Minor

Refer to undergraduate catalog for list of minors (pages 74-79).

Prefix	Course	Sub	Grade	Hours
Total				18-27

ESS Major Physical Education Courses

Prefix	Course	Sub	Grade	Hours
PE	1310			3
AT	2356			3
PE	3317/3117			3/1
PE	3320			3
PE	3329			3
PE	4323			3
PE	4351			3
PE**	Elec. Theory			3
PE	1100			1
PE	1171A, or 1172A, or 1177A, or 1178A			1
PE	1170A, or 1176A, or 1192A			1
PE or PFW	1175A, 1110A, or 1110B, or 1110F, or 1135A, or 1135B, or 1190B			1
PE	1179A			1
Total				30

**Choose one from PE 4391, 4392, 4393, 3340, 3323, or 4317.

Electives

Prefix	Course	Sub	Grade	Hours
Total				18-27

A maximum of 66 hours from Community/Junior College may be applied toward the degree.

Total minimum hours is 128, at least 39 of which must be advanced.

Total minimum advanced hours requirement is 39. Additional advanced hours (3000-4000 level) may be needed to meet 39 advanced hour requirement.

Bachelor of Exercise and Sports Science (BESS) Non Teacher Certification

The Exercise and Sports Science option provides students with a degree in Exercise and Sports Science without a teaching certificate in Physical Education. Graduates might choose to work as personal trainers, fitness leaders, or administrators of sports facilities or in the health care industry. The ESS non-certification degree also prepares students for possible graduate work toward a Master's degree (Exercise Physiology, Sports Management, Physical Education, Physical Therapy) if the student meets additional admission requirements for graduate school.

PE Activity coursework within Major

- Fitness and Wellness (1 credit hour):
PE 1100 Lifetime Fitness and Wellness
- Team Sports (1 credit hour), select one:
PE 1171A Beginning Basketball
PE 1172A Beginning Field Sports
PE 1177A Beginning Track and Field
PE 1178A Beginning Volleyball
- Individual Sports (1 credit hour), select one:
PE 1170A Beginning Badminton
PE 1176A Beginning Tennis
PE 1192A Beginning Balance and Tumbling
- Conditioning (1 credit hour), select one:
PE 1175A Beginning Jogging/Conditioning
PFW 1110A Beginning Aerobics
PFW 1110B Intermediate Aerobics
PFW 1110F Basic Fitness Activities
PFW 1135A Water Aerobics
PFW 1135B Aquatic-Conditioning
PFW 1190 Beginning Swimming
- Weight Training (1 credit hour), select one:
PE 1179A Beginning Weight Training

Two additional PFW activity courses are required in the Core Curriculum.

Any minor (except coaching and Exercise and Sports) may be selected from the Undergraduate Texas State Catalog 2004-2006 (pages 74-79). The degree requires a total of 128 hours and electives will be taken to meet this requirement. The degree requires 39 hours of advanced hours (3000-4000 level) and advanced electives will be taken to meet this requirement.

Students are ultimately responsible for knowing and fulfilling all University, College, Major and Certification requirements. Failure to meet requirements and stated deadlines may delay graduation. Students who, at any time, are confused about academic requirements for their progress toward a degree and certification are encouraged and expected to meet with an advisor, adhering to the posted advising schedules and procedures.

This worksheet is intended as a quick and easy guide for your degree/certification but does not substitute for a Degree Audit Report (DAR). It is important that you meet with an advisor and refer to all information given to you throughout the course of your tenure at Texas State. Students are also encouraged to refer to the Undergraduate Texas State Catalog and Schedule of Classes for additional official information and semester calendars. The College of Education website (<http://www.education.txstate.edu>) may provide answers to most questions students have about major and certification requirements.

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