

**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 Health and Fitness Management Non - Teacher Certification Major Code: 259.00**

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

**CORE Curriculum**

Prefix <sup>(Core)</sup>	Course	Sub	Grade	Hours
ENG <sup>(10)</sup>	1310			3
ENG <sup>(10)</sup>	1320			3
ENG Lit <sup>(40)</sup>	23xx			3
HIST <sup>(60)</sup>	1310			3
HIST <sup>(60)</sup>	1320			3
POSI <sup>(70)</sup>	2310			3
POSI <sup>(70)</sup>	2320			3
MATH <sup>(20)</sup>	1319			3
COMM <sup>(11)</sup>	1310			3
ECO* <sup>(80)</sup>	2301			3
BIO <sup>(30)</sup>	1421			4
CHEM <sup>(30)</sup>	1310			3
PHIL <sup>(41)</sup>	1305			3
Fine Arts <sup>(50)</sup>	2313			3
PFW <sup>(90)</sup>	Act			1
PFW <sup>(90)</sup>	Act			1
US <sup>(90)</sup>	1100			1
<b>Total</b>				<b>46</b>

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

**Support Courses**

Prefix	Course	Sub	Grade	Hours
ACC*	2301			3
BLAW*	2361			3
CIS*	3317			3
MGT*	3303			3
MKT*	3343			3
BIO	2430			4
HED	2340			3
HED	4340			3
HED	4350			3
HED****	4660			6
MC	3343			3
NUTR	3362 or 3364			3
PSY	3350 or 3361			3
REC	1370			3
SOCI	3340			3
<b>Total</b>				<b>49</b>

**Health and Fitness Management Major Courses**

Prefix	Course	Sub	Grade	Hours
AT	2356			3
PE	3317/3117			3/1
PE	3320			3
PE	3323			3
PE	4317			3
PE	4318			3
PE	4351			3
PE***	Advanced Elective			3
PE	1179A	wt train		1
PE	1100	fit & well		1
PFW	1110A	aerobics		1
PFW	1110F	basic fit		1
PE**	Act Elec	from list		1
PE**	Act Elec	from list		1
PE**	Act Elec	from list		1
<b>Total</b>				<b>32</b>

\*\* Listing in Undergraduate Texas State catalog 2006-08, page 176.

\*\*\* Chose any 3000 or 4000 level PE course.

**Electives**

(as needed to fulfill min. hour requirement)

Prefix	Course	Sub	Grade	Hours
				1-3
<b>Total</b>				<b>1-3</b>

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

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

**\*These courses comprise the minor in Business Administration minor. The Business Administration minor must be completed with a 2.0 or higher G.P.A. for graduation.**

\*\*\*\*HED 4660 Internship. See back for additional information.

## **Bachelors' of Exercise and Sports Science (BESS) Health and Fitness Management Non - Teacher Certification**

The Health and Fitness Management program is available under the BESS degree and prepares students to direct fitness enterprises and wellness or health awareness programs in commercial, corporate, and institutional settings. Areas of study include fitness programming, stress management, smoking cessation, diet/nutrition, health-risk appraisal, and employee assistance. The curriculum also allows students to acquire the academic and clinical prerequisites needed to earn professional certification. Graduates work as fitness leaders, exercise testing technicians, cardiac rehabilitation specialists, or corrective therapists. Other students are employed as salespersons, administrators, and managers of sports or fitness facilities.

Business Administration minor consists of the following:

ACC 2301

ECO 2301

12 hours -- BLAW 2361, CIS 3317, MGT 3303, and MKT 3343.

Minimum 2.0 GPA required for graduation.

HED 4660 Internship in Public Health

- Participation in the on-going work of an official and/or voluntary health agency. The internship will be supervised by a member of the Health Education faculty. A minimum of one conference hour per week.
- 480 hours at approved site and unpaid.
- May only be completed during Fall or Spring semester and only the class taken during this semester.
- All required courses completed prior to the semester of your internship. There may only be 6 hours (H ED 4660) remaining for you to graduate.
- Insurance information will also be posted in Jowers. Your insurance must be obtained by the first day of classes prior to starting the internship.
- Obtain an HED 4660 Internship in Public Health handout for complete details.

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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