

St. Mary's University

BA in Exercise and Sport Science with Teacher Certification Degree Plan– 120 Hours

The maximum credit transferable from a junior college, or any combination of junior colleges, is 66 semester hours.

St. Mary's Core (42 hours)

Requirements	Texas Common Course Equivalency	Hours Required
___ First Year Experience	Not required for transfer students accepted with 30 or more credit hours. However, a student may need to take three (3) additional hours of elective credits in order to meet the required hours for this degree.	3
___ Freshmen Composition I	ENGL 1301	3
___ Literature	ENGL 1302 or any ENGL 23XX Literature course	3
___ History	Any HIST 13XX or 23xx course	3
___ Social Science	Select one: BUSI 1301, CRIJ 1301, ECON 2301, ECON 2302, GOVT 2305, GOVT 2306, PSYC 1301, PSYC 2306, PSYC 2316, PSYC 2314, SOCI 1301, SOCI 1306, SOCI 2319, SPCH 1311, SPCH 1315, SPCH 1321, SPCH 2335	3
___ Mathematics	MATH 1314 or MATH 1414	3
___ Natural or Physical Sciences	Select one: BIOL 1308, BIOL 1309, CHEM 1411, CHEM 1412, GEOL 1301, GEOL 1303, GEOL 1401, GEOL 1403, GEOG 1301, GEOL 1304, GEOL 1305, GEOL 1404, GEOL 1405, PHYS 1305, PHYS 1401, PHYS 1402.	3
___ Fine Arts	Any 3-credit hour Fine Arts course from the following: ARTS, MUSI, DRAM	3
___ Foreign Language	Two courses (1411 and 1412) in a language not previously studied or two courses (2311 and 2312) in a language previously studied	6
___ Philosophy – Self	PHIL 1301	3
___ Philosophy – Ethics	PHIL 2306	3
___ Theology	Theology courses from other universities may be transferable with the approval of the Theology Department	3
___ Intermediate Theology	Theology courses from other universities may be transferable with the approval of the Theology Department	3

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	Texas Common Course Equivalency	Hours Required
EXSS Major Courses (33 CHRs)		
___ EX 1302 – Foundations of EXSS	KINE 1301	3
___ EX 1312 – Lifelong Health and Wellness	KINE 1304	3
___ EX 2308 – Introduction to Athletic Training	No equivalent	3
___ EX 2310 – Motor Learning	No equivalent	3
___ EX 1411 – Human Anatomy & Phys I	BIOL 2401 or BIOL 2301 and BIOL 2101	4
___ EX 1412 – Human Anatomy & Phys II	BIOL 2402 or BIOL 2302 and BIOL 2102	4
___ EX 3304 – Biomechanics of Human Movement	No equivalent	3
___ EX 3310 – Field Experience	No equivalent	3

___	EX 3401 – Exercise Psychology	No equivalent	3
___	EX 4308 – Research Seminar	No equivalent	3
___	EX Teacher Cert Elective Course	No equivalent	3
Teacher Certification (30 CHRs)			
___	ED 2330 – Teaching Diverse Populations	EDUC 2301	3
___	ED 3302 – The American Secondary School	No equivalent	3
___	ED 3321 – Instructional Planning, Assessment and Evaluation	No equivalent	3
___	ED 3355 – Educational Technology	No equivalent	3
___	ED 3361 – Adolescent Development in the School Setting	No equivalent	3
___	ED 4388 – Professional Development Seminar-Secondary	No equivalent	3
___	ED 4630 – Teacher Residency I	No equivalent	6
___	ED 4635 – Teacher Residency II	No equivalent	6
Electives (12 CHRs)			12

An elective can be any course taken from any discipline. Students can use these hours to pursue certificates, minors, or second majors.

Total Semester Hours - 120

Updated 11/19/2025