### CORE CURRICULUM 42 Hours

**Communication**
- (010) ENG 1310: College Writing I
- (010) ENG 1320: College Writing II

**Mathematics**
- (020) MATH 1315: College Algebra

**Life and Physical Sciences**
- (030) Select any two 030-coded courses:
  - ANTH, BIO, CHEM, GEO, GEOL, PHYS
  - See Degree Audit for Exact Course Options

**Language, Philosophy, and Culture**
- (040) PHIL 1305: Philosophy & Critical Thinking (WI) OR PHIL 1320: Ethics & Society (WI)

**Creative Arts**
- (050) Select one course from:
  - ART, DAn, MU, or TH 2313: Intro to Fine Arts

**American History**
- (060) HIST 1310: History of United States to 1877 (WI)
- (060) HIST 1320: History of United States from 1877 (WI)

**Government/Political Science**
- (070) POSI 2310: Principles of American Government
- (070) POSI 2320: Functions of American Government

**Social and Behavioral Sciences**
- (080) PSY 1300: Introduction to Psychology

**Component Area**
- (090) COMM 1310: Fund of Human Communication
- (090) Select one course 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

### MINOR 18-24 Hours
A 2.0 GPA is required within a Minor to graduate. See Advisor, Degree Audit, and Undergraduate Catalog for Minor options and requirements

A Minor in Health & Wellness Promotion may not be selected.

### PROFICIENCY: Foreign Language
If two years of the same foreign language were not completed in high school, students must complete two semesters of the same foreign language at the college level to meet proficiency requirements

- Foreign Language Proficiency

### INSTITUTIONAL REQUIREMENT 1 Hour
- US 1100: University Seminar (1-Hr Open Elec. if Exempt)

### MAJOR: Health and Wellness Promotion 34 Hours
A 2.25 Major GPA is required to graduate, which includes all Major, Concentration, and Internship coursework

- H ED 1320: Introduction to Health and Wellness Promotion
- H ED 2340: Community Health
- H ED 3315: Statistical Analysis and Interp. in HWP (WI)
- H ED 3350: Consumer Health
- H ED 4640: Community Health Prog. Planning & Eval. (WI)

**Health Education Electives**
- Select any four courses from:
  - H ED 1310: Foundations of Personal Health
  - H ED 2338: Contemporary Issues in Drug Prevention
  - H ED 3301: Environmental Health Issues
  - H ED 3348: Prevention of Disease
  - H ED 3360: Sexuality Education
  - H ED 3374: Inter-professional Service Learning in Global Health
  - H ED 3376: Worksite Health Promotion
  - H ED 4347: Independent Study in Health and Wellness

### SUPPORT COURSES 19 Hours

- BIO 2430: Human Physiology & Anatomy
- CIS 1323 or CS 1308: Intro. to Microcomputer Applications
- ENG 3303: Technical Writing (WI)
- PSY 3350: Behavior Modification (WI)
- MGT 3303: Management or Organization OR MKT 3343: Principles of Marketing
- NUTR 3362: Nutrition and Health OR NUTR 3364: The Science of Nutrition and Exercise

### INTERNSHIP: Health and Wellness Promotion 6 Hours
A 2.25 Major GPA is required to graduate, which includes all Major, Concentration, and Internship coursework. All coursework must be completed before the internship experience.

- H ED 4660: Internship in Health and Wellness Prom. (WI)

### SEE REVERSE SIDE FOR ADDITIONAL PROGRAM INFORMATION ➔
HEALTH AND WELLNESS PROMOTION

PREREQUISITES
Regardless of catalog year, students are held to current academic policies and course prerequisites, which are subject to change. Updated course prerequisites are listed in the Undergraduate Catalog online at: http://mycatalog.txstate.edu/.

H ED 4660: INTERNSHIP IN HEALTH AND WELLNESS PROMOTION
- Participation in the on-going work of an official and/or voluntary health agency
- May only be completed during the Fall or Spring semesters, and is the only class taken during a student’s final semester of matriculation
- All other required courses for the degree must be completed prior to the internship
- Students are required to take both H ED 4100 and H ED 4640 the semester prior to enrollment in H ED 4660
- A member of the Health and Human Performance faculty will supervise this unpaid internship
- 480 hours at an approved site must be completed
- This course is writing intensive and will include online assignments throughout the semester as well as a semester-long project
- The internship admission and site selection process will be described at the organizational meeting
- Transportation and/or financial challenges are not justification for the Internship requirement to be waived

IMPORTANT NOTES
- Completion of an approved Minor is required for graduation in this program (cannot minor in Health & Wellness Promotion)
- Many H ED courses have limited enrollments and are offered on a rotational basis (Fall only or Spring only, etc.)