### INSTITUTIONAL REQUIREMENTS

1-9 Hours

- US 1100: University Seminar (1-Hr Open Elective if Exempt)
- **Foreign Language Proficiency (see catalog)**

### PROGRAM-SPECIFIC CORE

3 Hours

- **Mathematics (020)** – select one from:
  - MATH 1315: College Algebra
  - MATH 1312: College Statistics and Algebra
  - MATH 1317: Plane Trigonometry
  - MATH 1319: Mathematics for Business and Economy
  - [see catalog for more options – excludes MATH 1316]

### GENERAL EDUCATION CORE

39 Hours

- **Communication (010)** – select two from:
  - ENG 1330: College Writing I
  - ENG 1332: College Writing II
  - ENG 1331: Writing for Sustainable Change

- **Life and Physical Sciences (030)** – select two from:
  - ANTH, BIO, CHEM, GEO, GEOL, PHYS
  - See Degree Audit for exact options

- **Language, Philosophy, and Culture (040)** – select one from:
  - PHIL 1305: Philosophy & Critical Thinking
  - PHIL 1306: 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
    - HIST 2381: African American History to 1877
  - 2nd course:
    - HIST 1320: History of the 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

- **Social and Behavioral Sciences (080)** select one from:
  - ANTH 1312: Cultural Anthropology
  - CA 2351: Behavioral & Personal Financial Management
  - ECO 2301: Principles of Economics
  - ECO 2314: Principles of Microeconomics
  - GEO 1310: World Geography
  - PFW 1301: Behavioral Physical Fitness and Well.
  - PSY 1300: Introduction to Psychology
  - SOCI 1310: Introduction to Sociology

- **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

### MAJOR

40 Hours

- **PH 1310**: Foundations of Personal Health
- **PH 1320**: Introduction to Public Health
- **PH 2340**: Community Health
- **PH 3301**: Environmental Health
- **PH 3348**: Prevention of Disease
- **PH 3350**: Consumer Health
- **PH 3370**: Epidemiology
- **PH 4100**: Professional Development in Public Health
- **PH 4335**: Public Health Leadership
- **PH 4336**: Health Behavior Theory
- **PH 4640**: Community Health Program Planning and Eval.

### CONCENTRATION

16 Hours

- **ESS 1179**: Beginning Weight Training
  - Select one from:
    - ESS 1100: Lifetime Fitness and Wellness
    - PFW 1101: Lifetime Fitness and Wellness

- **ESS 1175**: Beginning Jogging and Conditioning
  - Select one from:
    - ESS 1100: Lifetime Fitness and Wellness
    - PFW 1110E: Beginning Jogging and Conditioning

- **ESS 3323**: Psychosocial Aspects of Exercise and Sports Sci.
  - Select one from:
    - NUTR 2360: Nutrition Science
    - NUTR 2361: Nutritional Assessment
    - NUTR 3362: Nutrition & Health
    - NUTR 3364: The Science of Nutrition & Exercise

- **ESS 3360**: Issues in Human Sexuality

- **ESS 3376**: Worksite Health Promotion

- **PH 3360**: Issues in Human Sexuality

- **PH 3376**: Worksite Health Promotion

- **PH 1310**: Foundations of Personal Health

### SUPPORT

3 Hours

- Statistics – select one from:
  - CJ 3347: Statistics for Criminal Justice
  - MATH 2328: Elementary Statistics
  - PA 3311: Analytical Techniques
  - PH 3315: Statistics in Public Health
  - PSY 2301: Introduction to Statistics
  - SOCI 3307: Statistics for the Behavioral Sciences

### MINOR: See advisor for approved list

18+ Hours

- **MATH 1312**: College Algebra
- **MATH 1313**: College Algebra
- **MATH 1315**: College Algebra
- **MATH 1316**: College Algebra
- **MATH 1317**: Plane Trigonometry
- **MATH 1318**: College Algebra
- **MATH 1319**: Mathematics for Business and Economy

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

The degree requirements below are outlined in the 2022 Undergraduate Catalog and will remain valid through summer 2028.
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.

PRIORITY DUE TO SEQUENCING
Prioritize these courses in your schedule each semester

Core Curriculum
___ 010
___ 010
___ 030
___ 030
___ 040
___ 050
___ 060
___ 060
___ 070
___ 070
___ 080
___ 090A
___ 090B

PH 1320*
PH 2340*
PH 3370*

020 Core MATH
Except MATH 1316

PH 4336*

PH 4640* fall | spring
PH 4100* fall | spring
PH 4360* part-time; concurrent with other courses
If choosing internship, take fall|spring immediately prior; otherwise, take in final year

The department recommends completing the other PH and Concentration courses listed below before progressing in this sequence. PH 3301, 3370, and 4335 are recommended in the junior and senior year.

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

Concentration
___ ESS 1179

select one from:
ESS 1100, PFW 1101

select one from:
ESS 1175, PFW 1110E

select one from:
NUTR 2360, 2361, 3362, 3364

select 4 hours from:
ESS 3323, PFW 1301, PH 3376#

PFW 11@ Activity only 1 PFW may be used

select 6 hours from:
COUN 3320, PSY 3300, PSY 3325, PSY 3336,
PSY 3350, PSY 3361

Minor
__ __ __ __ __ __ __ __

Support
Select one statistics course from:
CJ 3347, MATH 2328, PA 3311,
PH 3315, PSY 2301, or SOCI 3307

PH 2338, 3321, 3330, 3360, 3374,
3376#, 4330A, 4347, 4360, 4660
availability varies by semester
if choosing PH 4360 or 4660, see sequence above

*requires grade of ‘C’ or better | # can’t be used satisfy both major and support

The department recommends completing the other PH and Concentration courses listed below before progressing in this sequence. PH 3301, 3370, and 4335 are recommended in the junior and senior year.

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