### INSTITUTIONAL REQUIREMENTS

1-9 Hours

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

### PROGRAM-SPECIFIC CORE

6 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

### GENERAL EDUCATION CORE

36 Hours

- Communication (010) – select two from:
  - ENG 1321: Writing for Sustainable Change
  - ENG 1320: College Writing II
  - ENG 1310: College Writing I

- Life and Physical Sciences (030) – select two from:
  - ANTH, BIO, CHEM, GEO, GEOL, PHYH

- Language, Philosophy, and Culture (040) – select one from:
  - PHIL 1305: Philosophy & Critical Thinking
  - PHIL 1310: Ethics & Society

- 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
  - 2nd course:
    - HIST 2328: History of Mexican America from 1865
    - HIST 2381: African American History to 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

- Component Area (090):
  - COMM 1310: Fundamentals of Human Communication

- English Literature - Select one from:
  - 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 1110: Lifetime Fitness and Wellness
- PFW 1101: Lifetime Fitness and Wellness

Select one from:

- ESS 1175: Beginning Jogging and Conditioning
- PFW 1110E: Beginning Jogging and Conditioning

Select one from:

- NUTR 2350: Nutrition Science
- NUTR 2361: Nutritional Assessment
- NUTR 3362: Nutrition & Health
- NUTR 3364: The Science of Nutrition & Exercise

Select at least 4 hours from:

- PFW 1301: Soc. and Behav. Dimen. of Phys. Fit. And Well.
- PFW 11@ activity

Select at least 6 hours from:

- COUN 3320: Introduction to Counseling and Psychotherapy
- PSY 3300: Lifespan Development
- PSY 3325: Psychology of Persuasion
- PSY 3336: Sport Psychology
- PSY 3350: Cognitive Behavioral Therapies
- PSY 3361: Health Psychology

### SUPPORT

3 Hours

- Statistics – select one from:
  - CJ 3347: Statistics for Criminal Justice
  - MATH 2326: 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

- select one from:
- select one from:
- select one from:

This degree program also requires a 2.0 Texas State GPA, 2.25 Major GPA, and 2.0 Minor GPA to graduate.
The sequencing below reflects course prerequisites that are subject to change each academic year. For use in planning Fall 2023, Spring 2024, and Summer 2024 semesters.

**Prioritize Due to Sequencing**
Prioritize these courses in your schedule each semester.

**Core Curriculum**
- PH 1320*
- PH 2340*
- 020 Core MATH
- Except MATH 1316
- PH 3370* fall | spring

**Major**
- PH 1310*
- PH 3301* fall | spring
- PH 3348*
- PH 3350*
- PH 4335* fall | spring

**PH Electives – select 6 hours from asterisk:**

- PH 2338, 3321, 3330 fall, 3360, 3374, 3376#, 4330A fall, 4347, 4360, 4660
- availability varies by semester
- if choosing PH 4630 or 4660, see sequence above

**Concentration**
- ESS 1179

- select one from:
  - ESS 1100, PFW 1101

- select one from:
  - ESS 1175, PFW 1110E

- select one from:
  - NUTR 2360, 2361, 3362 fall/spring, 3364 fall/spring

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

GPA restricted (3.0 Major) | *requires grade of ‘C’ or better | # can’t be used satisfy both major and support | * classification restriction | ^ requires additional prerequisites

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