The degree requirements below are outlined in the 2023 Undergraduate Catalog and will remain valid through summer 2029.

### 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
  - **Social and Behavioral Sciences (080)** – select two from:
    - POSI 2320: Functions of American Government
    - POSI 2310: Principles of American Government

### GENERAL EDUCATION CORE
- 36 Hours
  - **Communication (010)** – select two from:
    - ENG 1320: College Writing I
    - ENG 1321: 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 1320: Ethics & Society
  - **Creative Arts (050)** - select one from:
    - ART, DAN, MU, or TH 2313: Introduction to Fine Arts
  - **American History (060)** – select two from:
    - HIST 2310: History of the United States to 1877
    - HIST 2327: History of Latin America from 1865
    - 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 2310: British Literature before 1785
      - ENG 2320: British Literature after 1785
      - ENG 2330: World Literature before 1800
      - ENG 2340: World Literature after 1800
      - ENG 2359: American Literature before 1865
      - ENG 2360: American Literature after 1865
      - ENG 2371: U.S. Literature: Writing Identities

### CONCENTRATION
- 16 Hours
  - **ESS 1179: Beginning Weight Training**
  - **Select one from:**
    - ESS 1100: 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 2360: Nutrition Science
    - NUTR 2361: Nutritional Assessment
    - NUTR 3362: Nutrition & Health
    - NUTR 3364: The Science of Nutrition & Exercise
  - **Select at least 4 hours from:**
    - PH 3376: Worksite Health Promotion
    - 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 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

### 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.**

### Public Health Electives – select at least 6 hours from:
- PH 2338: Substance Use and Abuse
- PH 3321: Health in the School Setting
- PH 3330: Inclusion & Diversity in Women’s Health
- PH 3360: Issues in Human Sexuality
- PH 3374: Global Health
- PH 3376: Worksite Health Promotion
- PH 4330A: Health Disparities
- PH 4347: Independent Study in Public Health
- PH 4360: Internship in Public Health
- PH 4690: Internship in Public Health

### MINOR: See advisor for approved list
- 18+ Hours

This degree program also requires a 2.0 Texas State GPA, 2.25 Major GPA, and 2.0 Minor GPA to graduate.
Degree: Bachelor of Science | Major: Public Health | Concentration: Health & Wellness Coaching
Minor: selected from catalog (except for Public Health or Secondary Education)

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.

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

Core Curriculum
__ 010
__ 010
__ 030
__ 030
__ 040
__ 050
__ 060
__ 060
__ 070
__ 070
__ 090A
__ 090B

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

PH Electives – select 6 hours from*:
PH 2338, 3321, 3330 fall, 3360, 3374,
3376#, 4330A fall, 4347, 4360, 4660
availability varies by semester
if choosing PH 4360 or 4660, see sequence above

Minor
☐ ___________ ☐ ___________

Concentration
☐ select one from:
  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

☐ US 1100 ☐ Foreign Language Proficiency

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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