

**Degree:** Bachelor of Science | **Major:** Public Health | **Concentration:** Health & Wellness Coaching  
**Minor:** selected from catalog (except for Public Health or Secondary Education) | **120 Hours**

The degree requirements below are outlined in the 2024 Undergraduate Catalog and will remain valid through summer 2030.

Institutional Requirement (1-9 hours)	Texas State Catalog Degree Plan	Transfer Equivalency (TCCN)
<b>University Seminar</b>	US 1100	Waived for transfer students with 16+ hours.
<b>Foreign Language Proficiency</b>	Modern Language 1410 and 1420	Waived with 2 years of high school language credit <u>OR</u> complete Modern Language 1411 and 1412
<b>Core Curriculum (42 hours); if a specific TCCN is not listed, transfer students can refer to core curriculum options at their current institution</b>		
<b>010</b> Communication (6 hours)	ENG 1310 ENG 1320	010 Course 010 Course
<b>020</b> Mathematics (3 hours)	MATH 1312, 1315, or 1319*	020 course except MATH 1332, 1342, 1442*
<b>030</b> Life and Physical Sciences (6 hours)	030 Course 030 Course	030 Course 030 Course
<b>040</b> Language, Philosophy, and Culture (3 hours)	PHIL 1305 or 1320	040 Course
<b>050</b> Creative Arts (3 hours)	ART or DAN or MU or TH 2313	050 Course
<b>060</b> American History (6 hours)	HIST 1310 or 2327 or 2381 HIST 1320 or 2328 or 2382	HIST 1301 or 2327 or 2381 HIST 1302 or 2328 or 2382
<b>070</b> Government/Political Science (6 hours)	POSI 2310 POSI 2320	GOVT 2306 GOVT 2305
<b>080</b> Social and Behavioral Sciences (3 hours)	PSY 1300*	PSYC 2301*
<b>090</b> Component Area (6 hours)	COMM 1310 ENG 2310-2371	090 Course 090 Course
<b>Major (40 hours)</b>		
Foundations in Personal Health	PH 1310*	PHED 1304*
Introduction to Public Health	PH 1320*	
Community Health	PH 2340*	
Environmental Health	PH 3301*	
Prevention of Disease	PH 3348*	
Consumer Health	PH 3350*	
Epidemiology	PH 3370*	
Professional Development in Public Health	PH 4100*	
Public Health Leadership	PH 4335*	
Health Behavior Theory	PH 4336*	
Community Health Program Planning and Evaluation	PH 4640*	
6 hours of Public Health Electives	See 2 <sup>nd</sup> page for options*	PHED 1346*
<b>Concentration (16 hours)</b>		
Beginning Weight Training	ESS 1179	
Lifetime Fitness and Wellness	ESS 1100 or PFW 1101	PHED 1164
Beginning Jogging and Conditioning	ESS 1175 or PFW 1110E	
Nutrition	NUTR 2360, 2361, 3362, 3364	BIOL 1322
Advanced Counseling or Psychology	2 from COUN 3320, PSY 3300, 3325, 3336, 3350, 3361	
Concentration Elective	4 hours from ESS 3323, PFW 1301, PH 3376, PFW	
<b>Support (3 Hours)</b>		
Statistics	one from: CJ 3347, MATH 2328, PA 3311, PH 3315, PSY 2301, or SOCI 3307	MATH 1342 or PSYC 2317
<b>Minor (18+ hours)</b>		

See the “minor options” section on the Public Health [program page](#) for a list of recommendations.

#### Comments

\* Requires grade of ‘C’ or better

† CC/JC may require 4-hour course with lab; lab is not required at TXST and will be considered an “open elective” towards your degree

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

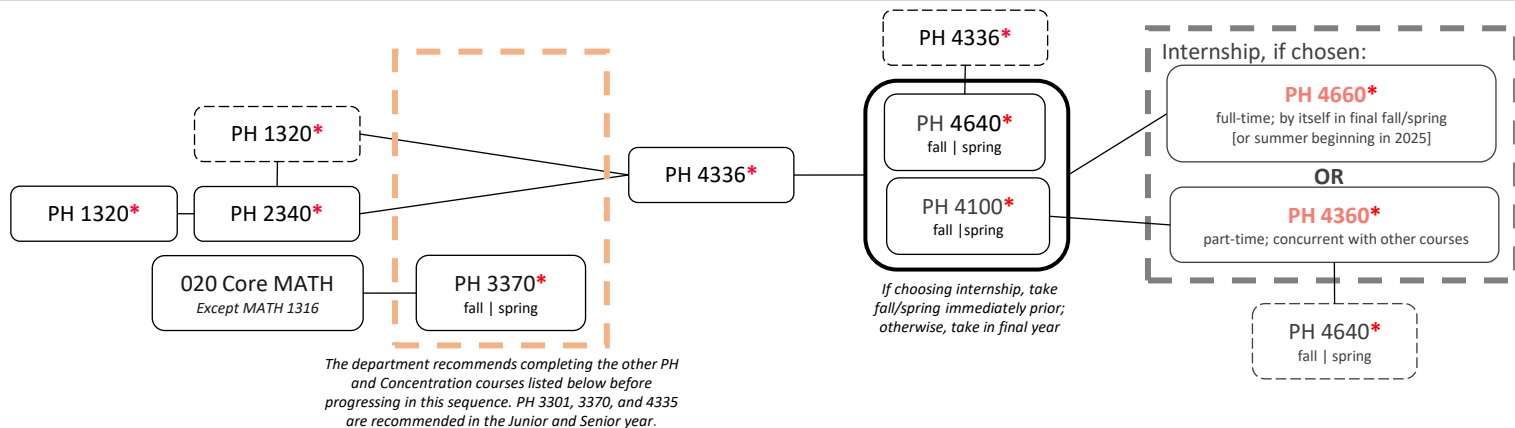
Students should avoid enrolling in more than 72 CC/JC hours without prior consultation with an academic advisor.

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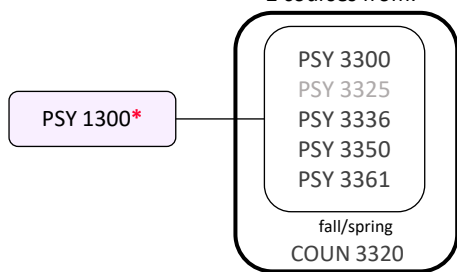
The sequencing below reflects course prerequisites that are subject to change each academic year.  
 For use in planning Fall 2024, Spring 2025, and Summer 2025 semesters.

### PRIORITY DUE TO SEQUENCING

Prioritize these courses in your schedule each semester



2 courses from:



### ADDITIONAL REQUIRED COURSES

Use these courses to fill remaining space 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, 3360, 3374, 3376#, 4331, 4347, 4360, 4660  
 availability varies by semester  
 if choosing PH 4360 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

#### Minor

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

select 4 hours from:  
 ESS 3323, PFW 1301, PH 3376#,  
 PFW 11@ Activity only 1 PFW may be used

#### 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

**PURPLE:** if planning to complete courses at a transfer institution, refer to the first page for transfer equivalency

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