HEWC | DEGREE PLAN & TRANSFER EQUIVALENCY | 2024

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+ hours)	**Texas State Catalog Degree Plan**	**Transfer Equivalency (TCCN)**
University Seminar	US 1100	Waived for transfer students with 16+ hours.
Foreign Language Proficiency	*Consult with TXST advisor to determine if coursework is required*	
Program-Specific Core Curriculum (6 hours)		
020 Mathematics (3 hours)	MATH 1312, 1315, or 1319	020 course except MATH 1332, 1342, 1442
080 Social and Behavioral Sciences (3 hours)	PSY 1300*	PSYC 2301*
General Education Core Curriculum (36 hours) refer to the undergraduate catalog for core curriculum options		
010 Communication (6 hours)	010 Course 010 Course	010 Course 010 Course
030 Life and Physical Sciences (6 hours)	030 Course 030 Course	030 Course 030 Course
040 Language, Philosophy, and Culture (3 hours)	040 Course (WI)	040 Course
050 Creative Arts (3 hours)	050 Course	050 Course
060 American History (6 hours)	060 Course (WI) 060 Course (WI)	060 Course 060 Course
070 Government/Political Science (6 hours)	070 Course 070 Course	070 Course 070 Course
090 Component Area (6 hours)	090 Course 090 Course (WI)	090 Course 090 Course
Major (40 hours)		
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* (WI)	
Health Behavior Theory	PH 4336* (WI)	
Community Health Program Planning & Eval.	PH 4640* (WI)	
6 hours of Public Health Electives	See 2nd page for options*	PHED 1346*
Concentration (16 hours)		
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(WI), 3361(WI)	
Concentration Elective	4 hours from ESS 3323, PFW 1301, PH 3376, PFW	
Support (3 Hours)		
Statistics	1 from: CJ 3347, MATH 2328, PA 3311, PH 3315(WI), PSY 2301, or SOCI 3307	MATH 1342 or PSYC 2317
Minor (18+ hours)		
See the "minor options" section on the Health and Wellness Coaching 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
(WI) Writing Intensive
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.

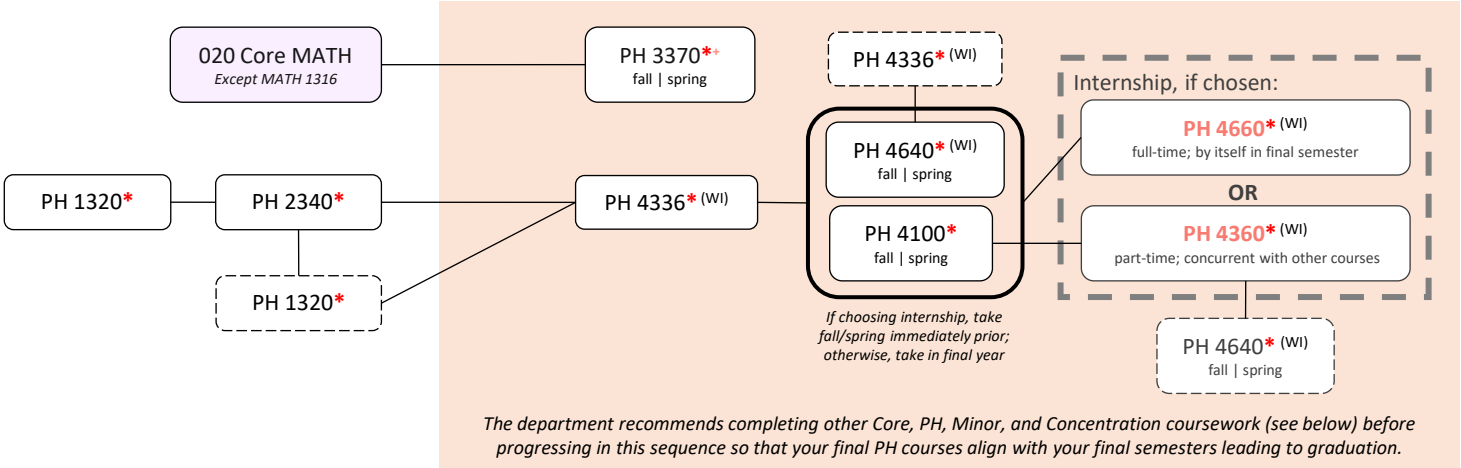
HEWC | SEQUENCING | 2024

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

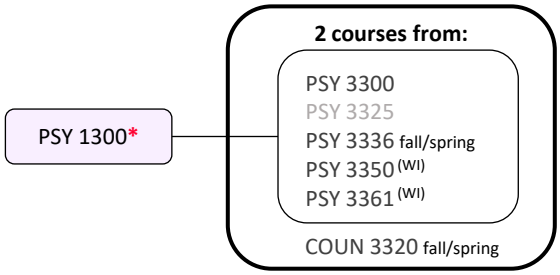
The sequencing below reflects course prerequisites that are subject to change each academic year.
For use in planning **Fall 2024**, **Spring 2025**, and **Summer 2025** semesters.

PRIORITY DUE TO SEQUENCING

Prioritize these courses in your schedule each semester



The department recommends completing other Core, PH, Minor, and Concentration coursework (see below) before progressing in this sequence so that your final PH courses align with your final semesters leading to graduation.



ADDITIONAL REQUIRED COURSES

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

Core Curriculum

____ 010
____ 010
____ 030
____ 030
____ 040 (WI)
____ 050
____ 060 (WI)
____ 060 (WI)
____ 070
____ 070
____ 090A
____ 090B (WI)

Major

____ PH 1310*
____ PH 3301* fall | spring
____ PH 3348*
____ PH 3350*
____ PH 4335*+ fall | spring (WI)

☐ Select ☐ hours from (6 required)*:
☐ PH 2338, 3321, 3330, 3360, 3374, 3376, 4331, 4347, 4360(WI), or 4660(WI)
availability varies by semester
if choosing PH 4360 or 4660, see sequence above

Minor

☐ _____ ☐ _____
☐ _____ ☐ _____
☐ _____ ☐ _____

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

☐ 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(WI), 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 | (WI) Writing Intensive

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.