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

<table>
<thead>
<tr>
<th>Institutional Requirement (1-9 hours)</th>
<th>Texas State Catalog Degree Plan</th>
<th>Transfer Equivalency (TCCN)</th>
</tr>
</thead>
<tbody>
<tr>
<td>University Seminar</td>
<td>US 1100</td>
<td>Waived for transfer students with 16+ hours.</td>
</tr>
<tr>
<td>Foreign Language Proficiency</td>
<td>Modern Language 1410 and 1420</td>
<td>Waived with 2 years of high school language credit OR complete Modern Language 1411 and 1412</td>
</tr>
</tbody>
</table>

**Core Curriculum (42 hours); if a specific TCCN is not listed, transfer students can refer to core curriculum options at their current institution**

- **010 Communication (6 hours)**
  - ENG 1310
  - ENG 1320
  - 010 Course
  - 010 Course

- **020 Mathematics (3 hours)**
  - MATH 1312, 1315, or 1319*
  - 020 course except MATH 1332, 1342, 1442*

- **030 Life and Physical Sciences (6 hours)**
  - 030 Course
  - 030 Course

- **040 Language, Philosophy, and Culture (3 hours)**
  - PHIL 1305 or 1320
  - 040 Course

- **050 Creative Arts (3 hours)**
  - ART or DAN or MU or TH 2313
  - 050 Course

- **060 American History (6 hours)**
  - HIST 1310 or 2327 or 2381
  - HIST 1301 or 2327 or 2381
  - HIST 1320 or 2328 or 2382
  - HIST 1302 or 2328 or 2382

- **070 Government/Political Science (6 hours)**
  - POSI 2310
  - GOVT 2306
  - POSI 2320
  - GOVT 2305

- **080 Social and Behavioral Sciences (3 hours)**
  - PSY 1300*
  - PSYC 2301*

- **090 Component Area (6 hours)**
  - COMM 1310
  - ENG 2310-2371
  - 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*

- Health Behavior Theory
  - PH 4336*

- Community Health Program Planning and Evaluation
  - PH 4640*

- 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 1104

- Beginning Jogging and Conditioning
  - ESS 1175 or PFW 110E

- 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

**Support (3 Hours)**

- Statistics
  - one from: CJ 3347, MATH 2328, PA 3311, PH 3315, PSY 2301, or SOCI 3307
  - MATH 1342 or PSYC 2317

**Minor (18+ hours)**

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.
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.

**Core Curriculum**
- PH 1320*
- PH 2340*
- 020 Core MATH Except MATH 1316
- PH 3370* fall | spring
- PH 4336* fall | spring

**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

**Support**
- Select one statistics course from: CJ 3347, MATH 2328, PA 3311 fall/spring, PH 3315, PSY 2301, or SOCI 3307
- select 4 hours from: ESS 3323, PFW 1301, PH 3376#, PFW 11@ Activity only 1 PFW may be used

**Minor**
- select one from catalog (except for Public Health or Secondary Education)

**Degree:** Bachelor of Science | **Major:** Public Health | **Concentration:** Health & Wellness Coaching | **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

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.

Internship, if chosen:
- PH 4640* fall | spring
- PH 4660* full-time; by itself in final fall/spring (or summer beginning in 2025)
- PH 4360* part-time; concurrent with other courses

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

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**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

**Support**
- Select one statistics course from: CJ 3347, MATH 2328, PA 3311 fall/spring, PH 3315, PSY 2301, or SOCI 3307
- select 4 hours from: ESS 3323, PFW 1301, PH 3376#, PFW 11@ Activity only 1 PFW may be used

**Minor**
- select one from catalog (except for Public Health or Secondary Education)

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- select one from catalog (except for Public Health or Secondary Education)

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**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.