The degree requirements below are outlined in the 2022 Undergraduate Catalog and will remain valid through summer 2028.

INSTITUTIONAL REQUIREMENTS 1-9 Hours

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

PROGRAM-SPECIFIC CORE 3 Hours

- Mathematics (020) – select one from:
  - MATH 1315: College Algebra
  - MATH 1317: Plane Trigonometry
  - MATH 1319: Mathematics for Business and Economy

GENERAL EDUCATION CORE 39 Hours

Communication (010) – select two from:

- ENG 1310: College Writing I
- ENG 1320: College Writing II
- 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
- ENG 2310: British Literature before 1785
- ENG 2320: British Literature after 1785
- 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

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
- HIST 2381: African American History to 1877

2nd course:

- HIST 1320: History of United States from 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

Social and Behavioral Sciences (080) select one from:

- ANTH 1312: Cultural Anthropology
- CA 2351: Behavioral & Personal Financial Management
- ECO 2301: Principles of Economics
- ECO 2314: Principles of Microeconomics
- GEO 1310: World Geography
- PFW 1301: Behavioral Physical Fitness and Well.
- PSY 1300: Introduction to Psychology
- SOCI 1310: Introduction to Sociology

Component Area (090):

- COMM 1310: Fundamentals of Human Communication

English Literature – Select one from:

- ENG 2310: British Literature between 1785
- ENG 2320: British Literature after 1785
- 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.

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: Workplace Health Promotion
- PH 4330A: Health Disparities
- PH 4347: Independent Study in Public Health
- PH 4360: Internship in Public Health
- PH 4680: Internship in Public Health

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 2360: Nutrition Science
- NUTR 2361: Nutritional Assessment
- NUTR 3362: Nutrition & Health
- NUTR 3364: The Science of Nutrition & Exercise

Select at least 4 hours from:

- ESS 1301: Soc. and Behav. Dimen. of Phys. Fit. And Well.
- 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

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.
## Core Curriculum

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

### PH Electives – select 6 hours from:
- PH 2338, 3321, 3330, 3360, 3374, 3376#, 4330A, 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
  - ESS 1175, PFW 1110E
  - NUTR 2360, 2361, 3362, 3364

### Additional Required Courses

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

- select 6 hours from:
  - COUN 3320, PSY 3300, PSY 3325, PSY 3336, PSY 3350, PSY 3361

## Support

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

### Minor

- select one:
  - US 1100
  - Foreign Language Proficiency

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*requires grade of ‘C’ or better | # can’t be used satisfy both major and support*

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