**Program-Specific Core**
- Select two from:
  - Mathematics (020): MATH 1315: College Algebra
  - MATH 1312: College Statistics and Algebra
  - MATH 1317: Plane Trigonometry
  - MATH 1319: Mathematics for Business and Economy
  - [see catalog for more options – excludes MATH 1316]

**General Education Core**
- Communication (010) – select one 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

- 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):
  - English Literature – Select one from:
    - 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

**Concentration**
- ESS 1179: Beginning Weight Training

**Support**
- 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

**Minor:** See advisor for approved list

---

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 2022, Spring 2023, and Summer 2023** semesters.

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

### ADDITIONAL REQUIRED COURSES
Use these courses to fill remaining space in your schedule each semester.

<table>
<thead>
<tr>
<th>Core Curriculum</th>
<th>Concentration</th>
</tr>
</thead>
<tbody>
<tr>
<td>010</td>
<td>ESS 1179</td>
</tr>
<tr>
<td>010</td>
<td></td>
</tr>
<tr>
<td>030</td>
<td></td>
</tr>
<tr>
<td>030</td>
<td></td>
</tr>
<tr>
<td>040</td>
<td></td>
</tr>
<tr>
<td>050</td>
<td></td>
</tr>
<tr>
<td>060</td>
<td></td>
</tr>
<tr>
<td>060</td>
<td></td>
</tr>
<tr>
<td>070</td>
<td></td>
</tr>
<tr>
<td>070</td>
<td></td>
</tr>
<tr>
<td>080</td>
<td></td>
</tr>
<tr>
<td>090A</td>
<td></td>
</tr>
<tr>
<td>090B</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Major</th>
<th>Concentration</th>
</tr>
</thead>
<tbody>
<tr>
<td>PH 1310*</td>
<td></td>
</tr>
<tr>
<td>PH 3301*</td>
<td>select one from:</td>
</tr>
<tr>
<td></td>
<td>ESS 1100, PFW 1101</td>
</tr>
<tr>
<td>PH 3348*</td>
<td>select one from:</td>
</tr>
<tr>
<td></td>
<td>ESS 1175, PFW 1101E</td>
</tr>
<tr>
<td>PH 3350*</td>
<td>select one from:</td>
</tr>
<tr>
<td></td>
<td>NUTR 2360, 2361, 3362, 3364</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Minor</th>
<th>Support</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Select one statistics course from:</td>
</tr>
<tr>
<td></td>
<td>CJ 3347, MATH 2328, PA 3311,</td>
</tr>
<tr>
<td></td>
<td>PH 3315, PSY 2301, or SOCI 3307</td>
</tr>
</tbody>
</table>

Minor: selected from catalog *(except for Public Health or Secondary Education)*

- **PhD 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*

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

- **US 1100**
- **Foreign Language Proficiency**

*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.