### INSTITUTIONAL REQUIREMENTS
3 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 1312: College Statistics and 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

**Language, Philosophy, and Culture (040)** – select one from:
- PHIL 1305: Philosophy & Critical Thinking
- PHIL 1320: Ethics & Society

**American History (060)** – select two from:
1st course:
- HIST 1310: History of United States to 1877

2nd course:
- HIST 1320: History of United States from 1877
- HIST 2328: History of Mexican America to 1865
- HIST 2327: History of Mexican America from 1865
- HIST 2328: History of Mexican America from 1865
- HIST 2381: African American History to 1877
- 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

**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

### 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 Evaluation

**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: Worksite 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 1100: 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 2380: Nutrition Science
- NUTR 2381: Nutritional Assessment
- NUTR 3362: Nutrition & Health
- NUTR 3364: The Science of Nutrition & Exercise

Select at least 4 hours from:
- ESS 3323: Psychosocial Aspects of Exercise and Sports Science
- PFW 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 3338: 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 2326: 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.
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