
The Department of Health and Human Performance has a focus on preparing Health majors to function professionally in a changing and diverse society, and to improve the quality of life through the understanding, delivering and promotion of health, physical activity, and wellness.

A – GENERAL EDUCATION CORE – 42 HOURS

Students must fulfill the General Education Core requirements. The courses listed below satisfy both degree requirements and General Education core requirements.

Required

020 - Mathematics – 3 hours

MATH 1342 Elementary Statistical Methods (or MATH 1387 Honors)

030 - Life and Physical Sciences – 6 hours

BIOL 2401 Anatomy and Physiology I three-hour lecture

BIOL 2402 Anatomy and Physiology II three-hour lecture

090 - Integrative and Experiential Learning – 2 hours

BIOL 2401 Anatomy and Physiology I one-hour lab

BIOL 2402 Anatomy and Physiology II one-hour lab

B – MAJOR REQUIREMENTS – 60 HOURS (48 advanced minimum)

1 – Health Core – 33 hours (24 advanced)

KINE 1301 Wellness

KINE 1306 First Aid and First Responder

HLTH 2352 Personal Health

HLTH 3305 Selected Topics in Health Education

HLTH 3325 Latino Health

HLTH 3350 Organization of the Health Program

HLTH 3372 Nutrition and Health

HLTH 3374 Human Disease

HLTH 4305 Community Health Methods

HLTH 4315 Health Program Planning and Evaluation

HLTH 4380 Principles of Public Health (Capstone)

2 – Health Electives – 27 hours (24 advanced)

Choose from:

CRIJ 1301 Introduction to the Criminal Justice System

CRIJ 3303 Criminology

HLTH 1352 Community and Environmental Health

HLTH 3370 Concepts for Healthy Lifestyle Promotion

HLTH 3371 Health Problems in Alcohol, Tobacco, and Narcotics

HLTH 3373 Human Sexuality

HLTH 3375 Consumer Health

HLTH 4357 Health Seminar

HLTH 4358 Current Health Readings and Reported Research

KINE 4370 Management in Exercise and Health Promotion

MARK 3300 Principles of Marketing

REHS 2301 Introduction to Rehabilitation

SOCI 1323 Social Problems

SOCI 3324 Sociology of Health

SOCW 2362 The Social Welfare Institution

SOCW 3351 School Social Work

SOCW 4320 Social Work in Health Care

PSYC 2301 General Psychology

PSYC 3324 Social Psychology

C – MINOR – 18 HOURS (6 advanced)

TOTAL CREDIT HOURS FOR GRADUATION – 120 HOURS

TOTAL ADVANCED HOURS – 54 HOURS

ADMISSION, PROGRESSION, AND GRADUATION REQUIREMENTS, if applicable:

Admission requirements

For admission, students must complete of 60 hours of course work and have junior standing.

Progression requirements

A grade of 'C' or better must be maintained in all advanced coursework.

Graduation requirements

In addition to the graduation requirements listed in the UTRGV 2017-2019 Undergraduate Catalog, demonstration of proficiency in a language other than English is required at the undergraduate level equivalent to a minimum of six credit hours. Proficiency can be demonstrated by a college credit exam, a placement test approved through the UTRGV Department of Writing and Language Studies, and/or up to six credit hours of college-level language coursework.