
This program leads to a profession which requires an occupational license as defined under Texas Occupations Code 58.001. This requires that all applicants seeking to become licensed must undergo a criminal background check prior to licensure.

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

080 – Social and Behavioral Sciences – 3 hours

Choose from:

SOCI 1301 Introduction to Sociology

PSYC 2301 General Psychology

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 (45 advanced)

1 – Health Core – 39 hours (27 advanced)

KINE 1306 First Aid and First Responder

NUTR 2351 Introduction to Clinical Nutrition

HLTH 2301 Introduction to Health Education

HLTH 2352 Personal Health

HLTH 3325 Latino Health

HLTH 3355 Health Behavior Theory

HLTH 3360 Environmental Health

HLTH 3365 Health Communication

HLTH 3374 Human Disease

HLTH 4305 Community Health Methods

HLTH 4315 Health Program Planning and Evaluation

HLTH 4350 Organization of the Health Program

HLTH 4380 Health Education Internship Capstone

2 – Health Electives – 21 hours (18 advanced)

Choose from:

HLTH 3305 Selected Topics in Health Education

HLTH 3371 Health Problems in Alcohol, Tobacco, and Narcotics

HLTH 3373 Human Sexuality

HLTH 3375 Consumer Health

KINE 4370 Management in Exercise and Health Promotion

MARK 3300 Principles of Marketing

SOCI 3324 Sociology of Health

SOCW 2362 The Social Welfare Institution

SOCW 4320 Social Work in Health Care

SOCI 1301 Introduction to Sociology or PSYC 2301 General Psychology (not completed in the general education core)

PSYC 3324 Social Psychology

C – MINOR – 18 HOURS (6 advanced)

TOTAL CREDIT HOURS FOR GRADUATION – 120 HOURS

TOTAL ADVANCED HOURS – 51 HOURS

ADMISSION, PROGRESSION, AND GRADUATION REQUIREMENTS, if applicable:

Admission requirements

For admission, students must complete with a 'C' or better HLTH 2301 and HLTH 2352; complete 60 hours of course work and have junior standing.

Progression requirements

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