



Department of Kinesiology
Bachelor of Arts Degree in Wellness with Optional Minor

2025-2026 Curriculum; 120 semester hours

University Core Requirements (42 Hours)

Communication (6 hrs) ENGL 1301 and CMST 1315 Recommended	Language, Philosophy, and Culture (3 hrs)
Math (3 hrs) MATH1342 Stats I Recommended	Social/Behavioral Sciences (3 hrs)
Creative Arts (3 hrs.)	Government/Political Science (6 hrs)
American History (6 hrs) HIST 1301 United States History I	POLS 2306 Intro Texas Politics
HIST 1302 United States History II	POLS 2305 Intro American Government
Life and Physical Sciences (6 hrs)	Component Area Option (6 hrs)
	Human Expression: ENGL1302 Recommended
	STEM: ALHS 1315 Recommended

Departmental Lower-Division Requirements (18 Hours)

ALHS 1300 Personal & Community Wellness
ALHS 1315 Introduction to Nutrition
ALHS 2301 Medical Terminology
KINE 2330 Fundamentals of Exercise Science
Foreign Language (6 hours)

Wellness Core Courses (37 Hours)

KINE 3315 Nutrition	KINE 3303 Motor Development
ALHS 3352 Consumer Health	KINE 3306 Fitness Assessment Skills
ALHS 3360 Principles of Community & Public Health	KINE 3331/3132 Human Motor Control and Learning/Lab
ALHS 3362 Behavioral Health	KINE 4319 Aging and Physical Performance
ALHS 4317 Theory & Clinical Aspects of Weight Management	HECC 4333 Introduction to Biostatistics
ALHS 4333 Stress Management	KINE 4370 Internship

23 hrs. of Prescribed Electives chosen with School of Health Professions Advisor Approval. Note that the electives total could be 26 or 29 hrs. if ALHS1315 and/or a foreign language course are used to satisfy core requirements. A minimum of 5 hrs. of upper division courses must be included in the electives.

OR

Choose a minor (18 hours minimum) plus Prescribed Electives as necessary to reach 120 hrs.

Cognate Electives chosen with School of Health Professions Advisor Approval – Any ALHS, HECC, KINE, or PYED course offered at UT Tyler, and not already taken for this degree, may be utilized. Upper division courses in fields such BIOL, CHEM, MANA, MARK, PHYS, PSYC, & CMST are also good options. For additional options, please meet with advisor.

You may choose from these minors or meet with a Health and Kinesiology Advisor to discuss other minor options:

Education
Entrepreneurship
Management
Marketing
Psychology
Spanish
Sports Communications
Speech Communications

Degree Plan substitutions are made with School of Health Professions Advisor and Chair Approval Only.

To choose and declare a minor, you must meet with both the minor and major advisors.

Questions? Email shpadvising@uttyler.edu

SCHOOL OF HEALTH PROFESSIONS

Bachelor of Arts in Wellness

Recommended 4-Year Curriculum**FRESHMAN YEAR**

Fall Semester			Credit Hours	Spring Semester			Credit Hours
ENGL	1301*	Grammar & Composition I	3			*Social/Behavioral Science	3
MATH	1342*	Stats I	3	ENGL	1302*	Grammar & Composition II	3
BIOL	1306*	Gen. Biol. I	3	BIOL	1307*	Gen. Biol. II	3
BIOL	1106	Gen. Biol. I LAB	1	BIOL	1107	Gen. Biol. II LAB	1
ALHS	1300	Personal & Community Wellness	3	POLS	2306	Texas Politics	3
POLS	2305	American Government	<u>3</u>	STEM*		*ALHS 1315 Recommended	<u>3</u>
Total Semester Credit Hours			16	Total Semester Credit Hours			16

SOPHOMORE YEAR

Fall Semester			Credit Hours	Spring Semester			Credit Hours
HIST	1301	U.S. History I	3	HIST	1302	U.S. History II	3
CMST	1315*	Fund. of Speech Communication	3			*Language, Philosophy, & Culture	3
		*Creative Arts	3			Foreign Language	3
		Foreign Language	3	KINE	2330	Fundamentals of Ex Science	3
ALHS	2301	Medical Terminology	<u>3</u>			¹ Prescribed Elective	<u>3</u>
Total Semester Credit Hours			15	Total Semester Credit Hours			15

JUNIOR YEAR

First Semester			Credit Hours	Second Semester			Credit Hours
ALHS	3352	Consumer Health	3	ALHS	3360	Principles of Com/Pub Health	3
KINE	3315	Nutrition	3	ALHS	3362	Behavioral Health	3
ALHS	4333	Stress Management	3	ALHS	4317	Aspects in Weight Management	3
KINE	3331	Human Motor Control & Learning	3	KINE	3303	Motor Development	3
KINE	3132	Hum. Motor Control & Learning Lab	1			¹ Prescribed Elective	<u>3</u>
		¹ Prescribed Elective	<u>3</u>				
Total Semester Credit Hours			16	Total Semester Credit Hours			15

SENIOR YEAR

First Semester			Credit Hours	Second Semester			Credit Hours
KINE	3306	Fitness Assessment Skills	3	KINE	4319	Aging & Physical Performance	3
HECC	4333	Introduction to Biostatistics	3			¹ Prescribed Elective	3
		¹ Prescribed Elective	3			¹ Prescribed Elective	3
		¹ Prescribed Elective	3	KINE	4370	Internship	<u>3</u>
		¹ Prescribed Elective	<u>3</u>				
Total Semester Hours			15	Total Semester Hours			12

Total hours must equal at least 120 hours**NOTES:**

*See UT Tyler Core Curriculum for approved course(s).

¹Selected with advisor approval*This is only a recommended outline. Because degree requirements do change, you should consult an advisor as well as the University Catalog, which is the only official document regarding baccalaureate degree requirements.*