Bachelor of Arts in Wellness

Recommended 4-Year Course Sequence
2020-2021 Catalog

FRESHMAN YEAR

Fall

Jacksonville College	UT Tyler	Title	Hours
ENGL 1301		Composition I	3
HIST 1301		United States History I	3
EDUC 1300		Learning Framework	3
MATH		College Level (3 hours)	3
		Elective	3
			15

Spring

Jacksonville College	UT Tyler	Title	Hours
ENGL 1302		Composition II	3
HIST 1302/2301		United States History II **OR** Texas History	3
		Social and Behavioral Science Course	3
		Elective	3
		Elective	3
			15

SOPHOMORE YEAR

Fall

Jacksonville College	UT Tyler	Title	Hours
GOVT 2305		Federal Government	3
		Life and Physical Science Course	4
		Language, Philosophy, and Culture Course	3
SPCH 1315/1321		Public Speaking **OR** Business & Prof Communication	3
		Elective	3
			16

Spring

Jacksonville College	UT Tyler	Title	Hours
GOVT 2306		Texas Government	3
		Life and Physical Science Course	4
		Creative Arts Course	3
		Elective	3
			13

JUNIOR YEAR

Fall

Jacksonville College	UT Tyler	Title	Hours
	ALHS 3352	Consumer Health	3
	ALHS 4333	Stress Management	3
	KINE 3303	Motor Development	3
	ALHS 1300	Personal and Community Wellness	3
	ALHS 1315	Introduction to Nutrition	3
			15

Spring

Jacksonville College	UT Tyler	Title	Hours
	ALHS 3360	Principles of Com/Pub Health	3
	KINE 2330	Fundamentals of Exercise Science	3
	KINE 3331	Human Motor Control and Learning	3
	KINE3132	Human Motor Control and Learning Lab	1
	ALHS 3315	Nutrition	3
	ALHS 2301	Medical Terminology	3
			16

SENIOR YEAR

Fall

Jacksonville College	UT Tyler	Title	Hours
	KINE 3306	Fitness Assesment Skills	3
	HECC 4333	Introduction to Biostatistics	3
	ALHS 3362	Behaviorial Health	3
		Foreign Language	6
			15

Spring

Jacksonville College	UT Tyler	Title	Hours
	KINE 4319	Aging & Physical Performance	3
	ALHS 4317	Aspects in Weight Management	3
		Upper Division Prescribed Elective	3
		Upper Division Prescribed Elective	3
	HECC 4370	Internship	3
			15

Total Credit Hours at Jacksonville College	**59**
Total Credit Hours at UT Tyler	**61**
Total Credit Hours	**120**