



Bachelor of Arts in Wellness
 Recommended 4-Year Course Sequence
 2018-2019 Catalog



FRESHMAN YEAR

Fall				Spring			
TJC	UT Tyler	Title	Hours	TJC	UT Tyler	Title	Hours
ENGL 1301		Composition I	3	ENGL 1302/2311		Composition II OR Technical & Business Writing	3
HIST 1301		United States History I	3	HIST 1302/2301		United States History II OR Texas History	3
EDUC 1300		Learning Framework	3			Social and Behavioral Science Course	3
MATH		College Level (3 hours)	3			Elective	3
		Elective	3			Elective	3
			15				15

SOPHOMORE YEAR

Fall				Spring			
TJC	UT Tyler	Title	Hours	TJC	UT Tyler	Title	Hours
GOVT 2305		Federal Government	3	GOVT 2306		Texas Government	3
		Life and Physical Science Course	4			Life and Physical Science Course	4
		Language, Philosophy, and Culture Course	3			Creative Arts Course	3
SPCH 1315/1321		Public Speaking OR Business & Prof Communication	3			Elective	3
		Elective	3				
			16				13

JUNIOR YEAR

Fall				Spring			
TJC	UT Tyler	Title	Hours	TJC	UT Tyler	Title	Hours
	ALHS 3352	Consumer Health	3		ALHS 3360	Principles of Com/Pub Health	3
	ALHS 4333	Stress Management	3		KINE 2330	Fundamentals of Exercise Science	3
	KINE 3303	Motor Development	3		KINE 3331	Human Motor Control and Learning	3
	ALHS 1300	Personal and Community Wellness	3		KINE3132	Human Motor Control and Learning Lab	1
	ALHS 1315	Introduction to Nutrition	3		ALHS 3315	Nutrition	3
					ALHS 2301	Medical Terminology	3
			15				16

SENIOR YEAR

Fall				Spring			
TJC	UT Tyler	Title	Hours	TJC	UT Tyler	Title	Hours
	KINE 3306	Fitness Assesment Skills	3		KINE 4319	Aging & Physical Performance	3
	HECC 4333	Introduction to Biostatistics	3		ALHS 4317	Aspects in Weight Management	3
	ALHS 3362	Behaviorial Health	3			Upper Division Prescribed Elective	3
		Foreign Language	6			Upper Division Prescribed Elective	3
					HECC 4370	Internship	3
			15				15

Total Credit Hours at Tyler Junior College 59
Total Credit Hours at UT Tyler 61
Total Credit Hours 120