



AS in Health Studies to Bachelor of Arts in Wellness

Recommended 4-Year Course Sequence
2024-2025 Catalog



FRESHMAN YEAR

Fall				Spring			
TJC	UT Tyler	Title	Hours	TJC	UT Tyler	Title	Hours
MATH 1314		College Algebra	3	ENGL 1302 OR ENGL 2311		Composition II OR Technical and Business Writing	3
ENGL 1301		Composition I	3	BIOL 2402		Anatomy and Physiology II	4
BIOL 2401		Anatomy and Physiology I	4	PHED 1304		Personal/Community Health I [Sub for ALHS UTT 1300]	3
PSYC 2301		General Psychology	3	PHED 1306 OR PSYC 2314		First Aid OR Lifespan Growth and Development	3
EDUC 1300		*Learning Framework	0			Component Area Option Core	3
			13				16

SOPHOMORE YEAR

Fall				Spring			
TJC	UT Tyler	Title	Hours	TJC	UT Tyler	Title	Hours
HIST 1301		United States History I	3	BIOL 1322		Nutrition and Diet Therapy [Sub for UTT ALHS 1315]	3
GOVT 2305		Federal Government	3	HIST 1302		United States History II	3
PHED 1346		Drug Use & Abuse	3	GOVT 2306		Texas Government	3
		Language, Philosophy, and Culture	3	SPCH 1315 OR		Public Speaking OR Business and Professional	3
KINE 1301 AND		Foundations of Kinesiology AND Lab OR	4			Creative Arts Core	3
			16				15

JUNIOR YEAR

Fall				Spring			
TJC	UT Tyler	Title	Hours	TJC	UT Tyler	Title	Hours
	KINE 2330	Fundamentals of Exercise Science	3		ALHS 3360	Principles of Com/Pub Health	3
	ALHS 3315	Nutrition	3		ALHS 4317	Aspects in Weight Management	3
	ALHS 4333	Stress Management	3		KINE 3303	Motor Development	3
	KINE 3331	Human Motor Control and Learning	3		ALHS 3352	Consumer Health	3
	KINE 3132	Human Motor Control and Learning Lab	1		ALHS 2301	Medical Terminology	3
		Component Area Option Core	3				
			16				15

SENIOR YEAR

Fall				Spring			
TJC	UT Tyler	Title	Hours	TJC	UT Tyler	Title	Hours
	KINE 3306	Fitness Assessment Skills	3		KINE 4319	Aging & Physical Performance	3
	HECC 4333	Introduction to Biostatistics	3		HECC 4370	Internship	3
		Approved Elective	3			Approved Elective	3
		Approved Elective	3			Approved Elective	3
		Approved Elective	3			Approved Elective	2
			15				14

Total Credit Hours at Tyler Junior College 60
Total Credit Hours at UT Tyler 60
Total Credit Hours 120

*Denotes courses that will not be part of the pathway agreement and will not contribute to the hour count for UT Tyler