**Department of Health and Kinesiology**

***Bachelor of Arts Degree in Wellness with Optional Minor***

2022-2023 Curriculum; 120 semester hours

University Core Requirements (42 Hours)

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Communication (6 hrs) Language, Philosophy, and Culture (3 hrs)

ENGL 1301 and SPCM1315 Recommended Social/Behavioral Sciences (3 hrs)

Math (3 hrs) Government/Political Science (6 hrs)   
 MATH1342 Stats I Recommended POLS 2306 Intro Texas Politics  
Creative Arts (3 hrs.) POLS 2305 Intro American Government  
American History (6 hrs) Component Area Option (6 hrs)   
 HIST 1301 United States History I Human Expression**:** ENGL1302 Recommended  
 HIST 1302 United States History II STEM: ALHS1315 Recommended  
Life and Physical Sciences (6 hrs)

Departmental Lower-Division Requirements (18 Hours)

ALHS 1300Personal & 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)

ALHS 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 HECC 4370 Internship

**23 hrs. of Prescribed Electives *chosen with Health and Kinesiology 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 Cognate Electives as necessary to reach 120 hrs.**

**Cognate Electives *chosen with Health and Kinesiology 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, & SPCM 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 Health and Kinesiology Advisor and Chair Approval Only.**

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

Questions? Email hkadvising@uttyler.edu

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| ***The University of Texas at Tyler* 2022-23**  **SCHOOL OF HEALTH PROFESSIONS**  **Bachelor of Arts in Wellness** |

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| **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 STEM\* \_\_\_\_\_ \*ALHS 1315 Recommended 3

**Total Semester Credit Hours 13 Total Semester Credit Hours 13**

**Summer Semester Credit Hours**

POLS 2305 American Government 3

POLS 2306 Texas Politics 3

**Total Semester Credit Hours 6**

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| **SOPHOMORE YEAR** |  |  |

**Fall Semester Credit Hours Spring Semester Credit Hours**

HIST 1301 U.S. History I 3 HIST 1302 U.S. History II 3

\_\_\_\_\_ \_\_\_\_\_ \*SPCM1315 3 \_\_\_\_\_ \_\_\_\_\_ \*Language, Philosophy, & Culture 3

\_\_\_\_\_ \_\_\_\_\_ \*Creative Arts 3 \_\_\_\_\_ \_\_\_\_\_ Foreign Language 3

\_\_\_\_\_ \_\_\_\_\_ Foreign Language 3 KINE 2330 Fundamentals of Ex Science 3

**Total Semester Credit Hours 12 Total Semester Credit Hours 12**

**Summer Semester Credit Hours**

ALHS 2301 Medical Terminology 3

ALHS 3362 Behavioral Health 3

**Total Semester Credit Hours 6**

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| **JUNIOR YEAR** |  |

**First Semester Credit Hours Second Semester Credit Hours**

ALHS 3352 Consumer Health 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 3331Human Motor Control & Learning 3 \_\_\_\_\_ \_\_\_\_\_ 1 Prescribed Elective 3

KINE 3132 Hum. Motor Control & Learning Lab 1 \_\_\_\_\_ \_\_\_\_\_ 1 Prescribed Elective 3

**Total Semester Credit Hours 13 Total Semester Credit Hours 15**

**Summer Semester Credit Hours**

\_\_\_\_\_ \_\_\_\_\_ 1 Prescribed Elective 3

\_\_\_\_\_ \_\_\_\_\_ 1 Prescribed Elective 3

**Total Semester Credit Hours 6**

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| **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 HECC 4370 Internship 3

**Total Semester Hours 12 Total Semester Hours 12**

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| ***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.*