

COLLEGE OF NURSING AND HEALTH SCIENCES

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	<u>3</u>	STEM*		*ALHS 1315 Recommended	<u>3</u>
Total Semester Credit Hours			13	Total Semester Credit Hours			13

Summer Semester			Credit Hours
POLS	2305	American Government	<u>3</u>
POLS	2306	Texas Politics	<u>3</u>
Total Semester Credit Hours			6

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	<u>3</u>	KINE	2330	Fundamentals of Ex Science	<u>3</u>
Total Semester Credit Hours			12	Total Semester Credit Hours			12

Summer Semester			Credit Hours
ALHS	2301	Medical Terminology	3
ALHS	3362	Behavioral Health	<u>3</u>
Total Semester Credit Hours			6

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	3331	Human Motor Control & Learning	3			¹ Prescribed Elective	3
KINE	3132	Hum. Motor Control & Learning Lab	<u>1</u>			¹ Prescribed Elective	<u>3</u>
Total Semester Credit Hours			13	Total Semester Credit Hours			15

Summer Semester			Credit Hours
		¹ Prescribed Elective	3
		¹ Prescribed Elective	<u>3</u>
Total Semester Credit Hours			6

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	<u>3</u>	HECC	4370	Internship	<u>3</u>
Total Semester Hours			12	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.