



Bachelor of Science in Health and Wellness Concentration (120 hours)

This table shows a sample recommended course sequence for this degree based on the **UHD 2025-26 Undergraduate Catalog**. Students should verify degree requirements and registration plans with an advisor to ensure accuracy. Please note that some degrees and colleges have specific GPA and other requirements. Courses with asterisks (*) indicate Common Core courses.

First Year (Freshman 0-29 hrs)

Semester 1	Hours	Grade	TCCNS	ACGM	Semester 2	Hours	Grade	TCCNS	ACGM
ENG 1301*	3		ENGL 1301	Composition I	ENG 1302*	3		ENGL 1302	Composition II
Mathematics*	3				Oral Communication*	3			
Creative Arts*	3				American History*	3			
American History*	3				Social and Behavioral Science	3			
First Year Seminar*	3				Language, Philosophy, & Culture*	3			
Total Hours	15				Total Hours	15			

Second Year (Sophomore 30-59 hrs)

Semester 1	Hours	Grade	TCCNS	ACGM	Semester 2	Hours	Grade	TCCNS	ACGM
*Select from - BIOL 1303/1103 - Human Anatomy and Physiology I & lab or BIOL 1310 - Human Biology	3-4				*Select from - BIOL 1304/1104 - Human Anatomy and Physiology I & lab or BIOL 1310 - Human Biology	3-4			
POLS 2305*	3		GOVT 2305	Federal Government	POLS 2306*	3		GOVT 2306	Texas Government
HEA 2301	3				HEA 3312	3			
HEA 2303	3				HEA 3310	3			
Minor or Free Elective	3				Minor or Free Elective	3			
Total Hours	15-16				Total Hours	15-16			

Third Year (Junior 60-89 hrs)

Semester 1	Hours	Grade	TCCNS	ACGM	Semester 2	Hours	Grade	TCCNS	ACGM
HEA 3314	3				HEA 4303 or PHIL 3330	3			
HEA 3316	3				Health & Wellness Electives- Select from: HEA 3302, 3307, 3320, 3322, 3324, 3326, or 4306	3			
Health & Wellness Electives- Select from: HEA 3302, 3307, 3320, 3322, 3324, 3326, or 4306	3				Health & Wellness Electives- Select from: HEA 3302, 3307, 3320, 3322, 3324, 3326, or 4306	3			

Minor or Free Elective	3					Minor or Free Elective	3			
Minor or Free Elective	3					Minor or Free Elective	3			
Total Hours	15					Total Hours	15			
Fourth Year (Senior 90-120 hrs)										
Semester 1	Hours	Grade	TCCNS	ACGM		Semester 2	Hours	Grade	TCCNS	ACGM
HEA 4302	3					HEA 4380 or 4301	3			
Health & Wellness Electives- Select from: HEA 3302, 3307, 3320, 3322, 3324, 3326, or 4306	3					Health & Wellness Electives- Select from: HEA 3302, 3307, 3320, 3322, 3324, 3326, or 4306	3			
Minor or Free Elective	3					Minor or Free Elective	3			
Minor or Free Elective	3					Minor or Free Elective	3			
Minor or Free Elective	3					Minor or Free Elective	3			
Total Hours	15					Total Hours	15			