

Bachelor of Science in Public Health (B.S.P.H.) – Health Promotion

2025-2026 Academic Catalog, Bachelor of Science in Public Health – Health Promotion Concentration

Academic Core for B.S.P.H.

40 Hours

CHRISTIAN STUDIES		6
CSBS 1311	Engaging the Old Testament	3
CSBS 1312	Engaging the New Testament	3

ENGLISH		9
ENGL 1321	Rhetoric & Composition I	3
ENGL 1322	Rhetoric & Composition II	3
ENGL	Literature	3

A grade of a "C" or higher is required in ENGL 1321 and ENGL 1322.

EXERCISE & SPORT SCIENCE – SELECT TWO DIFFERENT COURSES 2		
EXAC	Activity Course	1
EXAC	Activity Course	1

FINE ARTS – SELECT ONE		3
ARTS 1310	Drawing I	3
ARTS 1320	Design	3
ARTS 1350	Art Appreciation	3
ARTS 2360	Ceramics I	3
COMM 2335	Film Appreciation	3
FINA 2330	Exploring the Fine Arts	3
MUSI 1340	Music Appreciation	3
THEA 2350	Theatre Appreciation	3

WORLD CULTURES – SELECT ONE		3
ARTS 2354	World Art	3
EXSS 2353	Lifespan Nutrition	3
GLBL 2310	Cultural Immersion	3
HIST 1311	History of World Civilizations to 1500	3
HIST 1312	History of World Civilizations since 1500	3
HIST 2350	An Introduction to the Politics and Culture of Ancient Greece and Rome	3
HUMA 2355	Foundations of the Humanities	3
MUSI 2358	World Music	3
PHIL 2315	Introduction to Philosophy	3

EXSS 2353 is recommended

LAB SCIENCE		4
BIOL 2141	Human Anatomy & Physiology II Lab	1
BIOL 2341	Human Anatomy & Physiology II	3

PUBLIC SPEAKING		3
COMM 1320	Public Speaking	3

MATHEMATICS		3
MATH 2303	Statistics	3

SOCIAL SCIENCE		3
PSYC 1301	General Psychology	3

US HISTORY OR US GOVERNMENT – SELECT ONE		3
HIST 2311	American History to 1877	3
HIST 2312	American History since 1877	3
POLS 2305	United States Government	3
POLS 2306	Texas State and Local Government	3

FRESHMAN SEMINAR		1
UMHB 1101	Freshman Seminar	1

CHAPEL – 1 to 4 credits		
UMHB 1002	Chapel	

Fine Arts Experience – 2 to 8 credits		
UMHB 1005	Fine Arts Experience	

B.S.P.H. – Health Promotion Conc.

47 Hours

MAJOR REQUIRED COURSES		30
BSPH 2350	Principles of Health Education and Promotion	3
BSPH 2352	Personal Health and Fitness	3
BSPH 3315	Community and Public Health	3
BSPH 3320	Program Planning in Health Education and Promotion	3
BSPH 4310	Theories in Health Behavior	3
BSPH 4340	Health Program Evaluation	3
BSPH 4344	Leadership in Health Science	3
BSPH 4350	Internship in Public Health	3
BSPH 4285	Capstone in Public Health	2
BSPH 4191	Seminar in Public Health	1

Select one:		
BSPH 4360	Pathophysiology of Chronic Disease	3
BSPH 4370	Fundamentals of Epidemiology for Health Promotion	3

Grades of "C" or better required in all courses in the Public Health major.

HEALTH PROMOTION CONCENTRATION		17
BIOL 2340	Human Anatomy & Physiology I	3
BIOL 2140	Human Anatomy & Physiology I Lab	1
BIOL	Biology Course w/Lab	4
PSYC 2311	Developmental Psychology	3
PSYC 2314	Research Methods for Social Science	3
SOCI 1311	Introduction to Sociology	3

Recommended support courses: EXSS 2355, EXSS 3310, EXSS 3354, EXSS 3376, EXSS 3378, EXSS 3395, EXSS 4395, SOCI 3325/SOCW 3315

Electives

33 Hours

UPPER LEVEL ELECTIVES		10
You need 10 additional Upper Level hours to reach your 36 required hrs.		

ELECTIVES		23
You need 23 additional hours to reach your overall 120 required hrs.		

Total Hours

Academic Core for B.S.P.H.	40
Major Required Courses	30
Health Promotion Concentration	17
Upper Level Electives	10
Electives	23
Total hours required for graduation	120

Additional Graduation Requirements

Minimum Upper Level hours	36
Minimum hours taken at UMHB	30
Minimum Upper Level hours taken at UMHB	24
Minimum cumulative GPA	2.75

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2025-2026 Academic Catalog, Bachelor Science in Health Science – Health Promotion – DEGREE SEQUENCE

FRESHMAN FALL 14 Hours

BSPH 2350	Principles of Health Education and Promotion	3
ENGL 1321	Rhetoric & Composition I	3
Elective (MATH 1306 recommended/pre-req to MATH 2303)		3
BIOL	Biology Course w/Lab	4
UMHB 1101	First Year Seminar	1
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

FRESHMAN SPRING 16 Hours

BSPH 2352	Personal Health and Fitness	3
COMM 1320	Public Speaking	3
CSBS 1311	Engaging the Old Testament	3
ENGL 1322	Rhetoric & Composition II	3
EXAC	Activity Course	1
	Fine Arts	3
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

SOPHOMORE FALL 17 Hours

BIOL 2140	Human Anatomy & Physiology I Lab	1
BIOL 2340	Human Anatomy & Physiology I	3
BSPH 3315	Community and Public Health	3
CSBS 1312	Engaging the New Testament	3
EXAC	Activity Course	1
PSYC 1301	General Psychology	3
SOCI 1311	Introduction to Sociology	3
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

SOPHOMORE SPRING 15 Hours

ENGL	Literature	3
PSYC 2311	Developmental Psychology	3
PSYC 2314	Research Methods for Social Science	3
	US History or Political Science (POLS 2305 rec.)	3
	World Cultures (EXSS 2353 recommended)	3
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

JUNIOR FALL 16 Hours

BIOL 2141	Human Anatomy & Physiology II Lab	1
BIOL 2341	Human Anatomy & Physiology II	3
BSPH 3320	Program Planning in Health Education and Pro.	3
MATH 2303	Statistics	3
	Elective	3
	Elective	3
UMHB 1005	Fine Arts Experience	0

JUNIOR SPRING 15 Hours

BSPH 4310	Theories in Health Behavior	3
BSPH 4340	Health Program Evaluation	3
	BSPH 4360 or BSPH 4370	3
	Elective	3
	Elective	3
UMHB 1005	Fine Arts Experience	0

SENIOR FALL 15 Hours

BSPH 4344	Leadership in Health Science	3
	Elective	3
	Elective	3
	Upper Level Elective	3
	Upper Level Elective	3
UMHB 1005	Fine Arts Experience	0

SENIOR SPRING 12 Hours

BSPH 4191	Seminar in Public Health	1
BSPH 4285	Capstone in Public Health	2
BSPH 4350	Internship in Public Health	3
	Upper Level Elective	3
	Upper Level Elective	3
UMHB 1005	Fine Arts Experience	0

Total Credit Hours: 120