

Department of Health and Human Performance

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Mission Statement:

The Department of Health & Human Performance is committed to advancing human well-being through interdisciplinary education, research, and service. We prepare students for impactful careers in health, nutrition, exercise, rehabilitation, and sport sciences. Through rigorous academic programs at both the undergraduate and graduate levels, our department fosters evidence-based practice, critical thinking, and ethical leadership. We strive to improve individual and community health by empowering graduates to promote lifelong wellness, performance, and recovery across diverse populations.

Bachelor of Science in Health Science Program

This Bachelor of Science in Health Science degree is designed to prepare graduates to advance health utilizing the guiding principles of the Quintuple Aim for Healthcare Improvement. Individuals who graduate with this degree have the skills and knowledge to lead, and advance in health professions.

The Health and Wellness Solutions Concentration includes preparation for entry into the Bachelor of Science in Nursing program, graduate-level Health Science degrees as well as post-graduate employment options that include but are not limited to Health & Wellness Coordinator, Community Health Worker, and Health Education Specialists.

Bachelor of Science in Health Science Program Requirements

General Education Requirements (http://catalog.tarleton.edu/academicaffairs/)		42
ENGL 1301 [shared]	Composition I	
ENGL 1302 [shared]	Composition II	
BIOL 2401 [shared]	Anatomy and Physiology I	
BIOL 2402 [shared]	Anatomy & Physiology II	
PSYC 2301 [shared]	General Psychology	
Health Science Required Courses		
SOCI 1301	Introductory Sociology	3
HLSC 1110	Exploring Careers and Pathways in Health Science	1
HECO 1322	Nutrition and Diet Therapy	3
ENGL 3309	Professional Writing	3
KINE 1338	Concepts of Physical Fitness	3
PSYC 3307	The Human Lifespan	3
PBHL 1310	Health and Society: An Introduction to Public Health	3
SOCI 4314	Medical and Health Care Policy	3
KINE 3319	Medical Terminology	3
NUTR 3321	Life Cycle Nutrition	3
PBHL 2320	Medical Ethics	3
PBHL 4310	Introduction to Health Management and Policy	3
Total Hours		76
Health and Wellness Solutions		
NUTR 3339	Introduction to Medical Nutrition Therapy	3
KINE 3385	Program Design for Special Populations	3
KINE 3370	Physiology of Exercise	3
KINE 4330	Exercise Testing and Prescription	3
SOCW 4325	Mental Health Care	3
PSYC 3311	Behavior Analysis and Behavior Management	3
MGMT 3300	Principles of Management	3
or MGMT 3350	Organization Behavior	
MGMT 3304	Small Business Management	3
MKTG 3312	Marketing	3
PBHL 3310	Principles of Health Promotion and Education	3
Internship Requirement		2
PBHL 4085	Seminar and Internship in Public Health	
Choose 12 credits from the following		12
MATH 1314	College Algebra	
MATH 3450	Principles of Bio-Statistics	
MATH 2412	Precalculus Math	
MATH 1316	Plane Trigonometry	
BUSI 1307	Personal Finance	
SOCW 3377	Alcohol and Drug Abuse	
SOCW 3303	Social Work with Diverse Populations	
SOCW 4325	Mental Health Care	
KINE 2380	Essentials of Personal Training	
KINE 2390	Fundamentals of Group Exercise Training	
KINE 3304	Orthopedic Assessment	

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MGMT 3302	Human Resource Management	
COMM 4304	Organizational Communication	
HPTC 4349	Pharmacology for the Allied Health Professionals	
HPTC 4350	Pathophysiology for the Health Professionals	
ENGL 2366	Death and Dying in Literature	
ENGL 3349	Literature of Health, Medicine, and Science	
NUTR 4309	Community Nutrition	
CHEM at 1xxx, 2xxx, 3xxx, 4xxx level		
BIOL at 1xxx, 2xxx, 3xxx, 4xxx level		
SPAN at 3xxx, 4xxx level		
Total Hours		44

Health Studies

MATH 1314 [shared]	College Algebra	
BIOL 1406	Biology for Science Majors	4
BIOL 1407	Biology for Science Majors II	4
CHEM 1311	College Chemistry I (Lecture)	3
CHEM 1111 [shared]	College Chemistry I (Laboratory)	
CHEM 1312	College Chemistry II (Lecture)	3
CHEM 1112	College Chemistry II (Laboratory)	1
CHEM 2323	Organic Chemistry I	3
CHEM 2123	Organic Chemistry I Laboratory	1
BIOL 2300	Cell Biology	3
BIOL 3303	Genetics	3
BIOL 3407	Microbiology	4
BIOL 4374	Biochemistry I	3
MATH 3450	Principles of Bio-Statistics	4
Internship Requirement		2
PBHL 4085	Seminar and Internship in Public Health	
Choose 6 Hours from the following		6
NUTR 4309	Community Nutrition	
KINE 3304	Orthopedic Assessment	
KINE 3370	Physiology of Exercise	
MGMT 3302	Human Resource Management	
COMM 4304	Organizational Communication	
SOCW 4325	Mental Health Care	
SOCW 3303	Social Work with Diverse Populations	
SOCW 3377	Alcohol and Drug Abuse	
ENGL 3349	Literature of Health, Medicine, and Science	
ENGL 3368	Rhetoric of Health, Medicine, and Science	
CHEM at 3xxx, 4xxx level		
BIOL at 3xxx, 4xxx level		
SPAN at 3xxx, 4xxx level		
Total Hours		44