

GUIDED PATHWAY: HEALTH AND WELLNESS (For transfer to UNT Dallas, BA in Public Health)

HEALTH SCIENCES CAREER PATH

For more information, visit the [Dallas College Physical Education webpage](http://www.dallascollege.edu/PE) [www.dallascollege.edu/PE] and your success coach at your campus.

This degree plan is designed to meet the needs of students who plan to major in Health and Wellness and transfer to a four-year college or university.

This pathway is an example course sequence for students interested in pursuing Health and Wellness. It does not represent a contract, nor does it guarantee course availability. Following this pathway will help you earn an A.S. degree, which will increase your chances of transfer to the University of North Texas at Dallas (UNT Dallas) to earn a Bachelor of Arts in Public Health. Students must earn at least 25% of the credit hours (15 hours) required for graduation through instruction by Dallas College. See the catalog for [official degree requirements](https://www1.dcccd.edu/catalog/AcademicDegrees/assoc_arts.cfm?use_nav=degrees).

Visit [www.dcccd.edu/transfer](http://www.dcccd.edu/transfer) and select "Transfer from Dallas College,” then click University of North Texas at Dallas to view more information about transferring to that institution. Speak with your success coach to choose courses that will help you to transfer to UNT Dallas.

**Catalog Year** 2021-2022 You may use this pathway if you entered Dallas College on or before this date.

**Degree Type** Associate of Science

**GPA Requirement** Student must earn a GPA of 2.0 or higher

[**TSI**](https://www1.dcccd.edu/catalog/GeneralInfo/AdmissAssessAdvEnroll/tsi.cfm#requirements) Must be Complete

## SEMESTER-BY-SEMESTER MAP FOR FULL-TIME STUDENTS

All pathways can be modified to fit the needs of part-time students. This is not an official program of study. See the catalog for [official degree requirements](https://www1.dcccd.edu/catalog/AcademicDegrees/assoc_arts.cfm?use_nav=degrees).

**ASSOCIATE OF SCIENCE DEGREE MINIMUM: 60 SEMESTER CREDIT HOURS**

### **SEMESTER 1 Total Hours: 15**

[**ENGL 1301**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=ENGL#1301) – Composition I *This is a Core course. Must earn a grade of “C” or higher.*

[**HIST 1301**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=HIST#1301) – United States History I *This is a Core course.*

[**MATH 1314**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=MATH#1314) – College Algebra**\****This is a Core course. Must earn a grade of “C” or higher.* ***UNT Dallas requires MATH 1342 for this pathway.***

[**BIOL** **1322**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=BIOL#1322) – Nutrition and Diet Therapy

[**PHED** **1304**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=PHED#1304)– Personal/Community Health

**\*** There are several options to fulfill this requirement. See your success coach for a specific list.

#### **SEMESTER 1 ACTION ITEMS**

1. Meet with your success coach to confirm your academic and career goals.
2. Meet with a success coach to research career options with a Health and Wellness degree.
3. Begin researching UNT Dallas where you would want to major in Health and Wellness.

### **SEMESTER 2 Total Hours: 16**

[**ENGL** **1302**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=ENGL#1302) – Composition II *This is a Core course.* ***UNT Dallas requires a grade of “C” or higher****.*

[**HIST 1302**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=HIST#1302) – United States History II**\*** *This is a Core course.*

[**BIOL 1406**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=BIOL#1406)–Biology for Science Majors I *This is a Core course.*

[**KINE 1346**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=KINE#1346)– Drug Use and Abuse

***CHOOSE ONE*:** [**SPCH 1311**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=SPCH#1311) – Introduction to Speech Communication**\*** *This is a Core course.* ***OR***

[**SPCH 1315**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=SPCH#1315)– Public Speaking**\*** *This is a Core course.* ***OR***

[**SPCH 1321**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=SPCH#1321) – Business & Professional Communication**\*** *This is a Core course.*

**\*** There are several options to fulfill this requirement. See your success coach for a specific list.

#### **SEMESTER 2 ACTION ITEMS**

1. Meet with your success coach to request an official program of study audit, confirm or update your academic/career pathway and program of study.
2. Ask your success coach about transfer options to pursue a bachelor's degree.

### **SEMESTER 3 Total Hours: 13**

**[GOVT 2305](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=GOVT" \l "2305)** – Federal Government *This is a Core course.*

[**BIOL 2401**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=BIOL#2401) **–** Anatomy and Physiology I *This is a Core course. Prerequisite of BIOL 1406* *with a grade of "C" or better within the last three years or satisfactory score on the Biology CLEP exam before enrolling in the course.*

[**PHED 1164**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=PHED#1164) – Introduction to Physical Fitness and Wellness**\*** *This is a Core course.*

**PHED ELECTIVE\*\*** – Choose two (2) courses

***CHOOSE ONE*:** [**ENGL 2321**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=ENGL#2321)– British Literature**\*** *This is a Core course.* ***OR***

[**ENGL 2326**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=ENGL#2326)– American Literature**\*** *This is a Core course.* ***OR***

[**ENGL 2332**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=ENGL#2332)– World Literature I**\*** *This is a Core course.*

**\*** There are several options to fulfill this requirement. See your success coach for a specific list.

**\*\* PHED Elective:** Choose two courses from the following: PHED 1100, 1102, 1106, 1107, 1108, 1109, 1110, 1111, 1114, 1115, 1116, 1117, 1118, 1119, 1120, 1121, 1123, 1124, 1125, 1127, 1130, 1131, 1134, 1135, 1137, 1140, 1141, 1142, 1143, 1144, 1145, 1146, 1147, 1148, 1149, 1150

#### **SEMESTER 3 ACTION ITEMS**

1. Begin applying to UNT Dallas.
2. Begin applying for Financial Aid and Scholarships.

You can start the FAFSA in October for the next academic year. *(i.e., in October 2021, you can complete the FAFSA if you plan to register for classes Fall 2022)*

1. Check with your success coach for important deadlines and dates.

### **SEMESTER 4 Total Hours: 16**

**[GOVT 2306](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=GOVT" \l "2306)** – Texas Government *This is a Core course.*

[**PSYC 2301**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=PSYC#2301)– General Psychology *This is a Core course*

[**BIOL 2402**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=BIOL#2402)–Anatomy and Physiology II***UNT Dallas requires BIOL 1407 for this pathway.***

***CHOOSE ONE*:** [**KINE 1301**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=KINE#1301) – Foundations of Kinesiology ***OR***

[**KINE 1338**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=KINE#1338) – Concepts of Physical Fitness ***OR***

[**PSYC 2314**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=PSYC#2314) – Lifespan Growth & Development ***OR***

[**PSYC 2320**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=PSYC#2320) – Abnormal Psychology ***OR***

[**SOCI 1301**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=SOCI#1301) – Introduction to Sociology***UNT Dallas requires SOCI 1301 for this pathway.***

***CHOOSE ONE*:** **[ARTS 1301](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=ARTS" \l "1301)** – Art Appreciation**\*** *This is a Core course.* ***OR***

[**DANC 2303**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=DANC#2303) – Dance Appreciation**\*** *This is a Core course.* ***OR***

[**DRAM 1310**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=DRAM#1310) – Theater Appreciation**\*** *This is a Core course.* ***OR***

[**HUMA 1315**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=HUMA#1315)– Fine Arts Appreciation**\*** *This is a Core course.* ***OR***

[**MUSI 1306**](https://www1.dcccd.edu/catalog/courseDescriptions/detail.cfm?loc=econ&course=MUSI#1306) – Music Appreciation**\*** *This is a Core course.*

***\****There are several options to fulfill this requirement. See your success coach for a specific list.

#### **SEMESTER 4 ACTION ITEMS**

1. After reviewing your program of study, meet with your success coach to apply for the Associate of Science.
2. Sign up for commencement.
3. Request final transcripts to be sent to UNT Dallas.
4. Join the [Alumni Network](https://www.dallascollege.edu/alumni)!

**PATHWAY TOTAL: 60 SEMESTER CREDIT HOURS**

**University of North Texas at Dallas**

For questions about the UNT Dallas portion of this pathway, contact the **Academic Advising Office** at (972) 338-1645 or [Advising@untdallas.edu](mailto:Advising@untdallas.edu). It is best to apply to UNT Dallas a full semester before you plan to transfer. It will help if you submit a copy of this pathway with your application. See catalog for [official degree requirements](http://catalog.untdallas.edu/preview_program.php?catoid=20&poid=851).

**BACHELOR OF ARTS IN PUBLIC HEALTH**

### **SEMESTER 1 Total Hours: 15**

**BIOL 1132** – Environmental Science *BIOL 2406 may be taken at Dallas College and transferred to UNT Dallas*.

**MATH 1680** – Elementary Probability and Statistics *MATH 1342 may be taken at Dallas College and transferred to UNT Dallas*.

**PBHL 2300** – Introduction to Public Health

**PBHL 3340** – Social and Behavioral Sciences in Public Health

**PBHL 4310** – Epidemiology *Prerequisites of MATH 1680 (MATH 1342 at Dallas College) and PBHL 2300 with a grade of “C” or higher.*

### **SEMESTER 2 Total Hours: 15**

**PBHL 3310** – Principles of Human Nutrition

**PBHL 3320** – Program Planning in Public Health

**PBHL 3350** – Environmental Health

**Public Health Advanced Elective**

**General Elective**

### **SEMESTER 3 Total Hours: 15**

**PBHL 3330** – Health Policy

**PBHL 4390** – Capstone in Public Health *Prerequisites of Senior Standing; at least 12 sh of Advanced PBHL courses with a grade of “C” or higher.*

**Public Health Advanced Elective**

**Advanced General Elective**

**General Elective**

### **SEMESTER 4 Total Hours: 15**

**Public Health Advanced Elective**

**Public Health Advanced Elective**

**Advanced General Elective**

**Advanced General Elective**

**General Elective**

**UNIVERSITY OF NORTH TEXAS AT DALLAS PATHWAY TOTAL: 60 SEMESTER CREDIT HOURS**

**BACHELOR OF ARTS DEGREE MINIMUM: 120 SEMESTER CREDIT HOURS**

JS 9.24.2021