



# College of Education

## B.S. Health Behavior & Fitness

### 2025-2026

This four-year plan provides a model for on-time completion of this UNT program. Texas Common Course Numbering System (TCCNS) show how course transfers apply to UNT degree requirements. The four-year plan also shows the first point when no TCCNS options are available for this program. See the current [Undergraduate Catalog](#) for course prerequisites. Course availability at UNT is subject to change, and the plan shown below may change based on updates to UNT's course offerings.

First Year Fall		First Year Spring	
UNT Requirement	TCCNS Option	UNT Requirement	TCCNS Option
z	<a href="#">See list of approved courses</a>	UNT Core: American History	<a href="#">See list of approved courses</a>
ENGL 1310	ENGL 1301	UNT Core: Creative Arts	<a href="#">See list of approved courses</a>
HLTH 1900	PHED 1304	ENGL 1320 or TECM 2700	ENGL 1302 or 2311
MATH 1680	MATH 1342	KINE 2050	N/A
PHED 1000	PHED 1338	KINE 2105	N/A

Second Year Fall		Second Year Spring	
UNT Requirement	TCCNS Option	UNT Requirement	TCCNS Option
COMM 2020, 2040 or 2140	SPCH 1318 or 1315	UNT Core: Life & Physical Sciences	<a href="#">See list of approved courses</a>
HMGH 2460	N/A	HLTH 2200	N/A
PSCI 2305	GOVT 2305	HLTH 3300	PHED 1306
Elective	Consult UNT advisor	KINE 3080	N/A
Elective	Consult UNT advisor	PSCI 2306	GOVT 2306

Third Year Fall		Third Year Spring	
UNT Requirement	TCCNS Option	UNT Requirement	TCCNS Option
HLTH 4300	N/A	HLTH 4360	N/A
HLTH 4340	N/A	HLTH 4600	N/A
KINE 2010	N/A	KINE 3030	N/A
KINE 3020	N/A	PUBH 3010	N/A
Minor Course	Consult UNT advisor	Minor Course	Consult UNT advisor

Fourth Year Fall		Fourth Year Spring	
UNT Requirement	TCCNS Option	UNT Requirement	TCCNS Option
KINE 4300	N/A	HLTH 3150	N/A
Advanced Minor Course	N/A	HLTH 4850	N/A
Minor Course	Consult UNT advisor	KINE 4325	N/A
Elective	Consult UNT advisor	Advanced Minor Course	N/A
Elective	Consult UNT advisor	Minor Course	Consult UNT advisor



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## Courses Recommended for Transfer

The UNT Core requirements are shown with Texas Common Course Numbering System values only when UNT offers equivalent courses. There may be other courses in transfer that apply toward the specific degree requirement, but those listed are known to apply.

### UNT Core: Communication

**ENGL 1301**; and **ENGL 1302** or **2311**

A grade of 'C' or higher is required on courses applied toward this requirement.

### UNT Core: Mathematics

This requirement will be met by fulfilling the B.S. Health Behavior & Fitness program requirements.

### UNT Core: Life and Physical Sciences

One course for this requirement will be met by fulfilling the B.S. Health Behavior & Fitness program requirements. For students **not** majoring in Science, Mathematics, or Engineering, complete one additional course from the list below is recommended (Consult UNT advisor for more options).

- **ANTH 2401** or **2301/2101**
- **ASTR 1403** or **1303/1103**
- **ASTR 1404** or **1304/1104**
- **BIOL 1408** or **1308/1108**
- **BIOL 2406** or **2306/2106**
- **GEOL 1401** or **1301/1101**
- **GEOL 1403** or **1303/1103**
- **PHYS 1403** or **1303/1103**
- **PHYS 1404** or **1304/1104**
- **PHYS 1410** or **1310/1110**
- **PHYS 1415** or **1315/1115**

### UNT Core: American History

Two courses chosen from: **HIST 1301**, **1302**, **2301**

### UNT Core: Government/Political Science

**GOVT 2305** and **2306**

### UNT Core: Creative Arts

One course chosen from: **ARTS 1301** or **1304**; **DRAM 1310**; **MUSI 1306** or **1307**; **SPCH 2341**

### UNT Core: Language, Philosophy and Culture

This requirement will be met by fulfilling the B.S. Health Behavior & Fitness program requirements.

### UNT Core: Social and Behavioral Sciences

This requirement will be met by fulfilling the B.S. Health Behavior & Fitness program requirements.

### UNT Core: Core Option Courses

This requirement will be met by fulfilling the B.S. Health Behavior & Fitness program requirements.

### Health Behavior & Fitness: Major Requirements

TCCNS options:

- **PHED 1304**
- **PHED 1306** (approved substitution)
- **PHED 1338** (approved substitution)

*Courses listed above are TCCNS options and do not include all courses required for the B.S. Health Behavior & Fitness major.*

### Health Behavior & Fitness: Additional Requirements

TCCNS options:

- **MATH 1342** (also fulfills the Mathematics core requirement)
- **SPCH 1315** or **1318** (also fulfills a portion of the Core Option Course core requirement)

Pre-theory core courses to be completed with 'C' or higher before taking 4000-level **HLTH** courses.

Students must have:

- A 2.5 GPA for the major (including both **HLTH** and **KINE** core courses)
- A 2.0 overall GPA, and
- A 'C' or higher in all **HLTH** and **KINE** courses

*Courses listed above are TCCNS options and do not include all courses required for the B.S. Health Behavior & Fitness major.*

### Health Behavior & Fitness: Required Minor

Minor Required; minimum of 18 hours, 6 of which must be advanced. Minor in Recreation, Event, and Sport Management (for non-majors) is preferred.



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#### Special Notes

**Hours Required and General/College Requirements:** A minimum of 120 semester hours, of which 42 must be advanced, and fulfillment of degree requirements for the Bachelor of Science degree as specified in the General University Requirements section of the UNT catalog and the College of Education requirements.

**UNT Core Curriculum/Transfer of Core Curriculum:** UNT complies with the mandate of the Texas Legislature regarding [Core requirements](#) for state-assisted institutions. Students who successfully complete the common core curriculum (in whole or in part) at a Texas state-assisted institution of higher education are eligible to transfer as “core complete” for those categories in the UNT University Core Curriculum.

Individual academic programs may require courses contained in parts of the University Core Curriculum. Students who wish to take courses that will fulfill both core and major/program requirements simultaneously should check with academic advisors for assistance in selecting core courses.

**Choice of Catalog:** Any student transferring directly from a Texas public community college to UNT shall have the same choice of catalog designating degree requirements as the student would have had if the dates of attendance at the university had been the same as the dates of attendance at the community college.

The College of Education required curriculum and policies are located in the [undergraduate catalog](#) under the corresponding catalog year.

For additional program and contact information, visit the College of Education website at <https://coe.unt.edu/student-advising>.