

Health Promotion and Behavioral Science

Major Requirements

120 semester credit hours is required. All Bachelor of Science in Kinesiology and Health majors are exposed to all aspects of the fields of kinesiology and health. At least 36 hours must be upper-division coursework.

The curriculum has the following components:

- University-wide general education requirements[†]
- degree requirements
- major requirements
- curricular specialization
- free electives

More information, including a list of [specializations](#), [tracks](#), and [minors](#) is available on the College of Education's *Degrees and Programs* page.

Majors must complete the following:

Requirements	Hours
Core Curriculum	42
The following coursework is required and can also simultaneously satisfy some core curriculum requirements:	3
PSY 301 Introduction to Psychology (required for major) ⁰⁸⁰	
Degree	
Three hours of additional Social Science (Three additional hours of Social and Behavioral Sciences chosen from the following fields: ANT, ECO, GRG, LIN, or SOC*) ⁰⁸⁰	3
CMS 306M Professional Communication Skills	3
* Coursework used to satisfy the Social and Behavioral Sciences Core Curriculum requirement may not also be used to satisfy this requirement.	
KIN 119 Topics in Movement Competence (or three hours chosen from the following fields: PED)	3
HED 311 Introduction to Health Promotion and Behavioral Science	3
Two courses chosen from:	6
KIN 310 Physiological Basis of Conditioning	
KIN 312M Management of Physical Activity and Sport Programs	
KIN 335C Motor Learning	
KIN 347 Historical and Ethical Issues in Physical Culture and Sports	

Undergraduates are expected to have completed two years in a single foreign language in high school. Students without two years of high school foreign language coursework must earn credit for the beginning level proficiency in a foreign language; this credit does not count toward the student's degree. Students should consult their advisors in the Student Dean's Office, George I. Sánchez Building 2.110 to determine whether additional foreign language requirements apply to them.

Major	
HED 343 Foundations of Epidemiology	3

HED 350 Theories of Health Promotion Behavioral Science	3
HED 351 Needs Assessment and Program Planning	3
HED 365 Social Determinants of Health and Health Disparities	3
HED 373 Evaluation and Research Design	3
6 hours chosen from health promotion and behavioral science electives:	6

KIN 424K Applied Human Anatomy	
HED 329K Child and Adolescent Health	
HED 335 Theories of Substance Use and Abuse	
HED 360 Adolescent Health Risk Behavior	
HED 361 Psychosocial Issues in Women's Health	
HED 364 Strategic Health Communication	
HED 366 Human Sexuality	
HED 370K Topics in Health Promotion: Seminar	

Curricular Specialization

Either a specialization in the Department of Kinesiology and Health Education, a minor outside of the department, a certificate, or a track in a second field of study which consists of a minimum of 15 hours of coursework, six of which must be upper-division. No more than six hours in the minor may also be counted toward other degree requirements.*

* See the College of Education "Degrees and Programs" page for specialization and track requirements.

Free Electives

Additional coursework to fulfill all degree requirements and reach a total of 120 semester hours. No more than 12 semester hours of fieldwork and/or internship courses may be counted toward the degree.

Total Hours

120

Core Component Areas: ⁰¹⁰ Communication; ⁰²⁰ Mathematics; ⁰³⁰ Natural Science and Technology, Part I; ⁰⁴⁰ Humanities; ⁰⁵⁰ Visual and Performing Arts; ⁰⁶⁰ U.S. History; ⁰⁷⁰ American and Texas Government; ⁰⁸⁰ Social and Behavioral Sciences; ⁰⁹⁰ First-Year Signature Course; ⁰⁹³ Natural Science and Technology, Part II

† Effective April 2025, UT Austin no longer requires Skills and Experience flags.