Texas Tech University offers specialized advising for the first 45 degree hours in 10 pre-professional health tracks (PPHC). Upon reaching 45 hours, Arts and Sciences students must declare an undergraduate major before registering for additional classes. Regardless of college, the state of Texas requires students to declare a major two semesters after accumulating 45 degree hours. Each health program has specific requirements that are determined by each respective department, university, college, or school. The College of Human Sciences has four major options that cater to students seeking to fulfill requirements for a professional-health career. PPHC designations include: Pre-Medicine, Pre-Dental, Pre-Optometry, Pre-Physical Therapy, Pre-Occupational Therapy, Pre-Speech, Language & Hearing Sciences, Pre-Pharmacy, Pre-Nursing, Pre-Physician Assistant, and Pre-Clinical Laboratory Sciences.

### Nutrition

Two specialized tracks in nutrition facilitate future study in professional health careers. Nutrition PRE-PROFESSIONAL HEALTH CAREERS (PPHC) requires extensive science course-work including chemistry, biology, physiology and microbiology, and may be tailored to include pre-requisites for specialized programs. NTRN-PPHC students will complete pre-requisite courses for the application to a designated program of interest.

NUTRITION HEALTH AND WELLNESS (NHW) combines study in nutrition and sports sciences by including a minor in exercise sports sciences. The NHW concentration allows for future study in nursing or occupational therapy.

### Human Development and Family Studies

Human Development and Family Studies is the study of the family life cycle and individual development from the prenatal period through the complete adult life span. Students develop a dynamic understanding of individuals and families as well as professional communication skills. Understanding human development is universally beneficial in allied health professions. 18 elective hours in the HDFS degree allow students to complete pre-requisite requirements for pre-professional health programs.

HDFS aligns well with Nursing, Occupational Therapy, and Speech, Language & Hearing Sciences.

### Community, Family, and Addiction Services

Community, Family, and Addiction Services (CFAS) prepares students for work with families and non-profit organizations by providing instruction in several disciplines that are vital for those seeking to work with individuals and families. Students seeking licensure or graduate study in allied health or other medical professions would benefit from instruction related to chemical dependency and process addiction.

Non-profit program development classes are also beneficial for those seeking employment in the public sector making CFAS an excellent choice for future Pharmacists, Occupational Therapists, Physician's Assistants, Physical Therapists, or Nurses.

### Human Sciences: Interdisciplinary

The Human Sciences Interdisciplinary specialization is designed for students who wish to pursue multiple fields of undergraduate study within the College of Human Sciences. Students complete concentration requirements in three unique areas of study. Two concentrations must be in Human Sciences disciplines; however, the third concentration can be obtained by completing requirements for a minor outside the College of Human Sciences.

As a degree option, HS provides flexibility for students to explore specific areas of interest, work toward career goals, and prepare for continued study in a professional health field.
TEXAS TECH UNIVERSITY

From here, it’s possible.