Why Major in Health Behavior Science?

Health Behavior Science is the study of creating and promoting sustainable behavior change to obtain optimal quality of life. Health Behavior Scientists explore and analyze how actions, cognitions, communications, and environment affect health, chronic disease and relationships across the lifespan. Health Behavior Science majors address topics such as: 1) Cognitions (knowledge, attitudes, and skills); 2) Behaviors (physical activity, eating habits, and stress management); 3) Environment (factors that shape behavior).

Majors gain expertise and skills to promote healthy lifestyles through: a) needs assessment, b) identifying health priorities, c) creating evidence-based and innovative health programs, and d) evaluating health impacts and outcomes.

Program Options

To help develop professional background in an area of focus, our majors are required to complete an approved minor such as Public Health, Coaching Science, Nutrition, Disabilities Studies, Business Administration, Strength and Conditioning, Psychology or Health, Physical Activity and Disability.

Or, students may choose the Health Behavior Science, Concentration in Health and Disability major which provides the theoretical base, graduate prerequisites and field experience for careers in health, medical, physical activity and/or disability fields. Completion of this concentration will substitute for the required minor. Professional and faculty advisors help guide students in course selection, career trajectory and graduate school opportunities.
Health Behavior Science Curriculum:
To earn a bachelor’s degree, students must complete 120 credits and meet the requirements outlined in the online Undergraduate Catalog. The average number of credits per semester ranges from 14 to 16. The following plan is just one example; not every student will take every course in this order.

FRESHMAN YEAR

FALL
BHAN155 Personal Health Management
BHAN160 Health Behavior Science Seminar
KAAP220 Anatomy and Physiology
PSYC100 General Psychology
Breadth Course

SPRING
NTDT200 Nutrition Concepts
ENGL110 Critical Reading and Writing
MATH114 or higher
Multi-cultural Course
Breadth Course

SOPHOMORE YEAR

FALL
BHAN311 Issues in Health Behavior Management
Biology Course (3 credits; lab not required)
Sociology Course
Minor Course
Breadth Course

SPRING
BHAN335 Health and Aging
HLPR222 Introduction to Epidemiology
Minor Course

JUNIOR YEAR

FALL
BHAN326 Research Methods & Statistics for Behavior Science
NTDT310 Nutrition and Activity
Minor Course
Minor Course
Breadth Course

SPRING
BHAN332 Health Behavior Theory
BHAN334 Health Behavior Assessment
BHAN342 Physical Activity Behavior or BHAN335 Health and Aging
HLPR222 Introduction to Epidemiology
Minor Course

SENIOR YEAR

FALL
BHAN490 Health Promotion Programming
HLPR430 Behavior Change Strategies and Tactics
Breadth Course
Minor Course
Elective

SPRING
BHAN464 Internship
Breadth Course

Our Curriculum
Preparing students to work within a variety of Health Behavior Science settings among a diversity of population groups is the primary goal of our curriculum. Partnerships with hospitals, clinics, businesses and public health agencies enable students to gain practical, real-world skills needed to succeed in their fields. State-of-the-art laboratories and research facilities are available to enhance students’ educations. Students develop valuable skill sets in areas of project management, data analysis, program development and evaluation. Internships and practicum experiences are degree completion requirements. Students pursuing the Concentration in Health and Disability will take additional concentration courses instead of a minor.

Course topics you will explore:
• Behavior Change Strategies and Tactics
• Nutrition and Activity
• Personal Health Management
• Adapted Physical Activity
• Anatomy & Physiology
• Physical Activity Behavior
• Epidemiology

Contact us:
College of Health Sciences
Department of Behavioral Health and Nutrition
004 Carpenter Sports Building
26 North College Avenue
Newark, DE 19716
Phone: 302-831-2079
Email: bhanadvising@udel.edu
Web: www.udel.edu/BHAN