

# University of Delaware Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE: HEALTH BEHAVIOR SCIENCE 2017-2018

Enter Fall 2017 - Graduate Spring 2021

Minimum Credits to Graduate: 120

### University Requirements

- \_\_\_\_\_ ENGL110 Seminar in Composition (3 credits, minimum grade C-)
- \_\_\_\_\_ Multicultural Course (3 credits; one course can simultaneously satisfy multicultural and a breadth requirement)
- \_\_\_\_\_ First Year Experience UNIV101 (1)
- \_\_\_\_\_ Discovery Learning Experience (DLE; 3 credits) BHAN464 satisfies this requirement

**University Breadth Requirements** Minimum grade C- in each. Students must take these breadth courses from **four different subject areas**. Courses listed below (major or concentration core/restricted electives) that do not have the BHAN prefix may also satisfy University Breadth requirements. For a complete list of breadth courses and restrictions go to: <http://sites.udel.edu/bhan/breadth-requirements1718/>.

- \_\_\_\_\_ Creative Arts and Humanities (3 credits) \_\_\_\_\_
- \_\_\_\_\_ History and Cultural Change (3 credits) \_\_\_\_\_
- \_\_\_\_\_ Social and Behavioral Sciences (3 credits) \_\_\_\_\_ (May be simultaneously satisfied by a major requirement, ex. PSYC100)
- \_\_\_\_\_ Math, Natural Science and Technology (3 credits) \_\_\_\_\_ (May be simultaneously satisfied by a major requirement, ex. NTDT200)

### MAJOR REQUIREMENTS (74 credits) Minimum grade C- in each:

Courses other than those with the BHAN prefix may also satisfy University Breadth requirements

- |               |  |   |  |
|---------------|--|---|--|
| _____ BHAN155 | Personal Health Management (3)                             | _____ BISCXXX   | BISC Elective (3)                          |
| _____ BHAN160 | Health Behavior Science Seminar (1)                        | _____ HLPR222   | Intro to Epidemiology (3)                  |
| _____ BHAN263 | Leadership Practicum (1-3)                                 | _____ HLPR430   | Behavior Change Strategies and Tactics (3) |
| _____ BHAN311 | Issues in Health Behavior Science (3)                      | _____ KAAP220   | Anatomy and Physiology (3)                 |
| _____ BHAN326 | Research Methods and Statistics for Behavioral Science (3) | _____ MATH114   | College Math & Statistics (3)              |
| _____ BHAN332 | Health Behavior Theory & Models (3)                        | _____ Math, Natural Science & Technology Elective (3) * |  |
| _____ BHAN334 | Health Behavior Assessment (3)                             | _____ NTDT200   | Nutritional Concepts (3)                   |
| _____ BHAN335 | Health and Aging (3) <b>OR</b>                             | _____ NTDT310   | Nutrition and Activity (3)                 |
| _____ BHAN342 | Intro to Adapted Physical Activity (3)                     | _____ PSYC100   | General Psychology (3)                     |
| _____ BHAN435 | Physical Activity Behavior (3)                             | _____ SOCIXXX   | Sociology Elective (3)                     |
| _____ BHAN464 | Internship (9)   | _____ STAT200   | Basic Statistical Practice (3)             |
| _____ BHAN490 | Development of Health Promotion Programs (3)               | _____ Social & Behavioral Science Elective (3) **       |  |
|               |  | _____ Total of 120 credits required to graduate         |  |

### COMPLETION OF AN APPROVED MINOR IS REQUIRED

Approved minors typically consist of 15-24 credits

Please see other side for additional information about approved minors

Please refer to the 2017-18 course catalog at:  
[http://catalog.udel.edu/preview\\_program.php?catoid=11&poid=5229&returnto=413](http://catalog.udel.edu/preview_program.php?catoid=11&poid=5229&returnto=413)  
for a complete listing of program requirements.

See other side for suggested Program of Study

\* From the University Breadth list in the Math, Natural Science & Technology category

\*\* From the University Breadth list in the Social & Behavioral Science category

# University of Delaware Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE: HEALTH BEHAVIOR SCIENCE 2017-2018

Enter Fall 2017 - Graduate Spring 2021  
Minimum Credits to Graduate = 120

### Suggested Sequence

The term availability for courses listed below is correct for 2017-18 academic year. However changes in course availability are possible. Check with your advisor for updated term availability. Prerequisites (PR) and corequisites (CR) listed here are those most commonly taken by students in this major. See catalog for additional prerequisite and corequisite options.

#### FRESHMAN YEAR

_____ BHAN160 Hlth Behav Science Sem (Fall only; CR BHAN155)	1
_____ BHAN155 Personal Health Management	3
_____ ENGL110 Seminar in Composition	3
_____ KAAP220 Anatomy and Physiology	3
_____ NTD200 Nutritional Concepts	3
_____ MATH114 College Math and Statistics	3
_____ SOC1XXX Sociology Elective	3
_____ UNIV101 First Year Experience	1
_____ Math, Natural Science & Technology Elective*	3
_____ Social & Behavioral Science Elective**	3
_____ Breadth or Multicultural or Elective	4
	<u>30</u>

#### SOPHOMORE YEAR

_____ BHAN311 Issues in Hlth Behav Science (PR BHAN155)	3
_____ BHAN263 Leadership Practicum (Pass/Fail)	1
_____ BHAN435 Physical Activity Behavior (PR KAAP220 or 309)	3
_____ BISCXXX BISC Elective	3
_____ PSYC100 General Psychology	3
_____ STAT200 Basic Statistical Practice	3
_____ Minor Course	3
_____ Minor Course	3
_____ Breadth or Multicultural or Elective	3
_____ Breadth or Multicultural or Elective	3
_____ Breadth or Multicultural or Elective	3
	<u>31</u>

#### JUNIOR YEAR

_____ BHAN326 Research Methods & Statistics for Behavioral Science (PR STAT200)	3
_____ BHAN332 Hlth Behav Theory & Models (PR BHAN311)	3
_____ BHAN334 Health Behavior Assessment (Spring only; PR BHAN326 and BHAN332)	3
_____ BHAN335 Health and Aging (Spring only) OR BHAN342 Intro to Adapted Physical Activity	3
_____ HLPR222 Intro to Epidemiology (PR STAT200 or PSYC209)	3
_____ NTD210 Nutrition and Activity (PR NTD200 and a physiology course)	3
_____ Minor Course	3
_____ Minor Course	3
_____ Minor Course	3
_____ Breadth or Multicultural or Elective	3
	<u>30</u>

#### SENIOR YEAR

_____ BHAN464 Internship (PR all BHAN, KAAP, HLPR and NTD major courses; Pass/Fail)	9
_____ BHAN490 Development of Health Promotion Programs (PR BHAN334)	3
_____ HLPR430 Behavior Change Strategies and Tactics (PR BHAN332)	3
_____ Breadth or Multicultural or Elective	3
_____ Breadth or Multicultural or Elective	3
_____ Breadth or Multicultural or Elective	3
_____ Breadth or Multicultural or Elective	5
	<u>29</u>

### Total of 120 credits minimum required for graduation

**TOTAL CREDITS / ELECTIVES** - in addition to required courses, sufficient elective credits must be taken to meet the minimum credits required for the degree (120)

Completion of an approved minor is required (approved minors typically consist of 15-24 credits): The following minors have been approved for the Health Behavior Science program; other minors may be permitted with faculty advisor approval:

- Public Health    • Coaching Science    • Nutrition    • Health, Physical Activity & Disability
- Strength and Conditioning    • Disabilities Studies    • Psychology    • Entrepreneurial Studies    • Business Administration

\* From the University Breadth list in the Math, Natural Science & Technology category

\*\* From the University Breadth list in the Social & Behavioral Science category