## University of Delaware Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE: HEALTH BEHAVIOR SCIENCE 2015-2016 REVISED 4/18/16

## Enter Fall 2015 - Graduate Spring 2019

## Minimum Credits to Graduate: 120

## University Requirements

\_\_\_\_\_ **ENGL110** Critical Reading & Writing (3 credits, minimum grade C-)

\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_Multicultural Course (3 credits; one course can simultaneously satisfy multicultural and a breadth requirement)

\_\_\_\_\_ First Year Experience (FYE; 1-4 credits) BHAN155 and BHAN160 satisfy this requirement

\_\_\_\_\_ Discovery Learning Experience (DLE; 3 credits) BHAN464 satisfies this requirement

**University Breadth Requirements** (minimum grade C-, students must take these breadth courses from **four different subject areas**)

Go to [www.academiccatalog.udel.edu](http://www.academiccatalog.udel.edu) for a complete list of breadth courses and restrictions.

\_\_\_\_\_ Creative Arts and Humanities (3 credits) \_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ History and Cultural Change (3 credits) \_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ Social and Behavioral Sciences (3 credits) ­­­­­\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ Math, Natural Science and Technology (3 credits) \_\_\_\_\_\_\_\_\_\_

## MAJOR REQUIREMENTS (71-73 credits) Minimum grade C- in each:

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

\*See reverse side for pre-requisite (PR) and co-requisite (CR) sequencing

\_\_\_\_\_ BHAN155 Personal Health Management :

 Approach for a Lifetime (3)

\_\_\_\_\_ BHAN160 Health Behavior Science Seminar (1)

\_\_\_\_\_ BHAN263 Leadership Pract (1-3; Pass/Fail)

\_\_\_\_\_ BHAN311 Issues in Health Behavior Mgmnt (3)

\_\_\_\_\_ BHAN326 Research Methods and Statistics

 For Behavior Science (3)

\_\_\_\_\_ BHAN332 Health Behavior Theory & Models (3)

\_\_\_\_\_ BHAN334 Health Behavior Assessment (3)

\_\_\_\_\_ BHAN335 Health and Aging (3) OR BHAN342 Intro

 to Adapted Physical Activity (3)

\_\_\_\_\_ BHAN435 Physical Activity Behavior (3)

\_\_\_\_\_ BHAN464 Internship (9)

\_\_\_\_\_ BHAN490 Dev. of Health Promotion Programs (3)

\_\_\_\_\_ BISCXXX BISC Elective (3)

\_\_\_\_\_ HLPR222 Intro to Epidemiology (3)

\_\_\_\_\_ HLPR430 Behavior Change Strategies /Tactics (3)

\_\_\_\_\_ KAAP220 Anatomy and Physiology (3)

\_\_\_\_\_ MATH114 College Math & Statistics (3)

 (may substitute higher level course)

\_\_\_\_\_ Math, Natural Science & Technology Elective (3) \*

\_\_\_\_\_ Math, Natural Science & Technology Elective (3) \*

\_\_\_\_\_ NTDT200 Nutritional Concepts (3)

\_\_\_\_\_ NTDT310 Nutrition and Activity (3)

\_\_\_\_\_ PSYC100 General Psychology (3)

\_\_\_\_\_ SOCIXXX SOCI Elective (3)

\_\_\_\_\_ Social & Behavioral Science Elective (3) \*\*

\_\_\_\_\_ Total of 120 credits required to graduate

**MINOR REQUIRED (**Minimum 15 credits)

Please see other side for additional information about approved minors

**KAAP220 OR KAAP309 and all BHAN, HLPR, and NTDT courses must be completed before BHAN464 (9 credit internship) can be initiated.**

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

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

*See other side for suggested Program of Study*

Please refer to the course catalog at <http://academiccatalog.udel.edu/Pub_ShowCatalogPage.aspx?CATKEY=KEY_1351&ACYEAR=2015-2016>

for a complete listing of program requirements.

## University of Delaware Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE: HEALTH BEHAVIOR SCIENCE 2015-2016

## REVISED 4/18/16

## Enter Fall 2015 - Graduate Spring 2019/Minimum Credits to Graduate = 120

Suggested Sequence

**The term availability** for courses listed below is correct for 2015-16 academic year. However changes in course availability are possible. Check with your advisor for updated term availability. Pre-requisites (PR, must be taken prior) and co-requisites (CR, must be taken concurrently) listed here are those most commonly taken by students in this major. See catalog for additional PR and CR options.

 **FRESHMAN YEAR SOPHOMORE YEAR**

\_\_\_\_ **BHAN160** Health Behavior Science Seminar (Fall only) 1

\_\_\_\_ **BHAN155** Personal Health Management 3

\_\_\_\_ **ENGL110** Critical Reading & Writing 3

\_\_\_\_ **KAAP220** Anatomy and Physiology 3

\_\_\_\_ **NTDT200** Nutritional Concepts 3

\_\_\_\_ **MATH114** or higher 3

\_\_\_\_ **PSYC100 or SOCI xxx** General Psych or Sociology 3

\_\_\_\_ Math, Natural Science or Technology Elective\* 3

\_\_\_\_ Social & Behavioral Science Elective\*\* 3

\_\_\_\_ Breadth or Multicultural or Elective 3

\_\_\_\_ Breadth or Multicultural or Elective 4

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\_\_\_\_ **BHAN311** Issues in Health Behavior Mgmnt 3

\_\_\_\_ **BHAN263** Leadership Practicum (Pass/Fail) 1-3

\_\_\_\_ **BHAN435** Physical Activity Behavior (PR KAAP220 or 309) 3

\_\_\_\_ **SOCI xxx or PSYC100** Sociology or General Psych 3

\_\_\_\_ Minor Course 3

\_\_\_\_ Minor Course 3

\_\_\_\_ **BISC xxx** BISC Elective 3-4

\_\_\_\_ Math, Natural Science or Technology Elective\* 3

\_\_\_\_ Breadth or Multicultural or Elective 3

\_\_\_\_ Breadth or Multicultural or Elective 3

\_\_\_\_ Breadth or Multicultural or Elective 1

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 **JUNIOR YEAR SENIOR YEAR**

\_\_\_\_ **BHAN326** Research Methods & Statistics 3

 For Behavior Science

\_\_\_\_ **BHAN332** Health Behavior Theory and Models 3

\_\_\_\_ **BHAN334** Health Behavior Assessment 3

 (Spring only; CR BHAN326 and BHAN332)

\_\_\_\_ **HLPR222** Intro to Epidemiology (PR or CR STAT200, MATH201, 3

 PSYC209, OR BHAN326)

\_\_\_\_ **BHAN335** Health and Aging (Spring only) or 3

 **BHAN342** Intro to Adapted Physical Activity 3

\_\_\_\_ **NTDT310** Nutrition and Activity (PR NTDT200 and 3

 a physiology course)

\_\_\_\_ Minor Course 3

\_\_\_\_ Minor Course 3

\_\_\_\_ Minor Course 3

\_\_\_\_ **BHAN490** Development of Health Promotion 3

 Programs (PR BHAN332 and BHAN326 or STAT200)

\_\_\_\_ **HLPR430** Behavior Change Strategies and 3

 Tactics (Fall only; PR or CR BHAN332)

\_\_\_\_ Breadth or Multicultural or Elective (if needed) 3

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\_\_\_\_ Breadth or Multicultural or Elective (if needed) 3

\_\_\_\_ Breadth or Multicultural or Elective (if needed) 2-5

\_\_\_\_ **BHAN464** Internship (PR all BHAN, KAAP, HLPR and 9

 NTDT major courses; Pass/Fail) 26-29

\_\_\_\_ Breadth or Multicultural or Elective 3

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\_\_\_\_ 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)

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**MINOR REQUIRED (**Minimum 15 credits) The following minors have been approved for the Health Behavior Science program; other minors permitted only with faculty advisor approval: • Public Health • Coaching Science • Nutrition • Health, Physical Activity & Disability

 • Strength and Conditioning • Disability Studies • Psychology • Entrepreneurial Studies • Business Administration • Exercise Science

The following graduation requirements are satisfied by courses in the curriculum: FYE (BHAN160, BHAN155), DLE (BHAN464). Please note courses that require C- or better. PR - Pre-requisite; CR - Co-requisite