## 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

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

\_\_\_\_\_ BHAN155 Personal Health Management (3)

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

\_\_\_\_\_ BHAN263 Leadership Practicum (1-3)

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

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

for Behavioral 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 Development of Health Promotion

Programs (3)

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

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

\_\_\_\_\_ HLPR430 Behavior Change Strategies and

Tactics (3)

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

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

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

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

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

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

\_\_\_\_\_ SOCIXXX Sociology Elective (3)

\_\_\_\_\_ STAT200 Basic Statistical Practice (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>

for a complete listing of program requirements.

**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**

## 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. 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** Hlth Behav Science Sem (Fall only; CR BHAN155) 1

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

\_\_\_\_ **ENGL110** Seminar in Composition 3

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

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

\_\_\_\_ **MATH114** College Math and Statistics 3

\_\_\_\_ **SOCIXXX** 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

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\_\_\_\_ **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 31

**JUNIOR YEAR SENIOR YEAR**

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

for Behavioral Science (PR STAT200)

\_\_\_\_ **BHAN332** Hlth Behav Theory & Models (PR BHAN311) 3

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

(Spring only; PR BHAN326 and BHAN332)

\_\_\_\_ **BHAN335** Health and Aging (Spring only **OR** 3

**BHAN342** Intro to Adapted Physical Activity

\_\_\_\_ **HLPR222** Intro to Epidemiology (PR STAT200 or PSYC209) 3

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

a physiology course)

\_\_\_\_ Minor Course 3

\_\_\_\_ Minor Course 3

\_\_\_\_ Minor Course 3

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

NTDT major courses; Pass/Fail)

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

Programs (PR BHAN334)

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

Tactics (PR BHAN332)

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

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

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

\_\_\_\_ Breadth or Multicultural or Elective 5

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\_\_\_\_ 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)

**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**