## University of Delaware Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE: HEALTH BEHAVIOR SCIENCE:

## Concentration in Health and Disability 2015-2016

## REVISED 4/25/16

## 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-, courses listed below (major or concentration core/restricted electives) that do not have the BHAN prefix may also satisfy University Breadth requirements; 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) \_\_\_\_\_\_\_\_\_\_\_\_\_ (may be satisfied by HLTH241)

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

\_\_\_\_\_ Social and Behavioral Sciences (3 credits) ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (may be satisfied by HDFS201, PSYC325, PSYC334, HDFS230 or, HDFS270)

\_\_\_\_\_ Math, Natural Science and Technology (3 credits) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (may be satisfied by BISC207, BISC208, MATH201, HLPR222 or NTDT200)

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

\*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; Pass/Fail)

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

\_\_\_\_\_ BHAN326 Research Meth & Stat for Behavior Sci (3 )

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

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

\_\_\_\_\_ BHAN342 Intro to Adapted Physical Activity (3)

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

\_\_\_\_\_ BHAN403 Practicum in Adapted Physical Activity (3)

\_\_\_\_\_ BHAN464 Internship (6)

\_\_\_\_\_ BHAN490 Development of Hlth PromotionPrograms (3)

\_\_\_\_\_ BISCXXX BISC Elective (3) (rec. BISC207)

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

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

\_\_\_\_\_ KAAP309 Anatomy and Physiology I (4)

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

(may substitute higher level course)

\_\_\_\_\_ 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

**Concentration Core (18 credits; Minimum grade C-)**

\_\_\_\_\_ BHAN445 Health, Physical Activity & Disability (3)

\_\_\_\_\_ CHEM103 General Chemistry (4)

\_\_\_\_\_ CHEM104 General Chemistry (4)

\_\_\_\_\_ KAAP310 Anatomy & Physiology II (4)

\_\_\_\_\_ STAT200 Basic Statistical Practice (3) OR

MATH201 Intro to Statistical Methods I (3)

**Concentration Restricted Electives (9 credits; Minimum grade C-)**

Group 1: Lifespan Development &Psychology (choose ≥ 6 credits)

HDFS201 Lifespan Development (3)

KAAP301 Lifespan Motor Development (3)

KAAP428 Motor Control & Learning (3)

NTDT305 Nutrition in the Lifespan (3)

PSYC325 Child Psychology (3)

PSYC334 Abnormal Psychology (3)

BHAN335 Health and Aging (3)

Group 2: Disability and Ethical Issues (choose ≥ 3 credits)

EDUC230 Introduction to Exceptional Children (3)

EDUC414 Teaching Exceptional Adolescents (3)

HDFS230 Families and Communities (3)

HDFS270 Families and Developmental Disabilities (3)

HDFS203 Adult Disability Issues (3)

HDFS407 Speech & Language Disorders in Young Children (3)

HDFS470 Families and Children at Risk (3)

HLTH241 Ethical Aspects of Healthcare (3)

NTDT410 Overweight/Obesity Prevention & Management (3)

**KAAP309 and all BHAN, HLPR, and NTDT courses must be completed before BHAN464 (6 credit internship) can be initiated.**

Please refer to the course catalog at <http://academiccatalog.udel.edu/Pub_ShowCatalogPage.aspx?CatKey=KEY_2678&ACYEAR=2015-2016>

for a complete listing of program requirements.

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

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## REVISED 4/25/16

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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**

Fall

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

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

\_\_\_\_ **CHEM103** General Chemistry (CR Math 114 or higher) 4

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

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

Spring

\_\_\_\_ **BISCXXX** (Recommend BISC207 as PR for KAAP309) 4

\_\_\_\_ **CHEM104** General Chemistry (PR CHEM101 or 103) 4

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

\_\_\_\_ **PSYC100** General Psychology 3

\_\_\_\_ Elective 1

Total Credits 29

Fall

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

\_\_\_\_ **BHAN342** Intro to Adapted Physical Activity 3

\_\_\_\_ **BISC208** (as prereq for KAAP309) 4

\_\_\_\_ **STAT200** or **MATH201**(need one or the other; not both) 3

\_\_\_\_ Multicultural 3

Spring

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

\_\_\_\_ **KAAP309** Anat & Physiology I (PR BISC208 and CHEM104) 4

\_\_\_\_ **SOCIXXX** Sociology Elective (any SOCI, 3 cr) 3

\_\_\_\_ University Breadth Group B 3

\_\_\_\_ Elective 3

Total Credits 32

**JUNIOR YEAR SENIOR YEAR**

Fall

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

For Behavior Science

\_\_\_\_ **KAAP310** Anatomy & Physiology II (PR KAAP309) 4

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

a physiology course)

\_\_\_\_ Concentration Restricted Elective Group 1 3

\_\_\_\_ University Breadth Group A 3

Spring

\_\_\_\_ **BHAN263** Leadership Practicum (1 credit required; 1

(however, may complete up to 3 credits)

\_\_\_\_ **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)

\_\_\_\_ Concentration Restricted Elective Group 2 3

\_\_\_\_ Concentration Restricted Elective 3

Total Credits 32

Fall

\_\_\_\_ **BHAN445** Intro to Adapted Physical Activity (PR BHAN342) 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)

\_\_\_\_ Concentration Restricted Elective Group 1 3

\_\_\_\_ University Breadth Group C 3

\_\_\_\_ Elective 1

Spring

\_\_\_\_ **BHAN403** Practicum in Adapted Physical Activity 3

\_\_\_\_ **BHAN464** Internship (PR KAAP309 and all BHAN, HLPR 6

and NTDT major courses; Pass/Fail)

\_\_\_\_\_ Elective 2

Total Credits 27

\_\_\_\_ 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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