## University of Delaware Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE: HEALTH BEHAVIOR SCIENCE:

## Concentration in Health and Disability 2018-2019

## Enter Fall 2018 - Graduate Spring 2022 - Minimum Credits to Graduate: 120 Admission requires ≥C- in CHEM103 and ≥2.75 GPA

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**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 Seminar; UNIV101 (1 credit)

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

\_\_\_\_\_ Capstone Experience; BHAN464 satisfies this requirement

**University Breadth Requirements** (Minimum grade C- in each. Students must take these breadth courses from **four different subject areas**. BHAN courses may not satisfy University Breadth requirements. For a complete list of breadth courses and restrictions go to: <http://catalog.udel.edu/content.php?catoid=18&navoid=1240>

\_\_\_\_\_ 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 PSYC100, 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 (93 credits including Concentration Core and Restricted Electives) Minimum grade C- in each

Courses listed here other than BHAN may simultaneously 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 Meth & Stat for Behavioral 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 Health Promotion Programs (3)

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

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

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

Tactics (3)

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

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

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

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

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

\_\_\_\_\_ SOCIXXX Sociology 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 or CHEM107 General Chemistry (4)

\_\_\_\_\_ CHEM104 or CHEM108 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 ( ≥ 6 credits)\*

HDFS201 Lifespan Development (3)

KAAP301 Lifespan Motor Development (3)

KAAP428 Motor Control & Learning (4)

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 ( ≥ 3 credits)\*

EDUC230 Introduction to Exceptional Children (3)

EDUC414 Teaching Exceptional Adolescents (3)

HDFS230 Families and Communities (3)

HDFS270 Families and Developmental Disabilities (3)

HDFS403 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) hours can be initiated.**

For a complete listing of program requirements, please refer to the 2018-19 course catalog at:

<http://catalog.udel.edu/preview_program.php?catoid=18&poid=10928&returnto=1243>

\* From the University Breadth list in the Social & Behavioral Science category. Concentration Restricted Electives from the Social & Behavioral Science breadth category can satisfy the Social & Behavioral Science Elective Major Requirement

\*\* Recommend STAT200 since it is a prerequisite for BHAN326, a required major course.

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Suggested Sequence

**The term availability** for courses listed below is projected for the 2018-19 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**

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

\_\_\_\_ **BHAN160** Health Behavior Science Seminar (CR BHAN155) 1

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

\_\_\_\_ **CHEM103 or 107** Gen Chem (CR Math 114 or MPT score ≥75 ) 4

\_\_\_\_ **CHEM104 or 108** General Chemistry (PR CHEM 103) 4

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

\_\_\_\_ **MATH114** College Math and Statistics (PR MATH010 or 3 MPT score of ≥45)

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

\_\_\_\_ **SOCIXXX** Sociology Elective 3

\_\_\_\_ **UNIV101** First Year Seminar 1

Total Credits 29

\_\_\_\_ **BHAN311** Issues in Health Behavior Science (PR BHAN155) 3

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

\_\_\_\_ **BHAN403** Practicum in Adapted Physical Activity 1

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

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

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

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

\_\_\_\_ **STAT200** Basic Statistical Practice 3

\_\_\_\_ Elective 1

\_\_\_\_ Multicultural 3

\_\_\_\_ University Breadth History & Cultural Change 3

Total Credits 31

**JUNIOR YEAR SENIOR YEAR**

\_\_\_\_ **BHAN263** Leadership Practicum 1

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

for Behavioral Science (PR STAT200)

\_\_\_\_ **BHAN332** Health Behavior Theory & Models (PR BHAN311) 3

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

(PR BHAN326 and BHAN332)

\_\_\_\_ **BHAN403** Practicum in Adapted Physical Activity 2

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

\_\_\_\_ **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 Creative Arts & Humanities 3

\_\_\_\_ University Breadth or Elective 3

Total Credits 31

\_\_\_\_ **BHAN445** Intro to Adapted Physical Activity 3

(PR BHAN342)

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

major courses and permission of instructor; Pass/Fail)

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

Programs (PR BHAN332; CR BHAN334)

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

Tactics (PR BHAN332)

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

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

\_\_\_\_ Elective 3

\_\_\_\_ University Breadth Social & Behavioral Sciences 3

Total Credits 29

\_\_\_\_ 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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