## University of Delaware Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE: HEALTH BEHAVIOR SCIENCE:

## Concentration in Health and Disability 2019-2020

## Enter Fall 2019 - Graduate Spring 2023 - 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. Go to [Breadth Requirements](https://catalog.udel.edu/content.php?catoid=29&navoid=3559&hl=breadth&returnto=search) in the catalog for a complete list of 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 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 Health Behavior Science 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 Health Behavior Science Internship (6)

\_\_\_\_\_ BHAN490 Development of Health Promotion Programs (3)

\_\_\_\_\_ BISCXXX BISC Elective (3-4) (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 (14 credits; Minimum grade C-)**

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

\_\_\_\_\_ CHEM103 or CHEM107 General Chemistry (4)

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

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

MATH201 Intro to Statistical Methods I (3)

**Concentration Restricted Electives (12 credits; Minimum grade C-)**

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

BHAN240 Fundamental Movement Skills (3)

BHAN335 Health and Aging (3)

HDFS201 Lifespan Development (3)

HDFS329 Adolescent Development (3)

HDFS331 Positive Youth Development (3)

HDFS339 Adult Development and Aging (3)

KAAP428 Motor Control & Learning (4)

NTDT305 Nutrition in the Lifespan (3)

PSYC325 Child Psychology (3)

PSYC334 Abnormal Psychology (3)

Group 2: Disability and Ethical Issues ( ≥ 6 credits)\*

EDUC230 Introduction to Exceptional Children (3)

EDUC414 Teaching Exceptional Adolescents (3)

EDUC473 School-to-Adult Life Transitions and Disability (3)

HDFS230 Families and Communities (3)

HDFS270 Families and Developmental Disabilities (3)

HDFS403 Adult Disability Issues (3)

HDFS470 Families and Children at Risk (3)

HLTH241 Ethical Aspects of Healthcare (3)

NTDT410 Weight Management in Adult Populations (3)

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

Please refer to the [2019-20 Undergraduate Catalog](https://catalog.udel.edu/preview_program.php?catoid=29&poid=20927&hl=nutrition&returnto=search) for a complete listing of program requirements.

\* 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 2019-20 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 1

(PR or CR BHAN155)

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

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

\_\_\_\_ Elective 3

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

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

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

(PR or CR BHAN155)

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

\_\_\_\_ **KAAP309** Anat & Physiology I (PR BISC207 and CHEM103) 4

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

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

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

\_\_\_\_ Multicultural 3

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

\_\_\_\_ Elective 3

\_\_\_\_\_ Elective 3 Total Credits 31

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**JUNIOR YEAR SENIOR YEAR**

\_\_\_\_ **BHAN263** Health Behavior Science Practicum 1

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

for Behavioral Science (PR STAT200)

\_\_\_\_ **BHAN332** Health Behavior Theory & Models (PR BHAN155) 3

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

(PR BHAN326 and BHAN332)

\_\_\_\_ **BHAN435** Physical Activity Behavior (PR KAAP221 or 310) 3

\_\_\_\_ **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

\_\_\_\_ Elective 3

\_\_\_\_ University Breadth Creative Arts & Humanities 3

Total Credits 32

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

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

(PR BHAN342)

\_\_\_\_ **BHAN464** Health Behavior Science Internship 6

(PR KAAP309, all BHAN, HLPR and NTDT

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 2 3

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

\_\_\_\_ Elective 3

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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