### Department of Behavioral Health and Nutrition

### MINOR: HEALTH, PHYSICAL ACTIVITY AND DISABILITY

**Director: Sean Healy, PhD**

### Minimum Credits in the Minor: 15

This program provides undergraduate students with a theoretical base and quality field-based experiences to appropriately serve individuals with disabilities across the lifespan in a variety of settings that promote health and wellness. The minor is open to students in any major, but is particularly suited for students who are planning careers in health and exercise sciences such as health promotion, fitness, occupational therapy, physical therapy, therapeutic recreation, health and physical education, special education, sports medicine and coaching. A grade of C- or better in required courses is needed for successful completion of the minor. **A maximum of six credits may be from the student’s major or another minor.**

**REQUIRED COURSES (PR=Prerequisites)** **Credits**

**I. Core requirements: 12-13 credits**

 1. BHAN240 Fundamental Movement Skills 3 **OR**

 KAAP428 Motor Control and Learning (PR KAAP309) 4

 2. BHAN342 Introduction to Adapted Physical Activity 3

 3. BHAN403 Practicum in Adapted Physical Activity 3

 (Students may take 1, 2 or 3 credits per term. However,

 a total of 3 credits is required to complete the minor)

 4. BHAN445 Health, Physical Activity and Disability 3

 (PR BHAN342, junior or senior status)

**II. Elective: 3 credits (must select one course from the following):**

BHAN332 Health Behavior Theory and Models (PR BHAN155) 3

BHAN335 Health and Aging (Spring only) 3

BHAN435 Physical Activity Behavior (PR KAAP220 or KAAP309) 3

NTDT410 Weight Management in Adult Populations (PR NTDT200) 3

HDFS270 Families and Developmental Disabilities 3

**Admission:** Students may apply for the minor at any time via the UDSIS Webform “Change Major, Minor...”   It is not necessary to meet with the minor advisor to have your request approved. However, if you need assistance, advisement or curricular information, please contact minor advisor Dr. Sean Healy, healys@udel.edu.