## University of Delaware Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE: HEALTH BEHAVIOR SCIENCE 2013-2014

## Enter Fall 2013 - Graduate Spring 2017

## Minimum Credits to Graduate: 120

## UNIVERSITY REQUIREMENTS

\_\_\_\_\_ **ENGL110** Critical Reading & Writing\* (3 credits)

\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_Multicultural Course (3 credits; one course can simultaneously fulfill 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** \* (students must take 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) \_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_ Social and Behavioral Sciences\* (3 credits) ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ Math, Natural Science and Technology \* (3 credits) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

­­ **­­Additional Breadth Requirements for Health Behavior Science Majors (**in addition to above courses, cannot simultaneously fulfill University Breadth and Additional Breadth requirements**):**

Social and Behavioral Sciences (6), to include:

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

\_\_\_\_\_ SOCI\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (3; from Social & Behavioral Sciences breadth list)

Math, Natural Science and Technology (9), to include:

\_\_\_\_\_ MATH 114 or higher \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (3 or 4)

\_\_\_\_\_ BISC \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (3 or 4; from Math, Natural Science and Technology breadth list)

\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (must total ≥9 with two courses listed above; from Math, Natural

Science and Technology breadth list)

## MAJOR REQUIREMENTS (50-52 credits)\*

\_\_\_\_\_ BHAN155 Personal Health Management :

Approach for a Lifetime\* (3)

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

\_\_\_\_\_ BHAN263 Leadership Pract (1-3; Pass/Fail)

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

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

For Behavior Science\* (3)

\_\_\_\_\_ BHAN332 Health Behavior Theory and

Assessment\* (3)

\_\_\_\_\_ BHAN335 Health and Aging\* (3)

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

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

\_\_\_\_\_ BHAN464 Internship (9; Pass/Fail - **requires**

**permission of instructor**)

\_\_\_\_\_ BHAN490 Development of Health Promotion

Programs\* (3;)

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

\_\_\_\_\_ HLPR430 Behavior Change Strategies and Tactics\* (3)

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

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

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

**MINOR REQUIRED (**Minimum 15 credits)

Please see other side for additional information about approved minors

**ELECTIVES** - in addition to required courses completed, sufficient elective credits must be taken to meet the

minimum credits required for the degree (120).

*See other side for suggested Program of Study*

Please refer to the course catalog [http://academiccatalog.udel.edu/Pub\_ShowCatalogPage.aspx?CATKEY=CATKEY\_1351&ACYEAR=2013-2014](http://academiccatalog.udel.edu/Pub_ShowCatalogPage.aspx?CATKEY=CATKEY_1351&ACYEAR=2012-2013) for a complete listing of program requirements.

\* Grade of C- or better required

## University of Delaware Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE: HEALTH BEHAVIOR SCIENCE 2013-2014

## Enter Fall 2013 - Graduate Spring 2017/Minimum Credits to Graduate = 120

Suggested Sequence

Consult with your advisor for possible alternative sequencing

**FRESHMAN YEAR SOPHOMORE YEAR**

***Fall (≈ 16 credits)***

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

***Spring (≈ 16 credits)***

***Either Fall or Spring***

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

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

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

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

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

\_\_\_\_ Breadth (**PSYC100 or SOCI xxx**) 3

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

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

\_\_\_\_ Breadth or Multicultural or Elective\*\* 4

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***Fall (≈ 15 credits)***

\_\_\_\_ **BHAN311** Issues in Health Behavior Mgmnt\* (Fall only) 3

***Spring (≈ 16 credits)***

\_\_\_\_ **BHAN263** Leadership Practicum\* (Spring only) 1-3

\_\_\_\_ **BHAN435** Physical Activity Behavior\* (Spring only; 3

PR KAAP220 or309)

***Either Fall or Spring***

\_\_\_\_ Breadth (**SOCI xxx or PSYC100**) 3

\_\_\_\_ Minor Course 3

\_\_\_\_ Minor Course 3

\_\_\_\_ Breadth (**BISC xxx**) 3-4

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

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

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

\_\_\_\_ Breadth or Multicultural or Elective\*\* 1

29- 32

**JUNIOR YEAR SENIOR YEAR**

***Fall (≈ 15 credits)***

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

For Behavior Science\* (Fall only)

***Spring (≈ 15 credits)***

\_\_\_\_ **BHAN332** Health Behavior Theory and Assessment\* 3

(Spring only; PR BHAN326 or STAT200)

\_\_\_\_ **HLPR222** Intro to Epidemiology\* (Spring only; 3

CR statistics course)

\_\_\_\_ **BHAN335** Health and Aging\* (Winter and Spring) 3

***Either Fall or Spring***

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

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

a physiology course)

\_\_\_\_ Minor Course 3

\_\_\_\_ Minor Course 3

\_\_\_\_ Minor Course 3

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

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***Fall (≈ 15 credits)***

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

Programs\* (Fall only; PR BHAN332 and BHAN326

or STAT200)

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

Tactics\* (Fall only; PR or CR BHAN332)

***Spring (≈ 12-15 credits)***

***Either Fall or Spring***

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

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

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

\_\_\_\_ Breadth or Multicultural or Elective\*\* 2-5

***Either Spring or Summer***

\_\_\_\_ **BHAN464** Internship (requires permission of instructor) 9

26-29

\_\_\_\_ Total of 120 credits minimum required for graduation

**\*\*BREADTH OR MULTICULTURAL OR ELECTIVE (from above) MUST INCLUDE:** (for a listing of courses - [www.academiccatalog.udel.edu](http://www.academiccatalog.udel.edu))

\_\_\_\_ Multicultural Course (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ Creative Arts and Humanities Breadth\* (3) \_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ History and Cultural Change Breadth\* (3)\_\_\_\_\_\_\_\_\_\_\_\_

­­\_\_\_\_ Social and Behavioral Sciences Breadth\* (3). \_\_\_\_\_\_\_\_\_\_\_\_

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

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**MINOR REQUIRED (**Minimum 15 credits) The following minors have been approved for the Health Behavior Science program; other minors permitted only with faculty advisor approval: • Public Health • Coaching Science • Nutrition • Health, Physical Activity & Disability

• Strength and Conditioning • Disability Studies • Psychology • Entrepreneurial Studies • Business Administration • Exercise Science

The following graduation requirements are satisfied by courses in the curriculum: FYE (BHAN160, BHAN155), DLE (BHAN464) and University Breadth Requirements for Social & Behavioral Sciences (PSYC100 and SOCI course from the list) and Math, Natural Science and Technology (BISC course from the list). C- or better required if used to satisfy Breadth Requirement or as indicated above. PR - Pre-requisite; CR - Co-requisite

\* Grade of C- or better required