

# Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE MAJOR: HEALTH BEHAVIOR SCIENCE 2010-2011 (Graduate: 2014)

Minimum Credits to Graduate: 120

### UNIVERSITY REQUIREMENTS#

- \_\_\_\_\_ ENGL110 Critical Reading & Writing\* (3)
- \_\_\_\_\_ \_\_\_\_\_ Multicultural Course \*\* (3)
- + First Year Experience (FYE) (1-4)
- \_\_\_\_\_ HESC160\* fulfills this requirement
- + Discovery Learning Experience (DLE) (3)
- \_\_\_\_\_ HESC464\* fulfills this requirement

### University Breadth Requirements

Go to [www.academiccatalog.udel.edu](http://www.academiccatalog.udel.edu) for a list of courses

- \_\_\_\_\_ \_\_\_\_\_ Creative Arts and Humanities\* (3)
- \_\_\_\_\_ \_\_\_\_\_ History and Cultural Change\* (3)
- + \_\_\_\_\_ Social and Behavioral Sciences\* (3)
- \_\_\_\_\_ PSYC/SOCI mayan fulfill this requirement
- + \_\_\_\_\_ Math, Natural Science and Technology (3)
- \_\_\_\_\_ HESC220 & NTDT200 fulfill this requirement

### MAJOR REQUIREMENTS (46 credits)

(≥C- required)

- \_\_\_\_\_ HESC155 Personal Health Management :  
Approach for a Lifetime (3)
- \_\_\_\_\_ HESC160 Health Behavior Science Seminar (1)
- \_\_\_\_\_ HESC220 Anatomy and Physiology (3)
- \_\_\_\_\_ HESC311 Issues in Health Behavior  
Management (3)
- \_\_\_\_\_ HESC326 Research Methods and Statistics  
For Behavior Science (3)
- \_\_\_\_\_ HESC332 Health Behavior Theory and  
Assessment (3)
- \_\_\_\_\_ HESC335 Health and Aging (3)
- \_\_\_\_\_ HESC342 Introduction to Adapted Physical  
Activity (3)
- \_\_\_\_\_ HESC 422 Organization and Administration (3)
- \_\_\_\_\_ HESC435 Physical Activity Behavior (3)
- \_\_\_\_\_ HESC464 Internship (9)
- \_\_\_\_\_ HESC490 Development of Health Promotion  
Programs (3)
- \_\_\_\_\_ NTDT200 Nutritional Concepts (3)
- \_\_\_\_\_ NTDT310 Nutrition and Activity (3)

### BHAN BREADTH REQUIREMENTS#

**Humanities and Communication Skills (9)\*\***  
(Must include courses from two different departments)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Social Sciences (6)\*\***

(Must include one PSYC and one SOCI course)

\_\_\_\_\_ PSYC (3) \_\_\_\_\_  
\_\_\_\_\_ SOCI (3) \_\_\_\_\_

**Natural/ Biological Sciences and Mathematics (12) \*\***

(Must include at least three BISC and three Math credits)

\_\_\_\_\_ BISC (3) \_\_\_\_\_  
\_\_\_\_\_ MATH (3) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**ELECTIVES** (credits sufficient to reach 120 total after all requirements are met) (≥D- required)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### MINOR REQUIRED (Minimum 15 credits)

Students are recommended to select one of the following minors; other minors permitted only with faculty advisor approval

- Business Administration
- Disability Studies
- Entrepreneurial Studies
- Exercise Science
- Leadership
- Leisure Service Management
- Nutrition
- Psychology
- Public Health
- Strength and Conditioning

# Courses selected may satisfy requirements in both University and BHAN Breadth categories. Consult with your advisor or visit [www.udel.edu/bhan](http://www.udel.edu/bhan) for a listing of University Breadth and BHAN Breadth courses.

\* ≥ C- required; \*\* ≥D- required

+ Required courses in the curriculum fulfill these breadth requirements.

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### Suggested Progression of Courses for Planning Purposes

#### FALL SEMESTER

#### SPRING SEMESTER

#### FRESHMAN YEAR

_____ Breadth/Multicultural/Elective *	3	_____ Breadth (ENGL110 Critical Reading & Writing)	3
_____ HESC155 Personal Health Management	3	_____ Breadth (MATH)	3
_____ HESC220 Anatomy and Physiology	3	_____ Breadth/Multicultural/Elective *	3
_____ Breadth (PSYC)	3	_____ Breadth/Multicultural/Elective *	3
_____ HESC160 Health Behavior Science Seminar	1	_____ NTDT200 Nutritional Concepts	3
_____ Breadth/Multicultural/Elective	<u>3</u>	_____ Breadth/Multicultural/Elective *	<u>1</u>
	16		16

#### SOPHOMORE YEAR

_____ Breadth (SOCL)	3	_____ Breadth/Multicultural/Elective *	3
_____ Breadth/Multicultural/Elective *	3	_____ Breadth/Multicultural/Elective *	3
_____ Minor Course	3	_____ HESC435 Physical Activity Behavior	3
_____ HESC311 Issues in Health Behavior Management (F)	3	_____ Minor Course	3
_____ Breadth/Multicultural/Elective *	<u>3</u>	_____ Breadth/Multicultural/Elective *	3
	15	_____ Breadth/Multicultural/Elective *	<u>1</u>
			16

#### JUNIOR YEAR

_____ HESC335 Health and Aging (F)	3	_____ NTDT310 Nutrition and Activity	3
_____ HESC326 Research Methods & Statistics For Behavior Science (F)	3	_____ Minor Course	3
_____ HESC342 Introduction to Adapted Physical Activity (F)	3	_____ HESC332 Health Behavior Theory and Assessment (S)	3
_____ Minor Course	3	_____ Breadth/Multicultural/Elective *	3
_____ Minor Course	<u>3</u>	_____ Breadth/Multicultural/Elective *	<u>3</u>
	15		15

#### SENIOR YEAR

_____ HESC422 Organization and Administration (F)	3	_____ HESC464 Internship	9
_____ HESC490 Development of Health Promotion Programs (F)	3	_____ Breadth/Multicultural/Elective *	<u>3</u>
_____ Breadth/Multicultural/Elective *	3		12
_____ Breadth/Multicultural/Elective *	3		
_____ Breadth/Multicultural/Elective *	<u>3</u>		
	15		

\* Breadth/Multicultural/Elective courses may be taken in any order but must fulfill all requirements – see other side for complete list of requirements

(F) Fall Only; (S) Spring Only