## Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE MAJOR: HEALTH BEHAVIOR SCIENCE 2010-2011

Minimum Credits to Graduate: 120

**UNIVERSITY REQUIREMENTS#** **BHAN BREADTH REQUIREMENTS#**

\_\_\_\_\_ ENGL110 Critical Reading & Writing\* (3) **Humanities and Communication Skills** (9)\*\*

\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_Multicultural Course \*\* (3) (Must include courses from two different departments)

­­ + First Year Experience (FYE) (1-4) \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 HESC160\* fulfills this requirement \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

­­ + Discovery Learning Experience (DLE) (3) \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 HESC464\* fulfills this requirement

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

**University Breadth Requirements** (Must include one PSYC and one SOCI course)

Go to [www.academiccatalog.udel.edu](http://www.academiccatalog.udel.edu) for a list of courses \_\_\_\_\_ PSYC (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_Creative Arts and Humanities\* (3)

\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_History and Cultural Change\* (3) **Natural/ Biological Sciences and Mathematics** (12) \*\*

­­ + \_\_\_\_\_\_\_\_\_\_\_Social and Behavioral Sciences\* (3) (Must include at least three BISC and three Math credits)

 PSYC/SOCI mayan fulfill this requirement \_\_\_\_\_ BISC (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

­­ + \_\_\_\_\_\_\_\_\_\_\_Math, Natural Science and Technology (3) \_\_\_\_\_ MATH (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 HESC220 & NTDT200 fulfill \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 this requirement \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MAJOR REQUIREMENTS** (46 credits) **ELECTIVES** (credits sufficient to reach 120 total after all

(≥C- required) requirements are met) ( ≥D- 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) **MINOR REQUIRED (**Minimum 15 credits)

\_\_\_\_\_ HESC342 Introduction to Adapted Physical Students are recommended to select one of the following

 Activity (3) minors; other minors permitted only with faculty advisor

\_\_\_\_\_ HESC 422 Organization and Administration (3) approval

\_\_\_\_\_ HESC435 Physical Activity Behavior (3)

\_\_\_\_\_ HESC464 Internship (9) • Business Administration • Leisure Service Management

\_\_\_\_\_ HESC490 Development of Health Promotion • Disability Studies • Nutrition

 Programs (3) • Entrepreneurial Studies • Psychology

\_\_\_\_\_ NTDT200 Nutritional Concepts (3) • Exercise Science • Public Health

\_\_\_\_\_ NTDT310 Nutrition and Activity (3) •Leadership • 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.

## Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE MAJOR: HEALTH BEHAVIOR SCIENCE 2010-2011

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 3 \_\_\_\_ Breadth/Multicultural/Elective \* 1

 16 16

**SOPHOMORE YEAR**

\_\_\_\_ Breadth (SOCI) 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 \_\_\_\_ Minor Course 3

 Management (F) 3 \_\_\_\_ Breadth/Multicultural/Elective \* 3

\_\_\_\_ Breadth/Multicultural/Elective \* 3 \_\_\_\_ Breadth/Multicultural/Elective \* 1 15 16

**JUNIOR YEAR**

\_\_\_\_ HESC335 Health and Aging (F) 3 \_\_\_\_ NTDT310 Nutrition and Activity 3

\_\_\_\_ HESC326 Research Methods & Statistics \_\_\_\_ Minor Course 3

 For Behavior Science (F) 3 \_\_\_\_ HESC332 Health Behavior Theory and

\_\_\_\_ HESC342 Introduction to Adapted Physical Assessment (S) 3

 Activity (F) 3 \_\_\_\_ Breadth/Multicultural/Elective \* 3

\_\_\_\_ Minor Course 3 \_\_\_\_ Breadth/Multicultural/Elective \* 3

\_\_\_\_ Minor Course 3 15 15

**SENIOR YEAR**

\_\_\_\_ HESC422 Organization \_\_\_\_ HESC464 Internship 9

 and Administration (F) 3 \_\_\_\_ Breadth/Multicultural/Elective \* 3

\_\_\_\_ HESC490 Development of Health Promotion \_\_\_\_ 12

 Programs (F) 3

\_\_\_\_ Breadth/Multicultural/Elective \* 3

\_\_\_\_ Breadth/Multicultural/Elective \* 3

\_\_\_\_ Breadth/Multicultural/Elective \* 3 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