

University of Delaware Department of Behavioral Health and Nutrition
BACHELOR OF SCIENCE: HEALTH BEHAVIOR SCIENCE:
Concentration in Health and Disability 2015-2016
 Enter Fall 2015 - Graduate Spring 2019 - Minimum Credits to Graduate: 120

University Requirements

- _____ ENGL110 Critical Reading & Writing* (3 credits)
- _____ _____ Multicultural Course (3 credits; one course can simultaneously satisfy 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 * Courses listed below (major or concentration core/restricted electives) that do not have the BHAN prefix may also satisfy University Breadth requirements; students must take these breadth courses from **four different subject areas**.

Go to www.academiccatalog.udel.edu for a complete list of breadth 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 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 (71 credits required)

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| <ul style="list-style-type: none"> _____ BHAN155 Personal Health Management : Approach for a Lifetime* (3) _____ BHAN160 Health Behavior Science Seminar* (1) _____ BHAN263 Leadership Practicum (1-3; Pass/Fail) _____ BHAN311 Issues in Health Behavior Mgmt* (3) _____ BHAN326 Research Meth & Stat for Behavior 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 _____ BHAN464 Internship: Total of 9 credits must be earned Between BHAN403 and BHAN464; must include ≥4 cr BHAN464 and ≥3 cr BHAN403: Pass/Fail: requires permission of instructor | <ul style="list-style-type: none"> _____ BHAN490 Development of Health Promotion Programs* (3) _____ BISCXXX BISC Elective (3) (rec. BISC207) _____ HLPR222 Intro to Epidemiology* (3) _____ HLPR430 Behavior Change Strategies /Tactics* (3) _____ KAAP309 Anatomy and Physiology I * (4) _____ MATH114 College Math & Statistics (3) (may substitute higher level course) _____ NTDT200 Nutritional Concepts* (3) _____ NTDT310 Nutrition and Activity* (3) _____ PSYC100 General Psychology (3) _____ SOCIXXX SOCI Elective (3) ** _____ Social & Behavioral Science Elective (3) ** _____ Total of 120 credits required to graduate |
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Concentration Core (18 credits; C- or better required)

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| <ul style="list-style-type: none"> _____ BHAN445 Health, Physical Activity & Disability (3) _____ CHEM103 General Chemistry (4) _____ CHEM104 General Chemistry (4) | <ul style="list-style-type: none"> _____ KAAP310 Anatomy & Physiology II (4) _____ STAT200 Basic Statistical Practice (3) OR _____ MATH201 Intro to Statistical Methods I (3) |
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Concentration Restricted Electives (9 credits; C- or better required)

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

- HDFS201 Lifespan Development (3)
- KAAP301 Lifespan Motor Development (3)
- KAAP428 Motor Control & Learning (3)
- NTDT305 Nutrition in the Lifespan (3)
- PSYC325 Child Psychology (3)
- PSYC334 Abnormal Psychology (3)
- BHAN335 Health and Aging (3)

Group 2: Disability and Ethical Issues (choose ≥ 3 credits)

- EDUC230 Introduction to Exceptional Children (3)
- EDUC414 Teaching Exceptional Adolescents (3)
- HDFS230 Families and Communities (3)
- HDFS270 Families and Developmental Disabilities (3)
- HDFS203 Adult Disability Issues (3)
- HDFS407 Speech & Language Disorders in Young Children (3)
- HDFS470 Families and Children at Risk (3)
- HLTH241 Ethical Aspects of Healthcare (3)
- NTDT410 Overweight/Obesity Prevention & Management (3)

See other side for suggested Program of Study

Please refer to the course catalog at http://academiccatalog.udel.edu/Pub_ShowCatalogPage.aspx?CatKey=KEY_2678&ACYEAR=2015-2016 for a complete listing of program requirements.

* Grade of C- or better required

** From the University Breadth list in the Social & Behavioral Science category

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Suggested Sequence

Consult with your advisor each semester for course selection and scheduling advisement

FRESHMAN YEAR

| | | | |
|--------|---|-----------|---------------|
| Fall | | | |
| ___ | BHAN160 Health Behavior Science Seminar (Fall only) | 1 | |
| ___ | BHAN155 Personal Health Management | 3 | |
| ___ | CHEM103 General Chemistry (CR Math 114 or higher) | 4 | |
| ___ | MATH114 or higher | 3 | |
| ___ | NTDT200 Nutritional Concepts | 3 | |
| Spring | | | |
| ___ | BISXXXX (Recommend BISC207 as PR for KAAP309) | 4 | |
| ___ | CHEM104 General Chemistry (PR CHEM101 or 103) | 4 | |
| ___ | ENGL110 Critical Reading & Writing | 3 | |
| ___ | PSYC100 General Psychology | 3 | |
| ___ | Elective | 1 | |
| | | <u>29</u> | Total Credits |

SOPHOMORE YEAR

| | | | |
|--------|--|-----------|---------------|
| Fall | | | |
| ___ | BHAN311 Issues in Health Behavior Mgmt | 3 | |
| ___ | BHAN342 Intro to Adapted Physical Activity | 3 | |
| ___ | BISC208 (as prereq for KAAP309) | 4 | |
| ___ | STAT200 or MATH201 (need one or the other; not both) | 3 | |
| ___ | Multicultural | 3 | |
| Spring | | | |
| ___ | BHAN435 Physical Activity Behavior (PR KAAP220 or 309) | 3 | |
| ___ | KAAP309 Anat & Physiology I (PR BISC208 and CHEM104) | 4 | |
| ___ | SOCIXXX Sociology Elective (any SOCI, 3 cr) | 3 | |
| ___ | University Breadth Group B | 3 | |
| ___ | Elective | 3 | |
| | | <u>32</u> | Total Credits |

JUNIOR YEAR

| | | | |
|--------|--|-----------|---------------|
| Fall | | | |
| ___ | BHAN326 Research Methods & Statistics For Behavior Science | 3 | |
| ___ | KAAP310 Anatomy & Physiology II (PR KAAP309) | 4 | |
| ___ | NTDT310 Nutrition and Activity (PR NTDT200 and a physiology course) | 3 | |
| ___ | Concentration Restricted Elective Group 1 | 3 | |
| ___ | University Breadth Group A | 3 | |
| Spring | | | |
| ___ | BHAN263 Leadership Practicum (1 credit required; however may complete up to 3 credits) | 1 | |
| ___ | BHAN332 Health Behavior Theory and Models | 3 | |
| ___ | BHAN334 Health Behavior Assessment (Spring only; PR BHAN326 or STAT200) | 3 | |
| ___ | HLPR222 Intro to Epidemiology (CR statistics course) | 3 | |
| ___ | Concentration Restricted Elective Group 2 | 3 | |
| ___ | Concentration Restricted Elective | 3 | |
| | | <u>32</u> | Total Credits |

SENIOR YEAR

| | | | |
|--------|--|-----------|---------------|
| Fall | | | |
| ___ | BHAN445 Intro to Adapted Physical Activity (PR BHAN342) | 3 | |
| ___ | BHAN490 Development of Health Promotion Programs (Fall only; PR BHAN326 (or STAT200) and 332) | 3 | |
| ___ | HLPR430 Behavior Change Strategies and Tactics (Fall only; PR or CR BHAN332) | 3 | |
| ___ | Concentration Restricted Elective Group 1 | 3 | |
| ___ | University Breadth Group C | 3 | |
| ___ | Elective | 1 | |
| Spring | | | |
| ___ | BHAN403 Practicum in Adapted Physical Activity (minimum 3 credits; requires permission of instructor; must total 9 credits with BHAN464) | ≥3 | |
| ___ | BHAN464 Internship (minimum 4 credits; requires permission of instructor; must total 9 credits with BHAN403) | ≥4 | |
| ___ | Elective | 2 | |
| | | <u>27</u> | Total Credits |

___ 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).

The following graduation requirements are satisfied by courses in the curriculum: FYE (BHAN160, BHAN155), DLE (BHAN403 and 464). C- or better required if used to satisfy University Breadth Requirement or as indicated above. PR - Pre-requisite; CR - Co-requisite