

University of Delaware Department of Behavioral Health and Nutrition

BACHELOR OF SCIENCE: HEALTH BEHAVIOR SCIENCE 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 * (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) _____
- _____ History and Cultural Change* (3 credits) _____
- _____ Social and Behavioral Sciences* (3 credits) _____
- _____ Math, Natural Science and Technology * (3 credits) _____

MAJOR REQUIREMENTS (71-73 credits)

Courses other than those with the BHAN prefix may also satisfy University Breadth requirements

Courses with an * require grade of C- or better

_____ BHAN155	Personal Health Management : Approach for a Lifetime* (3)	_____ BISCXXX	BISC Elective (3)
_____ BHAN160	Health Behavior Science Seminar* (1)	_____ HLPR222	Intro to Epidemiology* (3)
_____ BHAN263	Leadership Pract (1-3; Pass/Fail)	_____ HLPR430	Behavior Change Strategies /Tactics* (3)
_____ BHAN311	Issues in Health Behavior Mgmt* (3)	_____ KAAP220	Anatomy and Physiology* (3)
_____ BHAN326	Research Methods and Statistics For Behavior Science* (3)	_____ MATH114	College Math & Statistics (3) (may substitute higher level course)
_____ BHAN332	Health Behavior Theory & Models * (3)	_____ _____	Math, Natural Science & Technology Elective (3) **
_____ BHAN334	Health Behavior Assessment* (3)	_____ _____	Math, Natural Science & Technology Elective (3) **
_____ BHAN335	Health and Aging* (3) OR BHAN342 Intro to Adapted Physical Activity* (3)	_____ NTDT200	Nutritional Concepts* (3)
_____ BHAN435	Physical Activity Behavior* (3)	_____ NTDT310	Nutrition and Activity* (3)
_____ BHAN464	Internship (9; Pass/Fail - requires permission of instructor)	_____ PSYC100	General Psychology (3)
_____ BHAN490	Development of Health Promotion Programs* (3)	_____ SOCIXXX	SOCI Elective (3) ***
		_____ _____	Social & Behavioral Science Elective (3) ***
		_____ _____	Total of 120 credits required to graduate

MINOR REQUIRED (Minimum 15 credits)

Please see other side for additional information about approved minors

- * Grade of C- or better required
- ** From the University Breadth list in the Math, Natural Science & Technology category
- *** From the University Breadth list in the Social & Behavioral Science category

See other side for suggested Program of Study

Please refer to the course catalog at http://academiccatalog.udel.edu/Pub_ShowCatalogPage.aspx?CATKEY=KEY_1351&ACYEAR=2015-2016
for a complete listing of program requirements.

University of Delaware Department of Behavioral Health and Nutrition

BACHELOR OF SCIENCE: HEALTH BEHAVIOR SCIENCE 2015-2016

Enter Fall 2015 - Graduate Spring 2019/Minimum Credits to Graduate = 120

Suggested Sequence

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

FRESHMAN YEAR

___	BHAN160 Health Behavior Science Seminar (Fall only)	1
___	BHAN155 Personal Health Management	3
___	ENGL110 Critical Reading & Writing	3
___	KAAP220 Anatomy and Physiology	3
___	NTDT200 Nutritional Concepts	3
___	MATH114 or higher	3
___	PSYC100 or SOCI xxx General Psych or Sociology	3
___	Math, Natural Science or Technology Elective**	3
___	Social & Behavioral Science Elective***	3
___	Breadth or Multicultural or Elective	3
___	Breadth or Multicultural or Elective	4
	<u>32</u>	

SOPHOMORE YEAR

___	BHAN311 Issues in Health Behavior Mgmt	3
___	BHAN263 Leadership Practicum (Pass/Fail)	1-3
___	BHAN435 Physical Activity Behavior (PR KAAP220 or 309)	3
___	SOCI xxx or PSYC100 Sociology of General Psych	3
___	Minor Course	3
___	Minor Course	3
___	BISC xxx BISC Elective	3-4
___	Math, Natural Science or Technology Elective**	3
___	Breadth or Multicultural or Elective	3
___	Breadth or Multicultural or Elective	3
___	Breadth or Multicultural or Elective	1
	<u>29-32</u>	

JUNIOR YEAR

___	BHAN326 Research Methods & Statistics For Behavior Science	3
___	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
___	BHAN335 Health and Aging (Winter and Spring) or BHAN342 Intro to Adapted Physical Activity	3
___	NTDT310 Nutrition and Activity (PR NTDT200 and a physiology course)	3
___	Minor Course	3
___	Minor Course	3
___	Minor Course	3
___	Breadth or Multicultural or Elective**	3
	<u>30</u>	

SENIOR YEAR

___	BHAN490 Development of Health Promotion Programs (Fall only: PR BHAN332)	3
___	HLPR430 Behavior Change Strategies and Tactics (Fall only: PR or CR BHAN332)	3
___	Breadth or Multicultural or Elective (if needed)	3
___	Breadth or Multicultural or Elective (if needed)	3
___	Breadth or Multicultural or Elective (if needed)	3
___	Breadth or Multicultural or Elective (if needed)	2-5
___	BHAN464 Internship (requires permission of instructor) (Pass/Fail)	9
	<u>26-29</u>	

___ 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).

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). C- or better required if used to satisfy University Breadth Requirement or as indicated above. PR - Pre-requisite; CR - Co-requisite