****

**Behavioral Health and Nutrition 2013-2014 Suggestions for Success**

Welcome to the Department of Behavioral Health and Nutrition (BHAN)! We want your academic career to be a success so here are our top ten tips to get you started

1. **YOUR FACULTY AND DEPARTMENTAL ACADEMIC ADVISORS** are here to help you with decision-making in issues such as major and/or minor academic programs, course selection and sequencing, graduation requirements and career questions. We strongly encourage you to make good use of this relationship and meet with your advisors on a regular basis. Make sure to schedule an advisement appointment with your advisor **prior to** registration periods. Getting advisement is extremely important!
2. **YOUR SUGGESTED PROGRAM OF STUDY** is listed on the back of each checksheet. This is a suggested sequence of courses, dictated in part by pre-requisites and corequisites. Courses are coded in UDSIS by class status (freshmen, sophomore, etc.) and by major. Consult with your advisor on any deviation from the program of study. In some cases it may be difficult to get into a course that is not in your major or not designated for your class status.
3. **ALWAYS REGISTER AT YOUR APPOINTED TIME**. It is imperative that you register for courses at your assigned appointment time in April and November. Do not delay or you will have difficulty scheduling.
4. **PAY ATTENTION TO PREREQUISITES**.Prerequisites are listed on the on-line Catalog. Behavioral Health and Nutrition program course prerequisites, by major, can be found on the curriculum checksheets of each major.
5. **SOME BHAN BREADTH REQUIREMENTS ARE DIFFERENT** from those in other departments or colleges. Pay attention to the requirements specific to your major.
6. **YOU ARE RESPONSIBLE FOR INFORMING PARENTS/FAMILY** of your activities and academic status if you wish. If they call the department with questions about you, we will not be permitted to discuss your situation with them due to the Buckley Amendment (unless you give your permission in advance, in writing).
7. **WHEN IN DOUBT ABOUT CONCERNS SUCH AS ACADEMIC, CAREER OR GRADUATION ISSUES, ASK YOUR ADVISOR.** Well-meaning friends may not always have complete information regarding YOUR academic career.
8. **Students in Behavioral Health and Nutrition are admitted directly into their major**. Health Behavior Science students should select a minor at the end of freshman year.
9. **READ YOUR EMAIL REGULARLY**. You are responsible for what is sent to your UD email address so please don’t make the mistake of missing something really important like a change in registration or Drop/Add deadline that could have a major impact on your academic career.
10. **SEEK ADVISEMENT, SEEK ADVISEMENT, SEEK ADVISEMENT**.

**BHAN Student Handbook -** [**www.udel.edu/bhan**](http://www.udel.edu/bhan)

**COLLEGE OF HEALTH SCIENCES**

**DEPARTMENT OF BEHAVIORAL HEALTH AND NUTRITION**

**2013-2014 DEGREE PROGRAMS**

This fact sheet gives you some guidelines regarding the degree programs (majors) in the Department of Behavioral Health and Nutrition and provides brief information about each one.

### Degree Programs

Bachelor of Science

* Major in Applied Nutrition (APN)
* Major in Dietetics (DIET)
* Major in Nutritional Science (NS)
* Major in Health Behavior Science (HBS)
* Major in Health and Physical Education (HPE)

### Description of Programs

**Bachelor of Science – Major: Applied Nutrition**

This degree is designed for students who want to combine a study of nutrition

 with another course of study. They may choose a minor or use their electives to

 take a variety of courses of interest.

**Bachelor of Science – Major: Dietetics**

 This is the major for students who wish to pursue the Registered Dietitian (R.D.)

credential. Student should be aware that completion of a post-undergraduate

internship is required before taking the examination to become an R.D.

Acceptance into an internship is very competitive and GPA, work/volunteer and

leadership experiences as well as recommendations are all factors in admittance.

**Bachelor of Science – Major: Nutritional Sciences**

 This program is designed for those interested in pursuing an advanced degree in

areas including but not limited to: nutritional science, medicine, dentistry and physical therapy and other Allied Health fields. This major has a very strong science curriculum. Students should review the preadmission requirements for post-undergraduate programs to assure they take all required courses.

**Bachelor of Science - Major: Health Behavior Science**

The Health Behavior Science major is designed to provide a coordinated, multidisciplinary approach to behavior change and health. The focus of the major is on developing skills and expertise to help change behavior processes. Concepts covered include health behavior theory, community assessment, program planning, evaluation and behavior change skills. This program covers a wide number of health-related areas but currently has an emphasis on physical activity, nutrition and chronic disease prevention. It also provides significant classroom and hands-on experience in working with group and individual behavior change in addition to organization and administration of facilities and agencies. Students pursuing this major will move toward careers within the health promotion, community health, fitness, worksite wellness and leisure service industries – organizations which are focusing on community based interventions to promote healthy lifestyles. Completion of a minor (minimum 15 credits) and a nine-credit internship are integral components of this program.

**Bachelor of Science – Major: Health and Physical Education**

This degree program is primarily designed to prepare students for a career in teaching physical education and health education. The program provides the opportunity for students to attain K-12 dual certification in both Health Education and Physical Education, one of a handful of programs in the country to offer this dual certification. Freshmen are admitted directly to the Health and Physical Education Program and must meet criteria for progression through the program.

 **Tuberculosis Test and Background Check for Practica**

 In order to comply with state regulations, students must show written proof of a negative PPD Tuberculin Test before working in the schools. Students may have the test administered by their physician, a public health clinic, or at the [Student Health Center](http://www.udel.edu/shs) on campus. There is a $5.00 charge to students who have this service performed at the health center.  If you use an off campus site, the results must be on file with the Student Health Center so that the Office of Clinical Studies can clear you.

 Schools also require that all members of their staff, including practicum students and interns have a criminal background check completed with the Delaware State Police . The requirements for background checks vary by state. These checks require at least 6 weeks to complete and you will not be permitted into the schools without the appropriate clearances.

 Students should consult the Office of Clinical Studies website for current details on both of these clearances, timelines for completing them, and required forms ([www.ocs.udel.edu](http://www.ocs.udel.edu)).

**Health and Physical Education Majors 2013-2014**

Health and Physical Education Program Requirements:

Students enrolled in the Health and Physical Education major wishing to begin upper-level work must make formal application and satisfy the requirements for Clearance for Upper Division Study. Application is made to the Program Coordinator at the completion of the sophomore year or, in the case of transfer students, when the student has completed 60-89 credits for junior status. The purpose of clearance is to assure that each student is satisfying requirements in the major and is prepared to undertake junior-level work. Students not meeting criteria are provided support services including study skills assistance and academic planning.

**Requirements for Progression through the Program**

Students will achieve and maintain a health-enhancing level of fitness throughout the program. Without discrimination against those with disabilities, students with special needs are allowed and encouraged to utilize a variety of accommodations and/or modifications to demonstrate fitness.

Requirements for Clearance for Upper Division Study:

1. Letter of Application
2. Minimum GPA in the major of 2.75 and minimum cumulative GPA of 2.5
3. A grade of C- or better in all required courses within the major
4. Pass all three subtests of Praxis I; reading passing score = 175, writing passing score = 173 and mathematics passing score = 174
5. Resume
6. Philosophy of Health and Physical Education Statement

Requirements for admission to the Methods Block prior to Student Teaching:

1. Minimum GPA in the major courses of 2.75 and minimum cumulative FPA of 2.5
2. Complete all required BHAN or KAAP courses with a minimum of C- or better (with the exception of KAAP425, KAAP433 and BHAN465)
3. Complete all required EDUC courses (with the exception of EDUC420 and EDUC400)

Requirement for admission to Student Teaching in Health and Physical Education:

1. Minimum GPA in the major courses of 2.75 and a cumulative GPA of 2.5
2. Minimum grade of C- or better in all required courses in the major
3. Completion of all EDUC courses (with the exception of EDUC400)

Co-requisite for EDUC 400 – Student Teaching

The candidate must provide proof of having taken the appropriate academic content area tests for Health Education and Physical Education. The Delaware Health Education Test (20550) is required for the health education content test and the Praxis II Content Knowledge Physical Education Test (0091) is required for the physical education content test. A copy of the official scores must be submitted to the Delaware Center for Teacher Education during enrollment in EDUC 400 Student Teaching no later than May 1 for June graduates. An institutional recommendation for certification will not be issued until the candidate has presented the official score report.

**COLLEGE OF HEALTH SCIENCES**

**DEPARTMENT OF BEHAVIORAL HEALTH AND NUTRITION**

**DEPARTMENTAL MINORS 2013-2014**

The following is a list of minors that are offered through the Department of Behavioral Health and Nutrition. These minors are available to students from within BHAN as well as from other departments across the university. The minors are not open to students whose major program of study includes all of the courses included in the minor curriculum. Please note that some minor curriculum course requirements have prerequisites. See individual minor fact sheets for more detailed information.

### Departmental Minor Programs:

Coaching Science

Dance

Health and Wellness

Health, Physical Activity and Disability

Nutrition

Public Health

### Description of Minors

**Coaching Science Minor – 19 credits**

The minor helps students develop a personal coaching philosophy, an understanding of

 the body, how the body performs, injury prevention, the teaching of skills and

progressions, sport psychology, and a variety of team responsibilities. A practicum/field

experience is also required in the student's choice of sport in order to further enhance

the development of coaching skills and philosophy.

**Dance Minor – 16-18 credits**

The Dance minor is available for students who have an interest in dance and want a

concentration of study in this area to complement their career goals. The minor provides

students with the opportunity to study a variety of coursework including, but not limited

to, technique, composition and choreography, and elective choices in the historical,

cultural, pedagogical and somatic areas of dance. Additionally, dance minors complete

a variable credit capstone experience project.

**Health and Wellness Minor - 18 credits**

The Health and Wellness minor has been designed to provide students who have an

 interest in expanding their knowledge of health and wellness issues. The 18 credit

minor will provide students with the opportunity to complement their major course of

study by expanding and applying health knowledge and concepts to their chosen

profession and personal life. Students in Health Behavior Sciences are not eligible to

take this minor as a course of study.

**Health, Physical Activity and Disability Minor - 16 credits**

Provides undergraduate students with a theoretical base and quality field-based

experiences to appropriately serve individuals with disabilities across the lifespan in a

variety of settings that promote health and wellness. The minor is open to students in

any major, but it is particularly suited for students who are planning careers in health and

exercise sciences such as health and physical education, health promotion, fitness,

occupational therapy, therapeutic recreation, physical therapy, sports medicine and

 coaching. The min or will help Health and Physical Education students to pursue a

national certification in Adapted Physical Education. Students applying for the minor

 must have completed at least one semester of full-time study with a minimum GPA of

2.0. A grade of C- or better in required courses is needed for successful completion of

 the minor.

**Nutrition Minor – 15 credits (with 16 CHEM pre-requisite credits)**

This minor is for students interested in the area of nutrition and who believe that good nutrition and personal lifestyles are important for the well-being of individuals. A minor in Nutrition provides students from other degree programs, such as Biology, Chemistry,

Health Behavior Science and Nursing a fairly intensive level of understanding of

nutritional science and recognition for their efforts.

**Public Health Minor – 18 credits (with 3 STAT pre-requisite credits)**

Public Health is the science and art of preventing disease, prolonging life, and promoting

health through the organized efforts and informed choices of society, organizations,

public and private sectors, communities and individuals. The minor in Public Health

provides an interdisciplinary opportunity to develop practical skills in program

development and increase knowledge in the areas of social systems and policy as well

as leadership. The minor is available to students of all disciplines and offers a greater

appreciation for the application of public health concepts to your field of study.

### Department of Behavioral Health and Nutrition

### MINOR: COACHING SCIENCE 2013-2014

### Minimum Credits in the Minor: 19

This minor will help students develop a personal coaching philosophy, an understanding of the body, how it performs, injury and injury prevention, teaching of skills and progressions, sport psychology, and a variety of team responsibilities. A practicum or field experience will be required in the student’s chosen sport in order to further enhance the development of coaching skills and philosophy. If a student chooses a sport that is a winter sport, i.e., basketball, the student is required to register for winter session. The same requirement applies for a practicum experience done during the summer.

The *Coaching Science Minor* requires 19 credits. Students applying for the minor must have completed at least one semester of full time study with a minimum GPA of 2.25.

**Enrollment in the minor for at least four semesters is required due to sequencing of course work.** A minimum grade of C- is required in all courses for completion of the minor.

**REQUIRED COURSES *(Prerequisites)*** **Credits**

KAAP210 Emergency Management of Injuries and Illness 3

KAAP220 Anatomy and Physiology \* 3

KAAP320 Principles of Strength and Conditioning/Lab *(PR KAAP220*) 4

BHAN390 Principles of Coaching *(Fall only; PR KAAP210 & KAAP220)* 3

BHAN440 Strategies of Athletic Peak Performance *(Fall only)* 3

BHAN460 Coaching Performance Practicum *(Pass/Fail: PR BHAN390,* 3

 *KAAP210 & KAAP220)*

This minor cannot be applied for on-line. Paper applications are available any time from Coach Ferguson’s office.

**Each student must speak with the director, BJ Ferguson, prior to beginning the application process. Coach Ferguson may be reached at her office 302.831.1109 or by email:** **bferguso@udel.edu** **to schedule an introductory meeting.**

*PR = Prerequisite*

\*KAAP 310 Pre-Clinical Anatomy & Physiology II may be substituted for KAAP 220

### Department of Behavioral Health and Nutrition

### MINOR: DANCE 2013-2014

### Minimum Credits in the Minor: 17

The dance minor provides students with an opportunity to study a variety of coursework including, but not limited to, technique, composition and choreography and electives in the historical, cultural, pedagogical, and somatic areas of dance. Also, dance minors complete a variable credit capstone experience project. The Dance Minor is a joint program between the College of Arts & Sciences and the College of Health Sciences.

**REQUIRED COURSES**: A minimum of 17 credits distributed as follows:

**Technique – 6 credits:** Two or more courses, one of which must be at the 300 level, from the following: DANC202, DANC203, DANC204, DANC302, DANC303, DANC304

**Choreography and Performance – 3 credits:** One three-credit course from: DANC207, DANC208, DANC308, DANC309 or DANC2267 which is 1 credit and repeatable for up to three credits

**DANC201 Career Options in Dance - 1 credit**

**Capstone Experience – 1-2 credits: DANC 401**

**Electives – 6 credits from the following list, in consultation with the minor advisor:**

DANC 101, DANC 206, DANC 305, DANC 307, DANC 310,

DANC 311, DANC 312, DANC 400, BHAN 251, BHAN 120 (Ballroom Dance)

**Dance Minor Courses** (all three credits unless otherwise indicated)

DANC101 Intro to the Art of Dance

DANC202 Beginning Ballet

DANC203 Beginning Modern Dance

DANC204 Beginning Jazz Dance

DANC206 Dance in Culture & Society

DANC207 Dance Improvisation

DANC208 Dance Composition I

DANC267 Perf Pract in Dance (1 credit)\*

DANC302 Intermediate Ballet

DANC303 Intermediate Modern Dance

DANC304 Intermediate Jazz Dance

DANC305 Hip Hop

DANC306 Musical Theatre Styles

DANC307 Ethnic Dance Styles

DANC308 Dance Composition II

DANC309 Repertory

DANC310 Methods of Teaching Dance

DANC311 Dance, Drama and Learning

DANC312 Body & Motion in Dance

DANC400 Dance in School & Comm.

DANC401 Dance Capstone (1-2 credits)

BHAN120 Ballroom Dance (1 credit)

BHAN251 Skills & Techniques:

 Rhythms & Dance (1 credit)

First semester freshmen must wait until after freshmen midterm grades have been posted; all others can apply for the minor at any time via the Change Major, Minor, Concentration or Graduation Term link from the UDSIS home screen. For assistance requesting the minor or for advisement and curricular information please contact Dr. Jan Bibik at 831-3537 or pirwet@udel.edu.

\* 1 credit course, repeatable for up to three credits

### Department of Behavioral Health and Nutrition

### MINOR: HEALTH AND WELLNESS 2013-2014

### Minimum Credits in the Minor: 18

The Health and Wellness minor is for students who have an interest in expanding their

knowledge of health and wellness issues. Courses will provide students with the

knowledge, skills and experiences necessary to understand the role culture, gender,

environment and behavior play in personal and community health. The minor will

provide students with the opportunity to complement their major course of study by

expanding and applying health knowledge and concepts to their chosen profession and

personal life. Students in the Health Behavior Science major are not eligible to take this

minor. A grade of C- or better in all required courses is necessary for successful

completion of the minor. **A maximum of nine credits may be from the student’s**

**major.**

**REQUIRED COURSES *(Prerequisites)*** **Credits**

**Core requirements: 6 credits**

BHAN155 Personal Health Management: An Approach for a Lifetime 3

NTDT200 Nutrition Concepts 3

**Capstone course: 3 credits - must select one course from the following:**

HLPR430 Behavior Change Strategies and Tactics *(PR BHAN332)* 3

NTDT410 Overweight/Obesity Prevention & Management *(PR NTDT200)* 3

**Health Behavior Theory Course: 3 credits - must select one course from the following:**

BHAN332 Health Behavior Theory & Assessment *(PR BHAN326/STAT200)* 3

BHAN333 Health Behavior Theory & Program Planning (*Fall only*) 3

BHAN435 Physical Activity Behavior *(PR KAAP220/permission of instructor)* 3

**Health Electives: 3 credits - must select one course from the following:**

BHAN301 The Art of Happiness 3

BHAN311 Issues in Health Behavior Management 3

BHAN335 Health and Aging 3

NTDT305 Nutrition in the Lifespan *(PR NTDT200 & bio course)* 3

NTDT310 Nutrition and Activity *(PR NTDT200 & physiology course)* 3

BHAN401 Foundations of Human Sexuality (cross listed with HDFS401 3

 and WOMS401)

SOCI311 Sociology of Health and Illness 3

BHAN304 Culture, Health and Environment (cross listed with ANTH304) 3

**Other required courses: 3 credits**

BHAN130 Must take two of the 1-credit health topic courses 2

 (Cannot receive credit for both NTDT410 and BHAN130 Weight Management)

BHAN120 Must take one credit in an approved BHAN120 course.\* 1

To request the minor or for advisement and curricular information, please contact Dr. Steve Goodwin, goody@udel.edu or 831-4451.

\*Must be approved by Dr. Goodwin. All approved 120 courses must address a health related physical activity such as Exercise & Conditioning, Yoga or Fitness Boot Camp. Sport-related BHAN120 courses are not acceptable for this requirement. The purpose of this credit is to engage students in a physically active course that addresses lifelong activity leading to a higher quality of life.

### Department of Behavioral Health and Nutrition

### MINOR: HEALTH, PHYSICAL ACTIVITY AND DISABILITY 2013-2014

### Minimum Credits in the Minor: 16

**Health, Physical Activity and Disability Minor - 16 credits**

This program provides undergraduate students with a theoretical base and quality field-

based experiences to appropriately serve individuals with disabilities across the lifespan

in a variety of settings that promote health and wellness. The minor is open to students

in any major, but it is particularly suited for students who are planning careers in health

and exercise sciences such as health and physical education, health promotion, fitness,

occupational therapy, therapeutic recreation, physical therapy, sports medicine and

coaching. The minor will help Health and Physical Education students to pursue a

national certification in Adapted Physical Education. Students applying for the minor

must have completed at least one semester of full-time study with a minimum GPA of

2.0. A grade of C- or better in required courses is needed for successful completion of

the minor. **A maximum of six credits may be from the student’s major or another**

**minor.**

**REQUIRED COURSES *(Prerequisites)*** **Credits**

**Core requirements: 13 credits**

KAAP301 Lifespan Motor Development (Fall only) 4 **OR**

KAAP428 Motor Control and Learning *(PR KAAP309)* 4

BHAN342 Introduction to Adapted Physical Activity 3

 **OR**

BHAN343 Adapted Physical Education 3

BHAN403 Practicum in Adapted Physical Activity 3

BHAN445 Health, Physical Activity and Disability 3

**Elective: 3 credits - must select one course from the following:**

BHAN332 Health Behavior Theory and Assessment 3

BHAN335 Health and Aging 3

BHAN435 Physical Activity Behavior *(PR KAAP220 or KAAP309)* 3

NTDT410 Overweight/Obesity Prevention & Management *(PR NTDT200)* 3

HDFS270 Families and Developmental Disabilities 3

EDUC431 Applied Behavior Analysis\* *(PR BHAN342 and EDUC414)*

You may request the minor via UDSIS after freshman first term grades have posted. Should you require advisement or curricular information, please contact Dr. Iva Obrusnikova, obrusnik@udel.edu, 831-8032.

\* EDUC431 is recommended for and only available to Health and Physical Education majors pursuing this minor.

### Department of Behavioral Health and Nutrition

### MINOR: NUTRITION 2013-2014

### Minimum Credits in the Minor: 15, with 16 prerequisite CHEM credits

A minor in Nutrition provides student from other degree programs including, but not limited to, Biology, Chemistry and Nursing a fairly intensive level of understanding of nutritional science as well as acknowledgement of this knowledge. This minor is for students interested in the area of nutrition who believe that good nutrition and personal lifestyles are important for the well-being of individuals. This program is not available to students whose major program requires all of the following courses:

**A minimum of 15 credit hours with a minimum grade of C- is required.**

**REQUIRED COURSES (*Prerequisites*)** **Credits**

NTDT 200 Nutrition Concepts 3 credits

NTDT400 Macronutrients  *(PR CHEM101, CHEM102,* 3 credits

 *CHEM213/215 AND CHEM214/216\*)*

NTDT 401 Micronutrients *(PR NTDT400)* 3 credits

NTDT Electives 2 courses 300 level or higher 6 credits

**Suggested Electives: 3 credits each**

NTDT301 Cultural Perspectives on Food & Nutrition

NTDT305 Nutrition in the Lifespan *(PR NTDT200 and a biology course)*

NTDT310 Nutrition and Activity *(PR NTDT200 and a physiology course)*

NTDT350 Nutrition and Older Adults *(PR NTDT200 and BISC106 or BISC276)*

NTDT410 Overweight/Obesity Prevention & Management *(PR NTDT200)*

NTDT420 Maternal and Infant Nutrition *(PR NTDT200 and BISC106 or BISC276)*

**Admission:**

Completion of the minor is awarded only to those who have applied and been admitted to the program. A cumulative grade point average (GPA) of 2.0 or above is required for admission to the minor. A student may apply at any time by obtaining permission from the Undergraduate Studies Coordinator in the Nutrition Program or BHAN Academic Advisor. To request the minor or for advisement and curricular information, please contact Susan Coffing, scoffing@udel.edu, 302-831-2252.

\* C- or better required for CHEM214/216

.

### Department of Behavioral Health and Nutrition

### MINOR: PUBLIC HEALTH 2013-2014

### Minimum Credits in the Minor: 18, with 3 prerequisite STAT credits

Public Health is the science and art of preventing disease, prolonging life, and promoting health through the organized efforts and informed choices of society, organizations, public and private sectors, communities and individuals. A joint program between the **Department of Behavioral Health and Nutrition** and the **School of Public Policy and Administration**, the Public Health minor provides an interdisciplinary opportunity to develop practical skills in program development and increase knowledge in the areas of social systems and policy as well as leadership. This minor offers a greater appreciation for the application of public health concepts to the student’s field of study.

The minor, available to students of all disciplines, requires 18 credit hours distributed as follows: Three required core courses (9 credits), and three elective courses (9 credits). At least six of the nine elective credits must be chosen from outside your major. **All courses in the minor must be completed with a C- or better.**

**REQUIRED CORE COURSES – 9 credit hours:**

**HLPR/UAPP211** Intro to Public Health (fall/spring)

**HLPR/UAPP233** Intro to Global Health (fall/spring)

**HLPR/UAPP222** Intro to Epidemiology\* (winter/spring; Prereq stat class: see below)

**ELECTIVE COURSES – 9 credit hours:** *one 3-credit course from each of the following categories. One of the three electives may be taken from within student’s major.*

**Program Development – 3 credits**:

**BHAN332** Hlth Behavior Theory & Assessment\*

**BHAN490** Devmnt of Hlth Promotion Progms\*

**HDFS230** Families and Their Communities

**HDFS346** Counseling in Human Services \*

**HDFS347** Prgrm Development & Eval \*
**HLPR610** Health and the Media

**NURS382** Communities and Health \*

(2 credits; open only to nursing students)

**Social Systems and Policy – 3 credits:**

**ECON311** Economics of Developing Countries\*
**ECON343** Environmental Economics \*
**ECON390** Economics of Healthcare \*
**ECON490** Economics of Health Policy \*
**HDFS402** Child and Family Policy \*
**SOCI311** Sociology of Health and Illness
**SOCI349** Aging and Society
**UAPP110** Changing the World & Public Policy

**UAPP225** Crafting Public Policy

**UAPP325** Public Policy Analysis

**UAPP410** Making Convincing Policy Arguments

**UAPP419** Policy Leadership and Ethics

**UAPP427** Evaluating Public Policy

**UAPP657** Health Policy

**WOMS 38**9: Topics: Women Health Issues

**Leadership – 3 credits:**

**BHAN329** Dynamics of Team Problem Solving

**COMM330** Communication and Interpersonal Behavior

**LEAD100** Leadership, Integrity and Change

**LEAD101** Global Context for Leadership

**LEAD200** The Leadership Challenge
**LEAD300** Leadership, Creativity and Innovation \*

**LEAD400** Leadership for the Common Good \*

To request the minor or for advisement and curricular information, please contact Dr. Mia Papas, mpapas@udel.edu, 302-831-4990.

Stat class options - STAT200, MATH201, MATH205, BHAN326, FREC408 or PSYC209

\* These courses have prerequisites

**COLLEGE OF HEALTH SCIENCES**

**DEPARTMENT OF BEHAVIORAL HEALTH AND NUTRITION**

**DEGREE COMPLETION REQUIREMENTS 2013-2014**

All programs of study within the Department of Behavioral Health and Nutrition require a total of 120 or 121 credits to qualify for graduation. All programs required completion of courses in three categories: **University Requirements** including University Breadth Requirements, **Major Required Courses** and **Electives**. The Health Behavior Science major also requires the completion of an approved minor.

The purpose of breadth requirements is to assure that students achieve both the skills and breadth of knowledge expected of an educated college graduate. Major courses are intended to supply the students with the more specific knowledge, skills and ability to succeed upon graduation in both the work place and in graduate studies. These classes encompass both theoretical and practical knowledge to enable students to pursue career-related opportunities. Elective courses may be used to explore individual interests, investigate new fields or topics, or allow the development of competence in a second major, a minor, or a concentration of study. In order to fulfill the requirements of their selected program of study, students must take courses in the following four categories:

* **University Requirements\* – 22-30 credits**
	+ Critical Reading and Writing (ENGL110) – 3 credits; minimum grade C-. This must be completed by the time a student has earned 60 credits.
	+ Multicultural Course – 3 credits; minimum grade of a D- is required; this course cannot be taken pass/fail. These courses stress multicultural, ethnic and/or gender-related content.
	+ First Year Experience (FYE) – 1-3 credits; minimum grade dependent on major. Designed to provide freshmen with essential strategies and information needed to have a successful freshman year. Typically taken with students from within your residence hall and program of study. Specific to each program of study.
	+ Discovery Learning Experience (DLE) – 3-9 credits; minimum grade dependent on major. Discovery-based and experiential learning that involves instructional experiences out-of-class and beyond typical curriculum courses. Specific to each program of study.
	+ Additional breadth requirements – 12 credits; minimum grade C-. Students must also take 3 credits from each of four different categories:
		- CREATIVE ARTS AND HUMANITIES
		- HISTORY AND CULTURAL CHANGE
		- MATH, NATURAL SCIENCE AND TECHNOLOGY, and
		- SOCIAL AND BEHAVIORAL SCIENCES
* **Major Required Courses** – credits vary by program. See program checksheets for specific list of required courses for each program of study/major.
* **Electives** – credits vary by program. Most courses not required by a program’s curriculum may fulfill the elective credit category. See program checksheets for specific number of elective credits.

### Student Class Status

 Freshmen      27 credits or less

Sophomores   28-59 credits

Juniors           60-89 credits

Seniors          90 or more credits

**GENERAL ADVISING PROCEDURES AND INFORMATION 2013-2014**

The Department of Behavioral Health and Nutrition provides students with a strong program of quality academic advisement – both from the faculty and the departmental academic advisor. The mission of academic advising in the department is to serve students in the ongoing process of assisting them in the attainment of their educational goals through the development and evaluation of their educational plans. To succeed and progress satisfactorily through a degree program, students must have the resources available to not only receive accurate information about requirements and procedures tailored to individual educational needs, but a knowledgeable, caring advisor to explain university policies and procedures. Advisors are involved in helping students coordinate their learning experiences through the planning of their educational – as well as their career – objectives, based on the abilities and academic progress of each student. Academic advising should also act as a referral for students to other campus agencies (Career Services, Academic Enrichment Center, etc.)

When a student enters the Department of Behavioral Health and Nutrition they are assigned a faculty advisor in their chosen area of study. The Department highly encourages students to meet with their advisor on a regular basis – during advance registration periods and whenever they may have questions regarding their academics or career goals. Students are also highly encouraged to follow their planned program of study, taking courses as suggested at the correct time in their academic career. This can avoid missed courses, conflicting courses, prerequisite sequencing issues and other problems that may arise as they get close to graduation.

Regarding advisement with faculty or the departmental academic advisor, the following is the expectation for a responsible and successful student:

* schedules appointments with his or her advisor and is on time for those appointments.

 • is familiar with the on-line Undergraduate Catalog, the Departmental Student Guidebook and specific department policies.

 • is prepared for the advising session (has identified questions or concerns, brings

 a list of proposed courses and times to advance registration appointment).

• discusses long-range goals including choice of major and career aspirations.

• knows academic requirements for continued enrollment and graduation.

• asks questions about policies, procedures, or requirements that are not

understood.

• keeps copies of relevant academic records.

• obtains, completes and processes all necessary forms and signatures required for registration, course changes or related affairs within specified deadlines.

• meets course prerequisites and selects appropriate courses.

• consults with advisor before making drastic changes to an agreed upon schedule.

• consults with the advisor about concerns related to academic progress, a change

in program, courses to be taken at another institution, withdrawal from courses,

or withdrawal from the university.

• makes final decisions and is actively responsible for his or her academic career.

**The Family Rights and Privacy Act of 1974** (The Buckley Amendment)

Advisors have access to much private information pertaining to students. This information may not be divulged to **anyone** without the student’s written consent. This federal law, the Buckley Amendment, establishes standards that pertain to all official student records, including the student’s advising file. The Buckley Amendment applies to all schools which receive funds under an applicable program from the U.S. Department of Education. The law requires that educational institutions maintain the confidentiality of student education records and provide students with access to information placed in their official files. The Buckley Amendment generally prohibits the disclosure of information about an advisee without the advisee’s prior written consent. Even disclosure to parents, other faculty, or administrators within the institution would constitute a violation unless the individual to whom the information was disclosed has been designated as a “school official” with “legitimate educational interests” in the institutional policy. As agents of the institution, advisors generally enjoy a qualified privilege that protects them from liability as long as they act in good faith in carrying out their responsibilities. The United States Supreme Court has stated that educators will be granted immunity unless they act maliciously or disregard the “basic unquestionable constitutional rights” of students.

**First Year Experience (FYE)**

The [First Year Experience](http://www.ugs.udel.edu/gened/FYE_Admin.htm) refers to a layered approach of offering essential strategies and information for students in transition to the University and to enhance the likelihood of academic/social success and student retention. With this experience is a First Year Seminar course which is discipline specific for incoming majors to introduce students to the expectations of an academic major or career. This may differ from the intro course (3-4 credits) in the major.

**ENGL 110 – Critical Reading and Writing**

This course is required of all students and is generally taken in the freshman year. A minimum grade of a C- is required.

**Major Requirements**

A minimum grade of a C- is typically required for all major requirements.

**Multicultural Requirement**

Every student must complete three credits in a course or courses stressing multicultural, ethnic, and/or gender-related content. A minimum grade of a D- is required; this course cannot be taken pass/fail.

**Breadth Requirements**

A complete listing of these requirements is available via UDSIS at <http://academiccatalog.udel.edu/Pub_ShowCatalogPage.aspx?CATKEY=CATKEY_2107&ACYEAR=2013-2014&DSPL=Published> . A minimum of a C- is required for all breadth requirements. Cannot be taken pass/fail.

**Departmental Website**

All information pertaining to BHAN can be found on our departmental website at www:udel.edu/bhan/

**E-mail**

Students are required to have a University e-mail account. When faculty generate information to students, they use only University based information – not hotmail, netscape, AOL, etc. If a student wants to keep their own personal e-mail account, they are required to transfer all information from their U of D account into their private account. A student is held responsible for missed information because of either not reading their e-mail or not having it transferred to another e-mail account.

**Discovery Learning Experience (DLE)**

All undergraduate students are required to take at least three credits of Discovery-Based or Experiential Learning (e.g., an internship, a service learning course, an independent study, participation in the Undergraduate Research Program or a Study Abroad program) in fulfillment of their degrees. The credit requirement may be satisfied in a single course or in a series of courses, as long as a total of three (3) credits are earned. This initiative follows the concept that we learn and retain knowledge more effectively when we learn by doing. When students apply theory to practice, use information to solve actual problems, are mentored to realize that they are not only receivers of knowledge but also discoverers of knowledge, realize and develop their own competencies when faced with unfamiliar situations, they have a deeper realization of the value of what they are being taught. This has the result of strengthening their intellectual abilities and creating the potential to gain greater self-confidence as future professionals. The most effective DLEs challenge students to build on their current level of knowledge, experience and skill sets.

**UNIVERSITY OF DELAWARE STUDENT RESOURCES**

**ACADEMIC ENRICHMENT CENTER**

**148-150 South College Avenue**

831-2805

<http://www.aec.udel.edu/>

The Academic Enrichment Center (AEC) offers services through three different programs:

* University Studies – Academic home for undeclared or undecided students. This program   comprises one of the single largest bodies of undergraduate students within the university and represents a diverse population of students in terms of intellectual and academic interests. UST (University Studies) undergraduate students will eventually make their way into every major and/or minor represented here at the University of Delaware.
* Student Support Services Program (SSSP) – The Student Support Services Program (SSSP) provides academic assistance, personal support, cultural enrichment, and individual support for eligible undergraduate students at the University of Delaware. The primary objectives of SSSP are to assist participants to maintain good academic standing, to persist in college, and ultimately to graduate from the University with a baccalaureate degree. Motivated undergraduate students enrolled in a full-time degree program at the University of Delaware who demonstrate the potential to succeed in college and who qualify for participation in a federal TRIO program are eligible to become SSSP students. If you are a first-generation college student (neither of your parents graduated with a four-year undergraduate degree) and/or a student from a family with a limited income, you are encouraged to apply. Applicants are required to submit the most recent copy of the 1040 tax form submitted by the person(s) who claim them. Students with physical and/or [Learning Disabilities/ADHD](http://www.aec.udel.edu/LD_ADHD.html) are also eligible to apply.
* Academic Enrichment - activities that provide undergraduate students with extensive academic assistance through individual tutoring, group study session, mentoring, academic success and study skills workshops, personal and social advising, and referral assistance throughout the year. These programs and activities are designed to help students maximize their academic ability while pursuing their degree programs. AEC also provides services for students with identified learning disabilities. Students interested in improving their academic performance should visit AEC.

**CAREER SERVICES CENTER**

**Bank of America Career Services Center**

**401 Academy Street (adjacent to Perkins Student Center)**

831-8479

<http://www.udel.edu/CSC>

The Career Services Center assists matriculated students and alumni. Undergraduate students may explore potential careers through participation in internships, volunteer work and part-time and summer jobs. Information on employment opportunities in the local area and throughout the mid-Atlantic region is available. This office also offers career workshops on topics such as resume writing, interviewing, and job searching strategies, as well as coordinated the Campus Interview Program and Credentials Services. The annual College of Health Sciences job fair is held each fall. Students interested in participating in any of these career services should visit the Center or check out the “upcoming events” on the CSC website. Students can also make an appointment with a career counselor through this website.

**CENTER FOR COUNSELING AND STUDENT DEVELOPMENT**

**261 Perkins Student Center – 2nd Floor of the Bookstore Annex**

831-2141

<http://www.udel.edu/counseling/index.html>

All of the activities of the Center for Counseling and Student Development are designed to contribute to the personal, educational, and career development of University of Delaware students. The Center’s goals are to assist students in achieving their full academic potential, formulating realistic career and educational plans, and resolving personal problems. Appointments and information regarding these services can be obtained by contacting the Center.

**HUGH H. MORRIS LIBRARY**

**181 South College Avenue**

831-2965

<http://www.lib.udel.edu>

The University of Delaware Library is the parent term for five libraries: the Morris Library, the main library where the bulk of the collection is housed, which seats more than 3,000 persons and the four branch libraries including the Agriculture, the Physics, and the Chemistry libraries located on the Newark campus, as well as the Marine Studies Library in Lewes. The libraries contain 2.2 million books and journals and 2.8 items in microtext.

**INSTITUTE FOR GLOBAL STUDIES**

**26 East Main Street, Elliott Hall**

831-2852

<http://www.udel.edu/global/>

The International Programs and Special Sessions Center (IP/SS) administers University-sponsored study abroad programs, provides support services for foreign students, coordinates summer and winter sessions, and directs the English Language Institute. The Center also provides information to students and faculty on financial support for study, research, teaching and travel abroad. Foreign students and those interested in studying abroad should visit the Center.

**MATH TUTORIAL LAB**

**106 Ewing Hall**

<http://www.math.udel.edu/resources/ugrad/tutorial_site.html>

The Tutorial Lab is designed to improve mathematical learning in the lower level mathematics courses at the University. The Lab provides tutorial assistance and develops instructional and diagnostic materials and techniques to support instruction for MATH 010, 012, all 100-level math courses, MATH 221 and 241. It maintains extensive house to answer students’ mathematical questions.

**OFFICE OF CAMPUS AND PUBLIC SAFETY**

**413 Academy Street**

Phone: (302) 831-2222  •   Fax: (302) 831-6871

[**www.udel.edu/PublicSafety**](http://www.udel.edu/PublicSafety)

General email: **publicsafety@udel.edu**

The University of Delaware Department of Public Safety works to create an environment where people can feel safe to learn, work, live and visit and is committed to providing quality service and protection to the entire University community. In partnership with the community and other local police agencies, UD’s Department of Public Safety works to prevent crime and resolve issues that affect students, faculty, staff, and visitors. Public Safety provides a free walking escort service for students, staff and faculty to or from any University property or contiguous street, and specific areas off campus that immediately border the Hen after Ten bus route (see MAP) . Information regarding the University's late night bus service, Hen after Ten, can be found at: <http://www.udel.edu/transportation/ud_route/hen.html>.

The escort service is designed to enhance your safety and peace of mind if you must walk after dark. This service is available during the hours of darkness every night of the week.

To arrange for an escort please call 831-6666 or use one of the over 200 blue light emergency phones located throughout campus.

**OFFICE OF DISABILITIES SUPPORT SERVICES**

**240 Academy Street**

119 Allison Hall

Phone: 831- 4643 Fax: 831-3261

<http://www.udel.edu/DSS>

Email: dssoffice@udel.edu

This office brings together an array of services for students, faculty and staff under one unit that are housed centrally in first-floor facilities in Alison Hall. The DSS office provides services for students with learning disabilities (LD) and Attention Deficit/Hyperactivity Disorder (ADHD), and for students and employees with permanent disabilities. This Office is charged with providing equal educational opportunities for students with disabilities and with encouraging full participation by these students in University programs. Students with obtain services including information and referral assistance through the University’s pre-admission process; specialized orientation tours of campus; assistance in obtaining priority status of scheduling; temporary loans of cassette tape recorders/player, keys to lifts and elevators, and assisted listening devices; assistance in locating attendants for on-going and occasional needs; and assistance in obtaining training in the use of specialized equipment (e.g. Kurzweil reading machine, talking calculator, talking computer terminal, Braille terminal, and large-screen computers).

**OFFICE OF EQUITY AND INCLUSION**

**305 Hullihen Hall**

831-8735

<http://www.udel.edu/oei> (“oei” must be in lower case)

The purpose of this office is to advocate for an equitable and inclusive work and learning environment by monitoring, coordinating, and overseeing the University's diversity and inclusion initiatives. Matters related to discrimination based upon race, ethnicity, gender, class, sexual orientation, disability, religion and acts of intolerance are addressed in this Office. The four prongs of the Office of Equity and Inclusion are:

* Affirmative Action – the interpretation of University Policy Against Sexual Harassment and other Unlawful Harassment as well as Affirmative Action & Equal Opportunity
* Campus Diversity – issues dealing with protected class members at UD, gender, ethnicity and Equal Employment Opportunity for students and employees
* LGBT Community Issues - mission is to promote equality specifically regarding sexual orientation and gender identity/expression, vital to the University’s goal of being inclusionary to all people. The office works with the University to create a welcoming and safe environment through collaborative efforts in outreach, advocacy and activism.
* Women’s Affairs - The Office of Women's Affairs, serving UD since 1978, advocates for equality by offering confidential support services, providing resources on women's issues, and presenting and celebrating the contributions and perspectives of women on- and off-campus.

**STUDENT HEALTH SERVICES**

**282 The Green**

**Laurel Hall**

NURSING STAFF IS AVAILABLE FOR TREATMENT AND CONSULTATION 24 HOURS A DAY 7 DAYS A WEEK

831-2226

<http://www.udel.edu/shs>

The Student Health Service (SHS) located in Laurel Hall, provides out-patient medical services for all undergraduate and graduate students. The SHS is staffed by well-trained and fully licensed physicians, nurse practitioners and nurses. Physicians are Board-certified, Board-eligible or fellowship-trained in the following specialties: adolescent medicine, sports medicine, family practice, pediatrics and gynecology. The nursing staff includes nurse practitioners and ANA-certified college health nurses.

**THE TECHNOLOGY SOLUTIONS CENTER**

**002B Smith Hall**

831-8895

<http://www.it.udel.edu>

The Technology Resource Center serves students, faculty and staff with all computing needs, whether help is needed to purchase a new computer or assistance is needed for a personal computer. The University offers full support for both Windows 95 and 98 and Apple MacOS 7.5x or 8.x systems. Students should check the website for the most up-to-date information regarding system minimum requirements.

**UNIVERSITY WRITING CENTER**

**016 Memorial Hall**

831-1168

<http://www.english.udel.edu/wc>

The primary purpose of the University Writing Center is to provide University students with individualized instruction in writing. Students at any level and from any discipline may attend the Center free of charge. Writing Center instructors work one-on-one with students in need of an intensive program in order to succeed in University course work and with students who need to improve only a particular aspect of their writing. Students may attend on a one-time basis or may set up regular course of instruction.

**WELLSPRING STUDENT WELLNESS PROGRAM**

**231 South College Avenue**

831-3457

<http://www.udel.edu/studentwellness/>

The Wellspring Student Wellness Program promotes good health and provides supportive counseling for students on a variety of wellness topics including: nutrition and fitness, body image and eating disorders, alcohol and other drugs, sexuality, healthy relationships, sexually transmitted infections, contraceptives, sexual assault, stalking, intimate partner violence, holistic wellness, stress management, relaxation techniques, massage, smoking cessation, and other related topics.