## Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE: HEALTH BEHAVIOR SCIENCE 2011-2012

## Enter Fall 2011 - Graduate Spring 2015

## Minimum Credits to Graduate: 120

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

\_\_\_\_\_ ENGL110 Critical Reading & Writing\* (3)

\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_Multicultural Course (3)

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

 BHAN160\* fulfills this requirement

­­ + Discovery Learning Experience (DLE) (3)

 BHAN464\* 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 may fulfill this requirement

­­ + \_\_\_\_\_\_\_\_\_ Math, Natural Science and Technology

 (3) KAAP220 & NTDT200 fulfill

 this requirement

**Humanities and Communication Skills** (9)

(Must include courses from two different departments)

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**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) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

 requirements are met) ( ≥D- required)

\_\_\_\_\_ BHAN155 Personal Health Management :

 Approach for a Lifetime (3)

\_\_\_\_\_ BHAN160 Health Behavior Science Seminar (1; F)

\_\_\_\_\_ BHAN311 Issues in Health Behavior

 Management (3; F)

\_\_\_\_\_ BHAN326 Research Methods and Statistics

 For Behavior Science (3; F)

\_\_\_\_\_ BHAN332 Health Behavior Theory and

 Assessment (3; S; PR BHAN326/STAT200)

\_\_\_\_\_ BHAN335 Health and Aging (3; F)

\_\_\_\_\_ BHAN342 Introduction to Adapted Physical

 Activity (3; F)

\_\_\_\_\_ BHAN422 Organization and Administration (3; F)

\_\_\_\_\_ BHAN435 Physical Activity Behavior (3; PR

 KAAP220/309)

\_\_\_\_\_ BHAN464 Internship (9)

\_\_\_\_\_ BHAN490 Development of Health Promotion

 Programs (3; F; PR BHAN332 & STAT COURSE)

\_\_\_\_\_ KAAP220 Anatomy and Physiology (3)

\_\_\_\_\_ NTDT200 Nutritional Concepts (3)

\_\_\_\_\_ NTDT310 Nutrition and Activity (3; PR NTDT200 &

 A PHYSIOLOGY COURSE)

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**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 • Leisure Service Management

• Coaching Science • Nutrition

• Exercise Science • Strength and Conditioning

• Disability Studies • Psychology

• Entrepreneurial Studies • Business Administration

# 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

+ Required courses in the curriculum fulfill these breadth requirements.

## Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE: HEALTH BEHAVIOR SCIENCE 2011-2012

##  Enter Fall 2011 - Graduate Spring 2015

Suggested Progression of Courses for Planning Purposes

(See course catalog for prerequisites/corequisites)

 FALL SEMESTER SPRING SEMESTER

**FRESHMAN YEAR**

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

\_\_\_\_ BHAN155 Personal Health Management 3

\_\_\_\_ KAAP220 Anatomy and Physiology 3

\_\_\_\_ Breadth (PSYC) 3

\_\_\_\_ BHAN160 Health Behavior Science Seminar 1

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

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\_\_\_\_ Breadth (ENGL110 Critical Reading & Writing) 3

\_\_\_\_ Breadth (MATH) 3

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

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

\_\_\_\_ NTDT200 Nutritional Concepts 3

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

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**SOPHOMORE YEAR**

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

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

\_\_\_\_ Minor Course 3

\_\_\_\_ BHAN311 Issues in Health Behavior

 Management (F) 3

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

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

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

\_\_\_\_ BHAN435 Physical Activity Behavior 3

\_\_\_\_ Minor Course 3

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

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

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**JUNIOR YEAR**

\_\_\_\_ BHAN335 Health and Aging (F) 3

\_\_\_\_ BHAN326 Research Methods & Statistics

 For Behavior Science (F) 3

\_\_\_\_ BHAN342 Introduction to Adapted Physical

 Activity (F) 3

\_\_\_\_ Minor Course 3

\_\_\_\_ Minor Course 3

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\_\_\_\_ NTDT310 Nutrition and Activity 3

\_\_\_\_ Minor Course 3

\_\_\_\_ BHAN332 Health Behavior Theory and

 Assessment (S) 3

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

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

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**SENIOR YEAR**

\_\_\_\_ BHAN422 Organization and Administration (F) 3

\_\_\_\_ BHAN490 Development of Health Promotion

 Programs (F) 3

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

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

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

 15

\_\_\_\_ BHAN464 Internship 9

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

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\*\* 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