### Department of Behavioral Health and Nutrition

### MINOR: HEALTH, PHYSICAL ACTIVITY AND DISABILITY

### 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)*

***Admission:*** *Freshmen and transfer students must wait until after first semester grades have been posted to request the minor; all others may apply for the minor at any time via the UDSIS Webform “Change Major, Minor...” Minimum 2.0 GPA required. It is not necessary to meet with the minor advisor to have your request approved however if you need assistance, advisement or curricular information please contact minor advisor Dr. Iva Obrusnikova,* [*obrusnik@udel.edu*](mailto:pirwet@udel.edu) *, 831-8032.*

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