## University of Delaware Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE: HEALTH BEHAVIOR SCIENCE 2019-2020

## Enter Fall 2019 - Graduate Spring 2023

## Minimum Credits to Graduate: 120

## University Requirements

\_\_\_\_\_ ENGL110 Seminar in Composition (3 credits, minimum grade C-)

\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_Multicultural Course (3 credits; one course can simultaneously satisfy multicultural and a breadth requirement)

\_\_\_\_\_ First Year Seminar; UNIV101 (1 credit)

\_\_\_\_\_ Discovery Learning Experience (DLE; 3 credits) BHAN464 satisfies this requirement

\_\_\_\_\_ Capstone Experience; BHAN464 satisfies this requirement

**University Breadth Requirements** Minimum grade C- in each. Students must take these breadth courses from **four different subject areas**. BHAN courses may not satisfy University Breadth requirements. Go to [Breadth Requirements](https://catalog.udel.edu/content.php?catoid=29&navoid=3559&hl=breadth&returnto=search) in the catalog for a complete list of courses and restrictions:

\_\_\_\_\_ Creative Arts and Humanities (3 credits) \_\_\_\_\_\_\_\_\_

\_\_\_\_\_ History and Cultural Change (3 credits) \_\_\_\_\_\_\_\_\_

\_\_\_\_\_ Social and Behavioral Sciences (3 credits) ­­­­­\_\_\_\_\_\_\_\_\_ (May be simultaneously satisfied by a major requirement, ex. PSYC100)

\_\_\_\_\_ Math, Natural Science and Technology (3 credits) \_\_\_\_\_\_\_\_\_ (May be simultaneously satisfied by a major requirement, ex. NTDT200)

## MAJOR REQUIREMENTS (71 credits) Minimum grade C- in each:

Courses listed here other than BHAN may simultaneously satisfy University Breadth requirements

\*See reverse side for pre-requisite (PR) and co-requisite (CR) sequencing

\_\_\_\_\_ BHAN155 Personal Health Management (3)

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

\_\_\_\_\_ BHAN263 Health Behavior Science Practicum (1-3)

\_\_\_\_\_ BHAN311 Issues in Health Behavior Science (3)

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

for Behavioral Science (3)

\_\_\_\_\_ BHAN332 Health Behavior Theory & Models (3)

\_\_\_\_\_ BHAN334 Health Behavior Assessment (3)

\_\_\_\_\_ BHAN335 Health and Aging (3) **OR**

BHAN342 Intro to Adapted Physical Activity (3)

\_\_\_\_\_ BHAN435 Physical Activity Behavior (3)

\_\_\_\_\_ BHAN464 Health Behavior Science Internship (9)

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

Programs (3)

\_\_\_\_\_ HLPR222 Intro to Epidemiology (3)

\_\_\_\_\_ HLPR430 Behavior Change Strategies and

Tactics (3)

\_\_\_\_\_ KAAP220 Fundamentals of Anatomy and

Physiology I (3)

\_\_\_\_\_ KAAP221 Fundamentals of Anatomy and

Physiology II (3)

\_\_\_\_\_ MATH114 College Math & Statistics (3)

\_\_\_\_\_ Math, Natural Science & Technology Elective (3) \*

\_\_\_\_\_ NTDT200 Nutrition Concepts (3)

\_\_\_\_\_ NTDT310 Nutrition and Activity (3)

\_\_\_\_\_ PSYC100 General Psychology (3)

\_\_\_\_\_ SOCIXXX Sociology Elective (3)

\_\_\_\_\_ STAT200 Basic Statistical Practice (3)

\_\_\_\_\_ Social & Behavioral Science Elective (3) \*\*

\_\_\_\_\_ Total of 120 credits required to graduate

**COMPLETION OF AN APPROVED MINOR IS REQUIRED**

**Approved minors typically consist of 15-24 credits**

**Please see other side for additional information about approved minors**

Please refer to the [2019-20 Undergraduate Catalog](https://catalog.udel.edu/preview_program.php?catoid=29&poid=20927&hl=nutrition&returnto=search) for a complete listing of program requirements.

**KAAP220 & 221 and all BHAN, HLPR, and NTDT courses must be completed before BHAN464 (9 credit internship) hours can be initiated.**

KAAP309 & 310 can be substituted for KAAP220 & 221. Must take BISC205 or 207 AND CHEM101, 103 or 107 **before** KAAP309.

**\* From the University Breadth list in the Math, Natural Science & Technology category**

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

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Suggested Sequence

**The term availability** for courses listed below is projected for the 2019-20 academic year. However, changes in course availability are possible. Check with your advisor for updated term availability. Pre-requisites (PR, must be taken prior) and co-requisites (CR, must be taken concurrently) listed here are those most commonly taken by students in this major. See catalog for additional PR and CR options.

**FRESHMAN YEAR SOPHOMORE YEAR**

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

\_\_\_\_ **BHAN160** Health Behavior Science Sem 1

(PR or CR BHAN155)

\_\_\_\_ **ENGL110** Seminar in Composition 3

\_\_\_\_ **KAAP220** Fundamentals of Anatomy and Physiology I 3

\_\_\_\_ **NTDT200** Nutrition Concepts 3

\_\_\_\_ **MATH114** College Math and Statistics (PR MATH010 or 3 MPT score of ≥45)

\_\_\_\_ **SOCIXXX** Sociology Elective 3

\_\_\_\_ **UNIV101** First Year Seminar 1

\_\_\_\_ Breadth or Multicultural or Elective 3

\_\_\_\_ Breadth or Multicultural or Elective 3

\_\_\_\_ Breadth or Multicultural or Elective 4

30

\_\_\_\_ **BHAN311** Issues in Health Behav Science 3

(PR or CR BHAN155)

\_\_\_\_ **BHAN263** Health Behavior Science Practicum 1

(Pass/Fail)

\_\_\_\_ **BHAN435** Physical Activity Behavior (PR KAAP221 or 310) 3

\_\_\_\_ **KAAP221** Fundamentals of Anatomy & Physiology II3

\_\_\_\_ **PSYC100** General Psychology 3

\_\_\_\_ **STAT200** Basic Statistical Practice 3

\_\_\_\_ Minor Course 3

\_\_\_\_ Minor Course 3

\_\_\_\_ Math, Natural Science & Technology Elective\* 3

\_\_\_\_ Social & Behavioral Science Elective\*\* 3

\_\_\_\_ Breadth or Multicultural or Elective 3 31

**JUNIOR YEAR SENIOR YEAR**

\_\_\_\_ **BHAN326** Research Methods & Statistics 3

for Behavioral Science (PR STAT200)

\_\_\_\_ **BHAN332** Hlth Behav Theory & Models (PR BHAN155) 3

\_\_\_\_ **BHAN334** Health Behavior Assessment 3

(PR BHAN326 and BHAN332)

\_\_\_\_ **BHAN335** Health and Aging (Spring only) **OR** 3

**BHAN342** Intro to Adapted Physical Activity

\_\_\_\_ **HLPR222** Intro to Epidemiology (PR STAT200 or PSYC209) 3

\_\_\_\_ **NTDT310** Nutrition and Activity (PR NTDT200 and 3

a physiology course)

\_\_\_\_ Minor Course 3

\_\_\_\_ Minor Course 3

\_\_\_\_ Minor Course 3

\_\_\_\_ **BHAN464** Health Behavior Science Internship 9

(PR all BHAN, KAAP, HLPR and

NTDT major courses and permission of instructor; Pass/Fail)

\_\_\_\_ **BHAN490** Development of Health Promotion 3

Programs (PR BHAN332; CR BHAN334)

\_\_\_\_ **HLPR430** Behavior Change Strategies and 3

Tactics (PR BHAN332)

\_\_\_\_ Breadth or Multicultural or Elective 3

\_\_\_\_ Breadth or Multicultural or Elective 3

\_\_\_\_ Breadth or Multicultural or Elective 3

\_\_\_\_ Breadth or Multicultural or Elective 4

28

\_\_\_\_ Breadth or Multicultural or Elective 4

31

\_\_\_\_ 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)

**Completion of an approved minor is required (approved minors typically consist of 15-24 credits):**  The following list includes minors that have been approved for the Health Behavior Science major - other minors may be permitted with program approval:

• Public Health • Coaching Science • Nutrition • Health, Physical Activity & Disability

• Strength and Conditioning • Disabilities Studies • Psychology • Entrepreneurial Studies • Business Administration

**\* From the University Breadth list in the Math, Natural Science & Technology category**

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