BIOBEHAVIORAL HEALTH, B.S. (CAPITAL)

Begin Campus: Any Penn State Campus

End Campus: Harrisburg

Degree Requirements

For the Bachelor of Science degree in Biobehavioral Health, a minimum of 121 credits is required:

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21-22 of the 45 credits for General Education are included in the Requirements for the Major. This includes: 3-4 credits of GQ courses; 9 credits of GN courses; 6 credits of GS courses; 3 credits of GHW courses.

Per Senate Policy 83.80.5, the college dean or campus chancellor and program faculty may require up to 24 credits of coursework in the major to be taken at the location or in the college or program where the degree is earned. BBH requires students to complete 24 credits for the major through courses taken at University Park, Greater Allegheny, New Kensington and through World Campus. For more information, check the Suggested Academic Plan for this major.

Requirements for the Major

To graduate, a student enrolled in the major must earn a grade of C or better in each course designated by the major as a C-required course, as specified by Senate Policy 82-44 (https://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#82-44).

Code | Title                                                | Credits |
-----|------------------------------------------------------|---------|

Prescribed Courses

NUTR 251 Introductory Principles of Nutrition 3

Prescribed Courses: Require a grade of C or better

BBH 101 Introduction to Biobehavioral Health 3

BBH/AFAM 302 Diversity and Health 3

BBH 310 Research Strategies for Studying Biobehavioral Health 3

BBH 311 Interdisciplinary Integration in Biobehavioral Health 3

BBH 316 Foundations and Principles of Health Promotion 3

BBH 411W Research and Applications in Biobehavioral Health 3

BBH/HPA 440 Principles of Epidemiology 3

BIOL 110 Biology: Basic Concepts and Biodiversity 4

BIOL 161 Human Anatomy and Physiology I - Lecture 3

BIOL 163 Human Anatomy and Physiology II - Lecture 3

PSYCH 100 Introductory Psychology 3

Additional Courses

Select 3 credits from the following:

BBH 210 Biobehavioral Aspects of Genetics 3

BIOL 133 Genetics and Evolution of the Human Species 3

BIOL 222 Genetics 3

Select 3 credits from the following:

BBH 301W Values and Ethics in Biobehavioral Health Research and Practice 3

PHIL 110 Philosophy of Science 3

PHIL 132/ BIOET 100 Bioethics 3

Select 9 credits from the following:

ANTH 21 Introductory Biological Anthropology 3

ANTH 22 Humans as Primates 3

ANTH 216N Sex and Evolution 3

BIOL 155 Introduction to the Biology of Aging 3

BIOL 162 Human Anatomy and Physiology I - Laboratory 3

BIOL 164 Human Anatomy and Physiology II - Laboratory 3

BIOL 220W Biology: Populations and Communities 3

BIOL 230W Biology: Molecules and Cells 3

BIOL 240W Biology: Function and Development of Organisms 3

BIOL 409 Biology of Aging 3

BIOL 422 Advanced Genetics 3

BMB 211 Elementary Biochemistry 3

CHEM 110 Chemical Principles I 3

CHEM 111 Experimental Chemistry I 3

CHEM 112 Chemical Principles II 3

CHEM 113 Experimental Chemistry II 3

CHEM 130 Introduction to General, Organic, and Biochemistry 3

CHEM 202 Fundamentals of Organic Chemistry I 3

or CHEM 211 Organic Chemistry I 3

CHEM 203 Fundamentals of Organic Chemistry II 3

or CHEM 213 Laboratory in Organic Chemistry 3

CHEM 212 Organic Chemistry II 3

EARTH 100 Environment Earth 3

EARTH 100H Environment Earth: Environment and Energy 3

EARTH 103N Earth in the Future: Predicting Climate Change and Its Impacts Over the Next Century 3

EGEE/MATSE 101 Energy and the Environment 3

EGEE 101H Energy and the Environment 3

EGEE 102 Energy Conservation for Environmental Protection 3

EGEE 102H Energy Conservation for Environmental Protection 3

EMSC 101 Resource Wars 3

FDSC 404 Sensory Evaluation of Foods 3

FDSC 405 Food Engineering Principles 3

FDSC 406W Physiology of Nutrition 3

FDSC 407 Food Toxins 3

FDSC 408 Food Microbiology 3

GEOG 110 Climates of the World 3

GEOG 110H Climates of the World 3

GEOG 314 Biogeography and Global Ecology 3

MICRB 106 Elementary Microbiology 3

MICRB 107 Elementary Microbiology Laboratory 3

MICRB 201 Introductory Microbiology 3

MICRB 202 Introductory Microbiology Laboratory 3

PHYS 250 Introductory Physics I 3

PHYS 251 Introductory Physics II 3
PSYCH 260/BBH 203 Neurological Bases of Human Behavior
PSYCH 460 Comparative Psychology
PSYCH 461 Advanced Conditioning and Learning
PSYCH 462 Physiological Psychology
PSYCH 464 Behavior Genetics
PSYCH 470 Abnormal Psychology
PSYCH 473 Behavior Modification
VBSC 211 The Immune System and Disease
VBSC 230 The Science of Poisons
VBSC 231 Introduction to Cancer Research and Medicine
Select 9 credits from the following:
PSYCH 212 Introduction to Developmental Psychology
PSYCH 243 Introduction to Well-being and Positive Psychology
PSYCH 270 Introduction to Abnormal Psychology
PSYCH 212 Introduction to Developmental Psychology
PSYCH 243 Introduction to Well-being and Positive Psychology
PSYCH 270 Introduction to Abnormal Psychology
Select 3 credits from the following: 3
HDFS 129 Introduction to Human Development and Family Studies
HDFS 229 Infant and Child Development
HDFS 239 Adolescent Development
HDFS 249N Adult Development and Aging
Additional Courses: Require a grade of C or better
STAT 200 Elementary Statistics 3-4
or STAT 250 Introduction to Biostatistics
Select 3-4 credits from the following: 3-4
BIOL 230W Biology: Molecules and Cells
CHEM 101 Introductory Chemistry
CHEM 110 Chemical Principles I
CHEM 110H Chemical Principles I - Honors
CHEM 130 Introduction to General, Organic, and Biochemistry
MICRB 106 Elementary Microbiology
Select 12 credits from the following (at least 6 credits must be at the 400 level):
BBH 203/PSYCH 260 Neurological Bases of Human Behavior
BBH 251 Straight Talks I: Advanced Sexual Orientation/Gender Identity Peer Education
BBH/AFR 305 Introduction to Global Health Issues
BBH 315 Gender and Biobehavioral Health
BBH 324 HealthWorks Peer Education Training
BBH 325 Health Promotion Services Training
BBH 368 Neuroanatomy, Behavior, and Health
BBH 370 Environmental Health and Sustainability
BBH 390A Preparation for Global Health Field Experience
BBH 402 African Health & Development
BBH 407 Global Health Equity
BBH 410 Developmental and Health Genetics
BBH 416 Health Promotion II: Planning, Implementation, and Evaluation
BBH 417 Advanced Applications in Health Promotion
BBH 432 Biobehavioral Aspects of Stress
BBH 446 Human Sexuality as a Health Concern
BBH 451 Pharmacological Influences on Health
BBH/WMNST 452 Women's Health Issues
BBH/WMNST 458 Critical Feminist Issues in Reproduction
BBH 468 Neuroanatomical Bases for Disorders of Behavior and Health
BBH/BIOL 469 Neurobiology
BBH/BIOL 470 Functional and Integrative Neuroscience
BBH 490 Introduction to Internship Experience
Supporting Courses and Related Areas
Select 3 credits in health promotion from approved list, in consultation with adviser 3
HPA 57 Consumer Choices in Health Care
HPA 101 Introduction to Health Services Organization
HPA 310 Health Care and Medical Needs
KINES 100 The Cultural and Behavioral Foundations of Kinesiology
KINES 101 The Biophysical Foundations of Kinesiology
KINES 203 Medical Terminology for Allied Health Professionals
KINES 356 Activity and Disease
KINES 358 Ergonomic Aids
NURS 401 Concepts of Health
NURS/BBH/WMNST 452 Women's Health Issues
NUTR 358 Assessment of Nutritional Status
NUTR 360 Nutrition Education and Behavior Change Theory
Select 12 credits in University-wide offerings from approved list, in consultation with adviser (Students may apply 6 credits of ROTC.)

### General Education

Connecting career and curiosity, the General Education curriculum provides the opportunity for students to acquire transferable skills necessary to be successful in the future and to thrive while living in interconnected contexts. General Education aids students in developing intellectual curiosity, a strengthened ability to think, and a deeper sense of aesthetic appreciation. These are requirements for all baccalaureate students and are often partially incorporated into the requirements of a program. For additional information, see the General Education Requirements (https://bulletins.psu.edu/undergraduate/general-education/baccalaureate-degree-general-education-program/) section of the Bulletin and consult your academic adviser.

The keystone symbol appears next to the title of any course that is designated as a General Education course. Program requirements may also satisfy General Education requirements and vary for each program.

**Foundations (grade of C or better is required and Inter-Domain courses do not meet this requirement.)**

- Quantification (GQ): 6 credits
- Writing and Speaking (GWS): 9 credits

**Breadth in the Knowledge Domains (Inter-Domain courses do not meet this requirement.)**

- Arts (GA): 3 credits
- Health and Wellness (GHW): 3 credits
- Humanities (GH): 3 credits
- Social and Behavioral Sciences (GS): 3 credits
- Natural Sciences (GN): 3 credits

**Integrative Studies**

- Inter-Domain Courses (Inter-Domain): 6 credits

**Exploration**

- GN, may be completed with Inter-Domain courses: 3 credits
- GA, GH, GN, GS, Inter-Domain courses. This may include 3 credits of World Language course work beyond the 12th credit level or the requirements for the student’s degree program, whichever is higher: 6 credits

### University Degree Requirements

#### First Year Engagement

All students enrolled in a college or the Division of Undergraduate Studies at University Park, and the World Campus are required to take 1 to 3 credits of the First-Year Seminar, as specified by their college First-Year Engagement Plan.

Other Penn State colleges and campuses may require the First-Year Seminar; colleges and campuses that do not require a First-Year Seminar provide students with a first-year engagement experience.

First-year baccalaureate students entering Penn State should consult their academic adviser for these requirements.

#### Cultures Requirement

6 credits are required and may satisfy other requirements

- United States Cultures: 3 credits
- International Cultures: 3 credits

### Writing Across the Curriculum

3 credits required from the college of graduation and likely prescribed as part of major requirements.

### Total Minimum Credits

A minimum of 120 degree credits must be earned for a baccalaureate degree. The requirements for some programs may exceed 120 credits. Students should consult with their college or department adviser for information on specific credit requirements.

### Quality of Work

Candidates must complete the degree requirements for their major and earn at least a 2.00 grade-point average for all courses completed within their degree program.

### Limitations on Source and Time for Credit Acquisition

The college dean or campus chancellor and program faculty may require up to 24 credits of course work in the major to be taken at the location or in the college or program where the degree is earned. Credit used toward degree programs may need to be earned from a particular source or within time constraints (see Senate Policy 83-80 (https://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#83-80)). For more information, check the Suggested Academic Plan for your intended program.