

BIOBEHAVIORAL HEALTH, B.S. (HEALTH AND HUMAN DEVELOPMENT)

Begin Campus: Any Penn State Campus

End Campus: University Park, World Campus

Program Description

This major provides interdisciplinary training designed to integrate biological, behavioral, and social science approaches to the study of human health and illness. Emphasis is placed on the study of physical health. The goal of this major is to help students gain working familiarity with multiple perspectives, approaches, and methods needed to address and solve problems of human health and illness. Students may select courses in the supporting courses category that will fulfill requirements for admission to graduate and professional programs. This major helps prepare graduates for entry-level jobs in a range of biomedical and health-related areas, including roles as research assistants, laboratory managers, biomedical product representatives, technical support positions in biomedical and health-related fields. This major also will provide excellent preparation for advanced study in natural and social science disciplines and related professional areas such as epidemiology, public health, environmental health and safety, and human services.

What is Biobehavioral Health?

Biobehavioral Health is the integrative scientific study of the many different factors (e.g., biology, psychology, environment) that affect health. The discipline focuses on how these different factors influence health and the development of interventions to improve health outcomes.

You Might Like This Program If...

- You are curious about all aspects of health.
- You want to understand the multiple and layered factors that influence health.
- You like to answer important questions by considering different perspectives, and you like to study information from many disciplines (e.g., biology, psychology, neuroscience, sociology, anthropology).
- You want to pursue a health-related career, whether it be in a laboratory, clinical practice, or consulting capacity.

Entrance to Major

In order to be eligible for entrance to this major, a student must:

1. attain at least a C (2.00) cumulative grade-point average for all courses taken at the University; and
2. have third-semester classification (<http://www.registrar.psu.edu/enrollment/semester-classification.cfm>).

READ SENATE POLICY 37-30: ENTRANCE TO AND CHANGES IN MAJOR PROGRAMS OF STUDY (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/37-00-entrance-to-a-college-or-major/>)

Degree Requirements

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

Requirement	Credits
General Education	45
Requirements for the Major	97-99

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 Recommended Academic Plan for this major.

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 (<http://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.)

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

Knowledge Domains

- **Arts (GA):** 6 credits
- **Health and Wellness (GHW):** 3 credits
- **Humanities (GH):** 6 credits
- **Social and Behavioral Sciences (GS):** 6 credits
- **Natural Sciences (GN):** 9 credits

Integrative Studies (may also complete a Knowledge Domain requirement)

- **Inter-Domain or Approved Linked Courses:** 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 (<http://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.

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 (<http://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#82-44>).

Code	Title	Credits
Prescribed Courses		
BIOL 110	Biology: Basic Concepts and Biodiversity	4
NUTR 251	Introductory Principles of Nutrition	3
<i>Prescribed Courses: Require a grade of C or better</i>		
BBH 101	Introduction to Biobehavioral Health	3
BBH 310	Research Strategies doe BBH	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 440	Principles of Epidemiology	3
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		
BBH 210	Biobehavioral Aspects of Genetics	3
or BIOL 133	Genetics and Evolution of the Human Species	
or BIOL 222	Genetics	
Select 3 credits from the following:		3

BBH 301W	Values and Ethics in Biobehavioral Health Research and Practice	
PHIL 110	Philosophy of Science	
PHIL 132	Bioethics	
RLST 131	Introduction to Bioethics	
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	
MICRB 106H	Elementary Microbiology	
Select 9 credits from the following:		9
ANSC/BIOL 479	General Endocrinology	
ANTH 21	Introductory Biological Anthropology	
ANTH 22	Humans as Primates	
ANTH 216N	Sex and Evolution	
BIOL 155	Introduction to the Biology of Aging	
BIOL 162	Human Anatomy and Physiology I - Laboratory	
BIOL 164	Human Anatomy and Physiology II - Laboratory	
BIOL 220W	Biology: Populations and Communities	
BIOL 230W	Biology: Molecules and Cells	
BIOL 240W	Biology: Function and Development of Organisms	
BIOL 409	Biology of Aging	
BIOL 422	Advanced Genetics	
BIOL 479	General Endocrinology	
BMB 211	Elementary Biochemistry	
CHEM 110	Chemical Principles I	
CHEM 111	Experimental Chemistry I	
CHEM 112	Chemical Principles II	
CHEM 113	Experimental Chemistry II	
CHEM 130	Introduction to General, Organic, and Biochemistry	
CHEM 202	Fundamentals of Organic Chemistry I or CHEM 210 Organic Chemistry I	
CHEM 203	Fundamentals of Organic Chemistry II or CHEM 213 Laboratory in Organic Chemistry	
CHEM 212	Organic Chemistry II	
EARTH 100	Environment Earth	
EARTH 100H	Environment Earth: Environment and Energy	
EARTH 103N	Earth in the Future: Predicting Climate Change and Its Impacts Over the Next Century	
EGEE/MATSE 101	Energy and the Environment	
EGEE 101H	Energy and the Environment	
EGEE 102	Energy Conservation for Environmental Protection	
EGEE 102H	Energy Conservation for Environmental Protection	
EMSC 101	Resource Wars	
FDSC 404	Sensory Evaluation of Foods	
FDSC 405	Food Engineering Principles	
FDSC 406W	Physiology of Nutrition	
FDSC 407	Food Toxins	

FDSC 408	Food Microbiology	KINES 100	The Cultural and Behavioral Foundations of Kinesiology	
GEOG 110	Climates of the World	KINES 101	The Biophysical Foundations of Kinesiology	
GEOG 110H	Climates of the World	KINES 165	Health Education Concepts	
GEOG 314	Biogeography and Global Ecology	KINES 203	Medical Terminology for Allied Health Professionals	
MICRB 106	Elementary Microbiology	KINES 304	First Aid: Instructors	
MICRB 107	Elementary Microbiology Laboratory	KINES 356	Activity and Disease	
PHYS 250	Introductory Physics I	KINES 358	Ergogenic Aids	
PHYS 251	Introductory Physics II	NURS 401	Concepts of Health	
PSYCH 260/ BBH 203	Neurological Bases of Human Behavior	NURS 452	Women's Health Issues	
PSYCH 460	Comparative Psychology	NUTR 358	Assessment of Nutritional Status	
PSYCH 461	Advanced Conditioning and Learning	NUTR 360	Nutrition Education and Behavior Change Theory	
PSYCH 462	Physiological Psychology	PSYCH 212	Introduction to Developmental Psychology	
PSYCH 464	Behavior Genetics	PSYCH 243	Introduction to Well-being and Positive Psychology	
PSYCH 470	Abnormal Psychology	PSYCH 270	Introduction to Abnormal Psychology	
PSYCH 473	Behavior Modification	Select 3 credits from the following:		3
VBSC 211	The Immune System and Disease	HDFS 129	Introduction to Human Development and Family Studies	
VBSC 230	The Science of Poisons	HDFS 229	Infant and Child Development	
VBSC 231	Introduction to Cancer Research and Medicine	HDFS 239	Adolescent Development	
Select 9 credits from the following:		HDFS 249N	Adult Development and Aging	
CSD 100	Preventing Vocal Abuse, Misuse, and Disorders	<i>Additional Courses: Require a grade of C or better</i>		
CSD 101	Preventing Hearing Loss	STAT 200	Elementary Statistics	3-4
CSD 146	Introduction to Communication Sciences and Disorders	or STAT 250	Introduction to Biostatistics	
CSD 218	American Sign Language I	Select 15 credits from the following (at least 6 credits must be at the 400 level):		15
CSD 230	Introduction to Audiology	BBH 203/ PSYCH 260	Neurological Bases of Human Behavior	
CSD 269	Deaf Culture	BBH 251	Straight Talks I: Advanced Sexual Orientation/ Gender Identity Peer Education	
HDFS 229	Infant and Child Development	BBH/AFAM 302	Diversity and Health	
HDFS 229H	Infant and Child Development	BBH/AFR 305	Introduction to Global Health Issues	
HDFS 239	Adolescent Development	BBH 315	Gender and Biobehavioral Health	
HDFS 249N	Adult Development and Aging	BBH 324	HealthWorks Peer Education Training	
HDFS/WMNST 250	Sexual Identity over the Life Span	BBH 368	Neuroanatomy, Behavior, and Health	
HDFS 250H	Sexual Identity Over The Lifespan	BBH 390A	Preparation for Global Health Field Experience	
HDFS 302A	Leadership and Technology Skills for Human Services Professionals A	BBH 402	African Health & Development	
HDFS 311	Human Development and Family Studies Interventions	BBH 407	Global Health Equity	
HDFS 315	Family Development	BBH 410	Developmental and Health Genetics	
HDFS 405	Gender and Social Development	BBH 416	Health Promotion II: Planning, Implementation, and Evaluation	
HDFS 416/ SOC 411	Racial and Ethnic Diversity and the American Family	BBH 417	Advanced Applications in Health Promotion	
HDFS 418	Family Relationships	BBH 432	Biobehavioral Aspects of Stress	
HDFS 428	Infant Development	BBH 446	Human Sexuality as a Health Concern	
HDFS 429	Advanced Child Development	BBH 451	Pharmacological Influences on Health	
HDFS/SOC 431	Family Disorganization: Stress Points in the Contemporary Family	BBH/WMNST 452	Women's Health Issues	
HDFS 433	Developmental Transition to Adulthood	BBH/WMNST 458	Critical Feminist Issues in Reproduction	
HDFS 445/ PSYCH 416	Development Throughout Adulthood	BBH 468	Neuroanatomical Bases for Disorders of Behavior and Health	
HPA 57	Consumer Choices in Health Care	BBH/BIOL 469	Neurobiology	
HPA 101	Introduction to Health Services Organization			
HPA 310	Health Care and Medical Needs			

BBH/BIOL 470 Functional and Integrative Neuroscience

BBH 490 Introduction to Internship Experience

Supporting Courses and Related Areas¹

Select 3 credits in health promotion from approved list, in consultation with adviser 3

Select 12 credits in University-wide offerings from approved list, in consultation with adviser (Students may apply 6 credits of ROTC.) 12

¹ Must include at least 6 credits at the 400 level.

Integrated B.S. in Biobehavioral Health and M.P.H. in Public Health

Available at the following campuses: University Park

Requirements for the Integrated B.S. in Biobehavioral Health and M.P.H. in Public Health can be found in the Graduate Bulletin (<http://bulletins.psu.edu/graduate/programs/majors/public-health/#integratedundergradprogramstext>).

Program Learning Objectives

- Health Factors:** Describe and understand the fundamental biological, behavioral, social, cultural and environmental processes that influence health and disease.
- Disparity Mechanisms:** Explain how the fundamental processes underlying health and disease can interact to produce individual differences in health, and health disparities among groups.
- Critical Evaluation of Research:** Critically evaluate current empirical research on health and disease, explaining implications and limitations to the lay public.
- Ethics:** Understand and apply ethical principles in the conduct of research and professional practice and in the analyses in implementations of health-related policies and programs.
- Promotion/Prevention:** Plan, implement, and evaluate health promotion/disease prevention programs for diverse populations.

Academic Advising

The objectives of the university's academic advising program are to help advisees identify and achieve their academic goals, to promote their intellectual discovery, and to encourage students to take advantage of both in-and out-of class educational opportunities in order that they become self-directed learners and decision makers.

Both advisers and advisees share responsibility for making the advising relationship succeed. By encouraging their advisees to become engaged in their education, to meet their educational goals, and to develop the habit of learning, advisers assume a significant educational role. The advisee's unit of enrollment will provide each advisee with a primary academic adviser, the information needed to plan the chosen program of study, and referrals to other specialized resources.

READ SENATE POLICY 32-00: ADVISING POLICY (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/32-00-advising-policy/>)

University Park

BBH Academic Advising

219 Biobehavioral Health Building
University Park, PA 16802
814-863-7256

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Greater Allegheny

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World Campus

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Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2021-22 academic year. To access previous years' suggested academic plans, please visit the archive (<https://bulletins.psu.edu/undergraduate/archive/>) to view the appropriate Undergraduate Bulletin edition (*Note: the archive only contain suggested academic plans beginning with the 2018-19 edition of the Undergraduate Bulletin*).

Biobehavioral Health, B.S. at University Park Campus and World Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year		
Fall	Credits Spring	Credits
BBH 101 ^{*#}	3 BIOL 110 [†]	4
PSYCH 100 ^{*†}	3 BIOL 163 ^{*†}	3
BIOL 161 ^{*†}	3 BIOL 164 (Recommended Basic Science) ¹	1
BIOL 162 (Recommended Basic Science) ¹	1 HDFS 129, 229, 239, or 249N [†]	3
General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) [‡]	3 Health and Developmental Science ²	3
General Education Course (GQ) [‡]	3 General Education Course (GA) (Recommended Inter-Domain)	3
PSU First Year Seminar	1	
	17	17
Second Year		
Fall	Credits Spring	Credits
BBH 311 or 316 [*]	3 BBH 301W, PHIL 110, PHIL 132, or RLST 131 (Ethics)	3
STAT 200 or 250 ^{*††}	3-4 BBH 316 or 311 [*]	3
CHEM 130, 110, MICRB 106, or BIOL 230W ^{*3}	3-4 NUTR 251 [†]	3
Health and Developmental Science ²	3 General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) [‡]	3
University-Wide Offerings ⁴	3 General Education Course (GH) (Recommended Inter-Domain)	3
	15-17	15
Third Year		
Fall	Credits Spring	Credits
Basic Science ¹	3 BBH 310 [*]	3
BBH Additional 2XX-4XX level ^{*5}	3 BBH 210, BIOL 133, or BIOL 222 [†]	3
BBH Additional 2XX-4XX level ^{*5}	3 BBH Additional 2XX-4XX level ^{*5}	3
Health and Developmental Science ²	3 University-Wide Offerings ⁴	3
General Education Course (GWS) (ENGL 202A or 202D preferred) [‡]	3 General Education Course (GH)	3
	15	15
Fourth Year		
Fall	Credits Spring	Credits
BBH 440 [*]	3 Basic Science ¹	3
BBH 411W [*]	3 BBH Additional 4XX level ^{*5}	3
Basic Science ¹	3 BBH Additional 4XX level ^{*5}	3
Health Promotion ⁶	3 University-Wide Offerings ⁴	3

University-Wide Offerings ⁴	3 General Education Course (GA)	3
	15	15

Total Credits 124-126

* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

¹ Basic Science: ANSC 479, ANTH 21, ANTH 22, ANTH 216N, ANTH 411, BMB 211, BIOL 155, BIOL 162, BIOL 164, BIOL 220W, BIOL 230W, BIOL 240W, BIOL 422, BIOL 409, BIOL 475N, BIOL 479, CHEM 110, CHEM 111, CHEM 112, CHEM 113, CHEM 202 or CHEM 210, CHEM 203 or CHEM 213, CHEM 212, EARTH 100, EARTH 103N, EGEE 101, EGEE 102, EMSC 101, FDSC 404, FDSC 405, FDSC 406, FDSC 407, FDSC 408, GEOG 110, GEOG 314, KINES 202, MICRB 106, MICRB 107, MICRB 201, MICRB 202, PHYS 250, PHYS 251, PSYCH 260, PSYCH 460, PSYCH 461, PSYCH 462, PSYCH 464, PSYCH 470, PSYCH 473, VBSC 211, VBSC 230, VBSC 231.

² Health and Developmental Science: CMAS 258, CMAS 465, CMAS 466, CSD 100, CSD 101, CSD 146, CSD 218, CSD 230, CSD 269, HPA 57, HPA 101, HPA 310, HPA 410, HDFS 229, HDFS 239, HDFS 249N, HDFS 250, HDFS 254N, HDFS 258, HDFS 302A, HDFS 311, HDFS 315, HDFS 405, HDFS 416, HDFS 418, HDFS 428, HDFS 429, HDFS 431, HDFS 433, HDFS 445, HDFS 465, HDFS 467, KINES 100, KINES 101, KINES 141, KINES 165, KINES 180, KINES 203, KINES 233, KINES 304, KINES 321, KINES 356, KINES 358, KINES 426, KINES 428, NURS 203, NURS 251, NURS 225, NUTR 111, NUTR 358, NUTR 360, NUTR 361, NUTR 425, NUTR 453, NUTR 456, NUTR 466, NUTR 495, PSYCH 212, PSYCH 243, PSYCH 270, PSYCH 410, PSYCH 412, PSYCH 413, PSYCH 414, PSYCH 415, PSYCH 422, RPTM 100, RPTM 120, RHS 403, SPAN 300B.

³ Life Sciences: CHEM 130, CHEM 110, MICRB 106, or BIOL 230W.

⁴ University-Wide Offerings: AIR 151, 152, 251, 252, 351, ARMY 101, 102, 203, 204, 301, 302, BBH 48, 148S, 390B, 494, 494H, 496, BIOL 162, 164, 400, 411, 496, BISC 2, 3, 4, BMB 211, 401 CHEM 111, 113, 202, 203, 210, 212, 213, CMAS 258, 465, 466, 493, CAS 203, 250, 253, 271, CED 152, 155 ECON 102, ECON 104 HDFS 465, 496, HHD 397, MICRB 107, 201, 202 NAVSC 101, 102, 204, 205, 311 PHYS 211, 212, 250, 251, PSU 1st Year Seminars PSYCH 221, 231, 238, 256, 494, 496 RHS 300, RHS 301, RHS 303, SOC 1, 3, 5, 30, 119, SPAN 1, 2, 3, 100B, (additional courses can be considered in consultation with a BBH adviser).

⁵ BBH Additional Courses: BBH 203, BBH 251, BBH 302, BBH 305, BBH 315, BBH 324, BBH 325 (only 3 credits of BBH 324 or 325 can be taken), BBH 368, BBH 390A, BBH 402, BBH 407, BBH 410, BBH 416, BBH 417, BBH 432, BBH 446, BBH 451, BBH 452, BBH 458, BBH 468, BBH 469, BBH 470, BBH 490.

⁶ Health Promotion: BBH 416, 417, 495, 497S, CAS 453, HDFS 401, 410, 414, 415, 440, 446, 450, 452, 453, 454, 455, HPA 401, 433, 450, KINES 403, 445, NURS 401, 464, NUTR 495, PSYCH 441, 474.

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy University Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

GWS, GQ, GHW, GN, GA, GH, and GS are abbreviations used to identify General Education program courses. General Education includes Foundations (GWS and GQ) and Knowledge Domains (GHW, GN, GA, GH, GS, and Integrative Studies). Foundations courses (GWS and GQ) require a grade of 'C' or better.

Integrative Studies courses are required for the General Education program. N is the suffix at the end of a course number used to designate an Inter-Domain course and Z is the suffix at the end of a course number used to designate a Linked course.

All incoming Schreyer Honors College first-year students at University Park will take ENGL 137H/CAS 137H in the fall semester and ENGL 138T/CAS 138T in the spring semester. These courses carry the GWS designation and replace both ENGL 30H and CAS 100. Each course is 3 credits.

Advising Notes:

Exceptions may be permitted if a required Entrance to Major course is not offered at a student's designated campus. Students should speak to their academic adviser if this applies to them.

LIMITATIONS ON SOURCE AND TIME FOR CREDIT ACQUISITION: Per Senate policy 83-80.5, 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. Most majors in Health and Human Development require students to complete up to 24 credits for the major through courses taken at University Park. Courses taken at other Penn State campuses may not be counted toward this 24 credit minimum.

Within the 30 credits of required General Education Domain courses, students must take 6 credits of **Integrative Studies courses** (Inter-domain or Linked courses). If you need additional clarification, consult with your academic adviser.

Biobehavioral Health, B.S. at Commonwealth Campuses

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits	Spring	Credits
BBH 101 (or Health and Developmental Science) ^{*1}	3	BIOL 163 ^{*†}	3
General Education Course (GQ) [‡]	3	BIOL 164 (Recommended Basic Science) ²	1
General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) [‡]	3	HDFS 129, 229, 239, or 249N [†]	3
PSYCH 100 ^{*†}	3	Health and Developmental Science ¹	3
BIOL 161 ^{*†}	3	General Education Course (GA) (Recommended Inter-Domain)	3
BIOL 162 (Recommended Basic Science) ²	1	BIOL 110 [†]	4
PSU First-Year Seminar	1		
	17		17

Second Year

Fall	Credits	Spring	Credits
General Education Course (GA)	3	BBH 301W, PHIL 110, PHIL 132, or RLST 131 (Ethics)	3
STAT 200 or 250 ^{*††}	3-4	Basic Science ²	3
CHEM 130, 110, MICRB 106, or BIOL 230W ^{*3}	3-4	NUTR 251 [†]	3
Health and Developmental Science ¹	3	General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) [‡]	3
University-Wide Offerings ⁴	3	General Education (GH) (Recommended Inter-Domain)	3
	15-17		15

Third Year

Fall	Credits	Spring	Credits
BBH 101 (or Health and Developmental Science) ^{*1}	3	BBH 310 [*]	3
General Education Course (GWS) (ENGL 202A recommended) [‡]	3	BIOL 133, 222, or BBH 210	3
Basic Science ²	3	BBH 311 [*]	3
University-Wide Offerings ⁴	3	BBH 316 [*]	3
General Education Course (GH)	3	Basic Science ²	1
	15		13

Fourth Year

Fall	Credits	Spring	Credits
BBH 411W [*]	3	BBH Additional 2XX-4XX Level ^{*5}	3
BBH 440 [*]	3	BBH Additional 2XX-4XX Level ^{*5}	3
BBH Additional 2XX-4XX Level ^{*5}	3	BBH Additional 4XX Level ^{*5}	3
Health Promotion ⁶	3	BBH Additional 4XX Level ^{*5}	3
University-Wide Offerings ⁴	3	University Wide Offerings ⁴	3
	15		15

Total Credits 122-124

* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

¹ Health and Developmental Science: CMAS 258, CMAS 465, CMAS 466, CSD 100, CSD 101, CSD 146, CSD 218, CSD 230, CSD 269, HPA 57, HPA 101, HPA 310, HPA 410, HDFS 229, HDFS 239, HDFS 249N, HDFS 250, HDFS 254N, HDFS 258, HDFS 302A, HDFS 311, HDFS 315, HDFS 405, HDFS 416, HDFS 418, HDFS 428, HDFS 429, HDFS 431, HDFS 433, HDFS 445, HDFS 465, HDFS 467, KINES 100, KINES 101, KINES 141, KINES 165, KINES 180, KINES 203, KINES 233, KINES 304, KINES 321, KINES 356, KINES 358, KINES 426, KINES 428, NURS 203, NURS 251, NURS 225, NURS 466, NUTR 111, NUTR 358, NUTR 360, NUTR 361, NUTR 425, NUTR 453, NUTR 456, NUTR 495, PSYCH 212, PSYCH 243, PSYCH 270, PSYCH 410, PSYCH 412, PSYCH 413, PSYCH 414, PSYCH 415, PSYCH 422, RPTM 100 RPTM 120, RHS 403, SPAN 300B.

² Basic Science: ANSC 479, ANTH 21, ANTH 22, ANTH 216N, ANTH 411, BMB 211, BIOL 155, BIOL 162, BIOL 164, BIOL 220W, BIOL 230W, BIOL 240W, BIOL 422, BIOL 409, BIOL 475N, BIOL 479, CHEM 110, CHEM 111, CHEM 112, CHEM 113, CHEM 202 or CHEM 210, CHEM 203 or CHEM 213, CHEM 212, EARTH 100, EARTH 103, EGEE 101, EGEE 102, EMSC 101, FDSC 404, FDSC 405, FDSC 406, FDSC 407, FDSC 408, GEOG 110, GEOG 314, GEOSC 10, KINES 202, MICRB 106, MICRB 107, MICRB 201, MICRB 202, PHYS 250, PHYS 251, PSYCH 260, PSYCH 460, PSYCH 461, PSYCH 462, PSYCH 464, PSYCH 470, PSYCH 473, VBSC 211, VBSC 230, VBSC 231.

³ Life Sciences: CHEM 130, CHEM 110, MICRB 160 or BIOL 230W.

⁴ University-Wide Offerings: AIR 151, 152, 251, 252, 351, ARMY 101, 102, 203, 204, 301, 302, BBH 48, 148S, 390B, 494, 494H, 496, BIOL 162, 164, 400, 411, 496, BISC 2, 3, 4, BMB 211, 401 CHEM 111, 113, 202, 203, 210, 212, 213, CMAS 258, 465, 466, 493, CAS 203, 250, 253, 271, CED 152, 155 ECON 102, ECON 104 HDFS 465, 496, HHD 397, MICRB 107, 201, 202 NAVSC 101, 102, 204, 205, 311 PHYS 211, 212, 250, 251, PSU 1st Year Seminars, PSYCH 221, 231, 238, 256, 494, 496 RHS 300, RHS 301, RHS 303, SOC 1, 3, 5, 30, 119, SPAN 1, 2, 3, 100B, (additional courses can be considered in consultation with a BBH adviser).

⁵ BBH Elective: BBH 203, BBH 251, BBH 302, BBH 305, BBH 315, BBH 324, BBH 325 (only 3 credits of BBH 324 or 325 can be taken), BBH 368, BBH 390A, BBH 402, BBH 407, BBH 410, BBH 416, BBH 417, BBH 432, BBH 446, BBH 451, BBH 452, BBH 458, BBH 468, BBH 469, BBH 470, BBH 490.

⁶ Health Promotion: BBH 416, 417, 495, 497S, CAS 453, HDFS 401, 410, 414, 415, 440, 446, 450, 452, 453, 454, 455, HPA 401, 433, 450, KINES 403, 445, NURS 401, 464, NUTR 495, PSYCH 441, 474.

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy University Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

GWS, GQ, GHW, GN, GA, GH, and GS are abbreviations used to identify General Education program courses. General Education includes Foundations (GWS and GQ) and Knowledge Domains (GHW, GN, GA, GH, GS, and Integrative Studies). Foundations courses (GWS and GQ) require a grade of 'C' or better.

Integrative Studies courses are required for the General Education program. N is the suffix at the end of a course number used to designate an Inter-Domain course and Z is the suffix at the end of a course number used to designate a Linked course.

Advising Notes:

LIMITATIONS ON SOURCE AND TIME FOR CREDIT ACQUISITION: Per Senate policy 83-80.5, 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. Most majors in Health and Human Development require students to complete up to 24 credits for the major through courses taken at University Park. Courses taken at other Penn State campuses may not be counted toward this 24 credit minimum.

Within the 30 credits of required General Education Domain courses, students must take 6 credits of **Integrative Studies courses** (Inter-domain or Linked courses). If you need additional clarification, consult with your academic adviser.

Career Paths

Students with a B.S. in Biobehavioral Health have been successful in establishing careers in a variety of fields. Four major areas of employment include: health care, research support, health advocacy/consulting, and health administration. Advanced career tracks require a graduate or professional degree. Students are strongly encouraged to engage in practical learning experiences that complement formal classroom learning. These can include training at the University Health Services or a hospital, in a research laboratory, and/or a health-related internship or travel experience. There are several in-house engaged learning experience programs: BBH Internship program, Global Health minor, BBH research laboratory assistant, Clinical Volunteer Training, and HealthWorks.

Careers

Examples of careers that BBH graduates might pursue include:

- Health care: physician assistant, nurse, physician, health care support staff
- Research Support: laboratory manager, study coordinator, research assistant
- Health Advocacy: health educator, public health adviser, social worker

- Health Administration: nonprofit administration, healthcare management, healthcare marketing

Opportunities for Graduate Studies

Depending on your career goals, you might consider completing a graduate degree (M.S., Ph.D., etc) or a professional degree (M.D., D.O., P.A., M.P.H., J.D.):

- Graduate Program in Biobehavioral Health Department (<http://bbh.hhdev.psu.edu/graduate/>)
- National Institutes of Health Postbaccalaureate Intramural Research Training Award (https://www.training.nih.gov/programs/postbac_irta/)
- American Academy of Physical Assistants - 5 Tips for Getting into PA School (<https://www.aapa.org/news-central/2014/06/5-tips-for-getting-into-pa-school/>)
- Accreditation Council for Genetic Counseling – List of Accredited Programs (<http://gceducation.org/Pages/Accredited-Programs.aspx>)
- American Physical Therapy Association – List of Accredited Programs (<http://www.capteonline.org/Programs/Accredited/>)
- The American Occupational Therapy Association, Inc (<https://www.aota.org/>)
- Association of Schools and Programs of Public Health (<https://www.aspph.org/discover/>)

Professional Resources

- Explore Health Careers (<https://explorehealthcareers.org/>)

Contact

University Park

DEPARTMENT OF BIOBEHAVIORAL HEALTH
219 Biobehavioral Health Building
University Park, PA 16802
814-863-7256
pennstatebbh@psu.edu

<https://hhd.psu.edu/bbh> (<https://hhd.psu.edu/bbh/>)

Greater Allegheny

4000 University Drive
McKeesport, PA 15132
412-675-9140
GA-Academics@lists.psu.edu

<http://greaterallegheny.psu.edu/biobehavioral-health-bs> (<http://greaterallegheny.psu.edu/biobehavioral-health-bs/>)

Harrisburg

SCHOOL OF BEHAVIORAL SCIENCES AND EDUCATION
Olmsted Building W331
Middletown, PA 17057
717-948-6059
dlk33@psu.edu

<https://harrisburg.psu.edu/behavioral-sciences-and-education/health-and-professional-studies/biobehavioral-health/bachelor-science-biobehavioral-health> (<https://harrisburg.psu.edu/behavioral-sciences-and-education/health-and-professional-studies/biobehavioral-health/bachelor-science-biobehavioral-health/>)

Lehigh Valley

2809 Saucon Valley Road
Center Valley, PA 18034
610-285-5123
sab705@psu.edu

<https://lehighvalley.psu.edu/academics/degrees/biobehavioral-health>
(<https://lehighvalley.psu.edu/academics/degrees/biobehavioral-health/>)

New Kensington

3550 Seventh Street Rd.
New Kensington, PA 15068
724-334-6719
pkm20@psu.edu

<http://newkensington.psu.edu/4-year-biobehavioral-health> (<http://newkensington.psu.edu/4-year-biobehavioral-health/>)

World Campus

DEPARTMENT OF BIOBEHAVIORAL HEALTH
219 Biobehavioral Health Building
University Park, PA 16802
814-863-5949
mad193@psu.edu

<https://www.worldcampus.psu.edu/degrees-and-certificates/penn-state-online-biobehavioral-health-bachelors-degree/overview> (<https://www.worldcampus.psu.edu/degrees-and-certificates/penn-state-online-biobehavioral-health-bachelors-degree/overview/>)