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:

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Education</td>
<td>45</td>
</tr>
<tr>
<td>Electives</td>
<td>0-1</td>
</tr>
<tr>
<td>Requirements for the Major</td>
<td>97-99</td>
</tr>
</tbody>
</table>

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 (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.)
- 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).

**Prescribed Courses**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 110</td>
<td>Biology: Basic Concepts and Biodiversity</td>
<td>4</td>
</tr>
<tr>
<td>NUTR 251</td>
<td>Introductory Principles of Nutrition</td>
<td>3</td>
</tr>
</tbody>
</table>

**Prescribed Courses: Require a grade of C or better**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBH 101</td>
<td>Introduction to Biobehavioral Health</td>
<td>3</td>
</tr>
<tr>
<td>BBH 310</td>
<td>Research Strategies doe BBH</td>
<td>3</td>
</tr>
<tr>
<td>BBH 311</td>
<td>Interdisciplinary Integration in Biobehavioral Health</td>
<td>3</td>
</tr>
<tr>
<td>BBH 316</td>
<td>Foundations and Principles of Health Promotion</td>
<td>3</td>
</tr>
<tr>
<td>BBH 411W</td>
<td>Research and Applications in Biobehavioral Health</td>
<td>3</td>
</tr>
<tr>
<td>BBH 440</td>
<td>Principles of Epidemiology</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 161</td>
<td>Human Anatomy and Physiology I - Lecture</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 163</td>
<td>Human Anatomy and Physiology II - Lecture</td>
<td>3</td>
</tr>
<tr>
<td>PSYCH 100</td>
<td>Introductory Psychology</td>
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**Additional Courses**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>BBH 210</td>
<td>Biobehavioral Aspects of Genetics</td>
<td>3</td>
</tr>
<tr>
<td>or BIOL 133</td>
<td>Genetics and Evolution of the Human Species</td>
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</tr>
<tr>
<td>or BIOL 222</td>
<td>Genetics</td>
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Select 3 credits from the following: 3

<table>
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<tr>
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</thead>
<tbody>
<tr>
<td>BBH 301W</td>
<td>Values and Ethics in Biobehavioral Health Research and Practice</td>
</tr>
<tr>
<td>PHIL 110</td>
<td>Philosophy of Science</td>
</tr>
<tr>
<td>PHIL 132</td>
<td>Bioethics</td>
</tr>
<tr>
<td>RLST 131/PHIL 132/BIOET 100</td>
<td>Introduction to Bioethics</td>
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</table>

Select 3-4 credits from the following: 3-4

<table>
<thead>
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<th>Title</th>
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<tbody>
<tr>
<td>BIOL 230W</td>
<td>Biology: Molecules and Cells</td>
</tr>
<tr>
<td>CHEM 101</td>
<td>Introductory Chemistry</td>
</tr>
<tr>
<td>CHEM 110</td>
<td>Chemical Principles I</td>
</tr>
<tr>
<td>CHEM 110H</td>
<td>Chemical Principles I - Honors</td>
</tr>
<tr>
<td>CHEM 130</td>
<td>Introduction to General, Organic, and Biochemistry</td>
</tr>
<tr>
<td>MICRB 106</td>
<td>Elementary Microbiology</td>
</tr>
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<td>MICRB 106H</td>
<td>Elementary Microbiology</td>
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</table>

Select 9 credits from the following: 9

<table>
<thead>
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</thead>
<tbody>
<tr>
<td>ANSC/BIOL 479</td>
<td>General Endocrinology</td>
</tr>
<tr>
<td>ANTH 21</td>
<td>Introductory Biological Anthropology</td>
</tr>
<tr>
<td>ANTH 22</td>
<td>Humans as Primates</td>
</tr>
<tr>
<td>ANTH 216N</td>
<td>Sex and Evolution</td>
</tr>
<tr>
<td>BIOL 155</td>
<td>Introduction to the Biology of Aging</td>
</tr>
<tr>
<td>BIOL 162</td>
<td>Human Anatomy and Physiology I - Laboratory</td>
</tr>
<tr>
<td>BIOL 164</td>
<td>Human Anatomy and Physiology II - Laboratory</td>
</tr>
<tr>
<td>BIOL 220W</td>
<td>Biology: Populations and Communities</td>
</tr>
<tr>
<td>BIOL 230W</td>
<td>Biology: Molecules and Cells</td>
</tr>
<tr>
<td>BIOL 240W</td>
<td>Biology: Function and Development of Organisms</td>
</tr>
<tr>
<td>BIOL 409</td>
<td>Biology of Aging</td>
</tr>
<tr>
<td>BIOL 422</td>
<td>Advanced Genetics</td>
</tr>
<tr>
<td>BMB 211</td>
<td>Elementary Biochemistry</td>
</tr>
<tr>
<td>CHEM 110</td>
<td>Chemical Principles I</td>
</tr>
<tr>
<td>CHEM 111</td>
<td>Experimental Chemistry I</td>
</tr>
<tr>
<td>CHEM 112</td>
<td>Chemical Principles II</td>
</tr>
<tr>
<td>CHEM 113</td>
<td>Experimental Chemistry II</td>
</tr>
<tr>
<td>CHEM 130</td>
<td>Introduction to General, Organic, and Biochemistry</td>
</tr>
<tr>
<td>CHEM 202</td>
<td>Fundamentals of Organic Chemistry I</td>
</tr>
<tr>
<td>or CHEM 211</td>
<td>Organic Chemistry I</td>
</tr>
<tr>
<td>CHEM 203</td>
<td>Fundamentals of Organic Chemistry II</td>
</tr>
<tr>
<td>or CHEM 213</td>
<td>Laboratory in Organic Chemistry</td>
</tr>
<tr>
<td>CHEM 212</td>
<td>Organic Chemistry II</td>
</tr>
<tr>
<td>EARTH 100</td>
<td>Environment Earth</td>
</tr>
<tr>
<td>EARTH 100H</td>
<td>Environment Earth: Environment and Energy</td>
</tr>
<tr>
<td>EARTH 103N</td>
<td>Earth in the Future: Predicting Climate Change and Its Impacts Over the Next Century</td>
</tr>
<tr>
<td>EGEE/MATSE 101</td>
<td>Energy and the Environment</td>
</tr>
<tr>
<td>EGEE 101H</td>
<td>Energy and the Environment</td>
</tr>
<tr>
<td>EGEE 102</td>
<td>Energy Conservation for Environmental Protection</td>
</tr>
<tr>
<td>EGEE 102H</td>
<td>Energy Conservation for Environmental Protection</td>
</tr>
<tr>
<td>EMSC 101</td>
<td>Resource Wars</td>
</tr>
<tr>
<td>FDSC 404</td>
<td>Sensory Evaluation of Foods</td>
</tr>
<tr>
<td>FDSC 405</td>
<td>Food Engineering Principles</td>
</tr>
</tbody>
</table>
FDSC 406W  Physiology of Nutrition       HPA 310  Health Care and Medical Needs
FDSC 407  Food Toxins                        KINES 100  The Cultural and Behavioral Foundations of Kinesiology
FDSC 408  Food Microbiology                  KINES 101  The Biophysical Foundations of Kinesiology
GEOG 110  Climates of the World              KINES 165  Health Education Concepts
GEOG 110H Climates of the World              KINES 203  Medical Terminology for Allied Health Professionals
GEOG 314  Biogeography and Global Ecology    KINES 304  First Aid: Instructors
MICRB 106  Elementary Microbiology          KINES 356  Activity and Disease
MICRB 107  Elementary Microbiology Laboratory    KINES 358  Ergogenic Aids
PHYS 250  Introductory Physics I             NURS 401  Concepts of Health
PHYS 251  Introductory Physics II            NURS/BBH/WMNST 452  Women's Health Issues
PSYCH 260/ BBH 203  Neurological Bases of Human Behavior
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:
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
CSD 101  Preventing Hearing Loss             Additional Courses: Require a grade of C or better
CSD 146  Introduction to Communication Sciences and Disorders
CSD 218  American Sign Language I            STAT 200  Elementary Statistics
CSD 230  Introduction to Audiology           or STAT 250  Introduction to Biostatistics
CSD 269  Deaf Culture                        Select 15 credits from the following (at least 6 credits must be at the 400 level):
HDFS 229  Infant and Child Development       BBH 203/PSYCH 260  Neurological Bases of Human Behavior
HDFS 229H Infant and Child Development       BBH 251  Straight Talks I: Advanced Sexual Orientation/Gender Identity Peer Education
HDFS 239  Adolescent Development             BBH/AFAM 302  Diversity and Health
HDFS 249N  Adult Development and Aging       BBH/AFR 305  Introduction to Global Health Issues
HDFS/WMNST 250  Sexual Identity over the Life Span
HDFS 302A Leadership and Technology Skills for Human Services Professionals A
HDFS 311  Human Development and Family Studies Interventions
HDFS 315  Family Development
HDFS 405  Gender and Social Development
HDFS 416/ SOC 411  Racial and Ethnic Diversity and the American Family
HDFS 418  Family Relationships
HDFS 428  Infant Development
HDFS 429  Advanced Child Development
HDFS/SOC 431  Family Disorganization: Stress Points in the Contemporary Family
HDFS 433  Developmental Transition to Adulthood
HDFS 445/ PSYCH 416  Development Throughout Adulthood
HPA 57  Consumer Choices in Health Care
HPA 101  Introduction to Health Services Organization
BBH 203/PSYCH 260  Neurological Bases of Human Behavior
BBH 251  Straight Talks I: Advanced Sexual Orientation/Gender Identity Peer Education
BBH/AFAM 302  Diversity and Health
BBH/AFR 305  Introduction to Global Health Issues
BBH 315  Gender and Biobehavioral Health
BBH 324  HealthWorks Peer Education Training
BBH 368  Neuroanatomy, Behavior, and Health
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
Select 12 credits in University-wide offerings from approved list, in consultation with adviser (Students may apply 6 credits of ROTC.)

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 (https://bulletins.psu.edu/graduate/programs/majors/public-health/#integratedundergradgradprogramstext).

Program Learning Objectives

- Critical Evaluation of Research: Critically evaluate current empirical research on health and disease, explaining implications and limitations to the lay public.
- Disparity Mechanisms: Explain how the fundamental processes underlying health and disease can interact to produce individual differences in health, and health disparities among groups.
- 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.
- Health Factors: Describe and understand the fundamental biological, behavioral, social, cultural and environmental processes that influence health and disease.
- 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
BBHAdivising@psu.edu

Greater Allegheny
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Academic Affairs
101 Frable Building
4000 University Drive
McKeesport, PA 15132
412-675-9140
GA-Academics@lists.psu.edu

Harrisburg
Raffy Luquis, Ph.D.
Program Coordinator
Olmsted Building W314
Middletown, PA 17057
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orl100@psu.edu

Lehigh Valley
Samantha Beebe
Coordinator of Biobehavioral Health
2809 Saucon Valley Road
Center Valley, PA 18034
610-285-5123
sab705@psu.edu

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

World Campus
Undergraduate Academic Advising
301 Outreach Building
University Park, PA 16802
814-863-3283
advising@outreach.psu.edu

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
First Year

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Credits</th>
<th>Spring Credits</th>
<th>Spring Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBH 101†‡</td>
<td>3</td>
<td>BIOL 110†</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>PSYCH 100†</td>
<td>3</td>
<td>BIOL 163†</td>
<td>3</td>
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</tr>
<tr>
<td>BIOL 161†</td>
<td>3</td>
<td>BIOL 164 (Recommended Basic Science)¹</td>
<td>1</td>
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</tr>
<tr>
<td>BIOL 162 (Recommended Basic Science)¹</td>
<td>1</td>
<td>HDFS 129, 229, 239, or 249N²</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended)‡</td>
<td>3</td>
<td>Health and Developmental Science²</td>
<td>3</td>
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</tr>
<tr>
<td>General Education Course (GQ)‡</td>
<td>3</td>
<td>General Education Course (GA) (Recommended Inter-Domain)</td>
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<tr>
<td>PSU First Year Seminar</td>
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<td></td>
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Second Year

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<th>Spring Credits</th>
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</tr>
</thead>
<tbody>
<tr>
<td>BBH 311 or 316*</td>
<td>3</td>
<td>BBH 301W, PHIL 110, PHIL 132, or RLST 131 (Ethics)</td>
<td>3</td>
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</tr>
<tr>
<td>STAT 200 or 250†</td>
<td>3-4</td>
<td>BBH 316 or 311²</td>
<td>3</td>
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</tr>
<tr>
<td>CHEM 130, 110, MICRB 106, or BIOL 230W³</td>
<td>3-4</td>
<td>NUTR 251†</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Health and Developmental Science²</td>
<td>3</td>
<td>General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/ENGL 138T recommended)¶</td>
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<tr>
<td>University-Wide Offerings⁴</td>
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<td>General Education Course (GH) (Recommended Inter-Domain)</td>
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<td>15-17</td>
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Third Year

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<tbody>
<tr>
<td>Basic Science¹</td>
<td>3</td>
<td>BBH 310*</td>
<td>3</td>
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</tr>
<tr>
<td>BBH Additional 2XX-4XX level⁵</td>
<td>3</td>
<td>BBH 210, BIOL 133, or BIOL 222²</td>
<td>3</td>
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</tr>
<tr>
<td>BBH Additional 2XX-4XX level⁵</td>
<td>3</td>
<td>BBH Additional 2XX-4XX level⁵</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Health and Developmental Science²</td>
<td>3</td>
<td>University-Wide Offerings⁴</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>General Education Course (GWS) (ENGL 202A or 202D preferred)¶</td>
<td>3</td>
<td>General Education Course (GH)</td>
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<td>3-15</td>
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Fourth Year

<table>
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<th>Credits</th>
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<tbody>
<tr>
<td>BBH 440*</td>
<td>3</td>
<td>Basic Science¹</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>BBH 411W*</td>
<td>3</td>
<td>BBH Additional 4XX level⁵</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Basic Science¹</td>
<td>3</td>
<td>BBH Additional 4XX level⁵</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Health Promotion⁶</td>
<td>3</td>
<td>University-Wide Offerings⁴</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

University-Wide Offerings⁴ | 3 | General Education Course (GA) | 3 | 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 the major
- § Course is an Entrance to Major requirement
- † Course satisfies General Education and degree requirement


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, 494H, BIOL 162, 164, 400, 411, 496, BISC 2, 3, 4, BBM 211, 401 CHEM 111, 113, 202, 203, 210, 212, 233, CMAS 258, 466, 465, 493, CAS 250, 255, 271, CED 152, 155 ECON 102, ECON 104, HDFS 465, 466, HHD 397, MICRB 107, 201, 202, 204, 205, 311 PHYS 211, 212, 250, 251, PSU 15 Year Seminars PSYCH 221, 231, 238, 256, 494, 496 RHS 300, RNS 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.


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

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits Spring</th>
<th>Credits</th>
</tr>
</thead>
</table>
| BBH 101 (or Health and Developmental Science)  
(Recommended for General Education) | 3 BIOL 163  
(Ten courses are recommended) | 3       |
| General Education Course (GQ)  
(English 15, English 30H, ESL 15, English/CAS 137H recommended) | 3 BIOL 164 (Recommended Basic Science) | 1       |
| General Education Course (GWS)  
(English 15, English 30H, ESL 15, English/CAS 137H recommended) | 3 HDFS 129, 229, 239, or 249N  
(Ten courses are recommended) | 3       |
| PSYCH 100  
(Recommended Inter-Domain) | 3 Health and Developmental Science | 3       |
| BIOL 161  
(Recommended Inter-Domain) | 3 General Education Course  
(Recommended Inter-Domain) | 3       |
| BIOL 162 (Recommended Basic Science)  
(Recommended Inter-Domain) | 1 BIOL 110  
(Recommended Inter-Domain) | 4       |
| PSU First-Year Seminar | | 1       |
| **Total Credits** | **17** | **17** |

#### Second Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits Spring</th>
<th>Credits</th>
</tr>
</thead>
</table>
| General Education Course (GA)  
(Recommended Inter-Domain) | 3 BBH 301W, PHIL 110, PHIL 132, or RLST 131 (Ethics) | 3       |
| STAT 200 or 250  
(Recommended Inter-Domain) | 3-4 Basic Science  
(Recommended Inter-Domain) | 3       |
| CHEM 130, 110, MICRB 106, or BIOL 230W  
(Recommended Inter-Domain) | 3-4 NUTR 251  
(Recommended Inter-Domain) | 3       |
| Health and Developmental Science  
(Recommended Inter-Domain) | 3 General Education Course  
(Recommended Inter-Domain) | 3       |
| University-Wide Offerings  
(Recommended Inter-Domain) | 3 General Education (GH)  
(Recommended Inter-Domain) | 3       |
| **Total Credits** | **15-17** | **15** |

#### Third Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits Spring</th>
<th>Credits</th>
</tr>
</thead>
</table>
| BBH 101 (or Health and Developmental Science)  
(Recommended Inter-Domain) | 3 BBH 310  
(Recommended Inter-Domain) | 3       |
| General Education Course (GWS)  
(English 202A recommended) | 3 BIOL 133, 222, or BBH 210  
(Recommended Inter-Domain) | 3       |
| Basic Science  
(Recommended Inter-Domain) | 3 BIOL 311  
(Recommended Inter-Domain) | 3       |
| University-Wide Offerings  
(Recommended Inter-Domain) | 3 BBH 316  
(Recommended Inter-Domain) | 3       |
| General Education Course (GH) | 3 Basic Science  
(Recommended Inter-Domain) | 1       |
| **Total Credits** | **15** | **13** |

#### Fourth Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits Spring</th>
<th>Credits</th>
</tr>
</thead>
</table>
| BBH 411W  
(Recommended Inter-Domain) | 3 BBH Additional 2XX-4XX Level  
(Recommended Inter-Domain) | 3       |
| BBH 440  
(Recommended Inter-Domain) | 3 BBH Additional 2XX-4XX Level  
(Recommended Inter-Domain) | 3       |
| BBH Additional 2XX-4XX Level  
(Recommended Inter-Domain) | 3 BBH Additional 4XX Level  
(Recommended Inter-Domain) | 3       |
| Health Promotion  
(Recommended Inter-Domain) | 3 University Wide Offerings  
(Recommended Inter-Domain) | 3       |
| **Total Credits** | **15** | **15** |

* 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

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<table>
<thead>
<tr>
<th>Course Description</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>Biobehavioral Health, B.S. (Health and Human Development)</td>
<td>1</td>
</tr>
<tr>
<td>Academic Requirements</td>
<td>4</td>
</tr>
<tr>
<td>What If report</td>
<td>1</td>
</tr>
<tr>
<td>University-Wide Offerings</td>
<td>4</td>
</tr>
<tr>
<td>PSU First-Year Seminar</td>
<td>1</td>
</tr>
<tr>
<td>Total Credits</td>
<td>122-124</td>
</tr>
</tbody>
</table>

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

* 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, BBM 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, 466, HHD 397, MICRB 107, 201, 202 NAVSC 101, 102, 204, 205, 201 PHYS 211, 212, 250, 251, PSU 1st Year Seminars, PSYCH 221, 231, 238, 256, 494, 496 RHE 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).

* 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.
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.asph.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
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/)