

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

**Begin Campus:** Any Penn State Campus

**End Campus:** University Park, World Campus

## Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2024-25 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.

### 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
BIOL 161**†	3 BIOL 163**†	3
BIOL 162 (Recommended Basic Science Course for Health Professions) <sup>1</sup>	1 BIOL 164 (Recommended Basic Science Course for Health Professions) <sup>1</sup>	1
General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) <sup>‡</sup>	3 HDFS 129, 229, 239, or 249N <sup>†</sup>	3
General Education Course (GQ) <sup>‡</sup>	3 Health and Developmental Science <sup>2</sup>	3
First Year Seminar	1-2 PSYCH 100**†	3
	<b>14-15</b>	<b>17</b>

#### Second Year

Fall	Credits Spring	Credits
BBH 316*	3 BBH 301W, PHIL 110, or PHIL 132 (Ethics)	3
STAT 200 or 250**††	3-4 BBH 311*	3
Health and Developmental Science <sup>2</sup>	3 NUTR 251 <sup>†</sup>	3
Life Science*	3 General Education Course (GWS) (CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) <sup>‡</sup>	3
General Education Course (Integrative Studies: Inter-Domain)	3 General Education Course (Integrative Studies: Inter-Domain)	3
	<b>15-16</b>	<b>15</b>

#### Third Year

Fall	Credits Spring	Credits
BBH 210, BIOL 133, or BIOL 222 <sup>†</sup>	3 Basic Science <sup>1</sup>	3
BBH 302*	3 BBH Additional 2XX-4XX level <sup>*5</sup>	3
BBH 310 or 310H*	3 University-Wide Offerings <sup>4</sup>	3
BBH Additional 2XX-4XX level <sup>*5</sup>	3 General Education Course (GWS) (ENGL 202A or 202D preferred) <sup>‡</sup>	3
Health and Developmental Science <sup>2</sup>	3 General Education Course (GH)	3
	<b>15</b>	<b>15</b>

#### Fourth Year

Fall	Credits Spring	Credits
BBH 440*	3 Basic Science <sup>1</sup>	1-3
BBH 411W*	3 BBH Additional 4XX level <sup>*5</sup>	3
Basic Science <sup>1</sup>	3 BBH Additional 4XX level <sup>*5</sup>	3
Health Promotion <sup>6</sup>	3 University-Wide Offerings <sup>4</sup>	5-6
University-Wide Offerings <sup>4</sup>	3 General Education Course (GA)	3
	<b>15</b>	<b>15-18</b>

#### Total Credits 121-126

\* 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

<sup>1</sup> Basic Science: 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.

<sup>2</sup> Health and Developmental Science: CMAS 258, CMAS 465, CMAS 466, CSD 100, 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 180, KINES 203, KINES 233, 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.

<sup>3</sup> Life Sciences: CHEM 130, CHEM 110, MICRB 106, or BIOL 230W.

<sup>4</sup> University-Wide Offerings: Choose in consultation with adviser.

<sup>5</sup> 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.

<sup>6</sup> 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 Cultural Diversity 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.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

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 satisfy a portion of that General Education requirement. If the student's program prescribes GWS these courses will replace both ENGL 15/ENGL 30H and CAS 100A/CAS 100B/CAS 100C. 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**. If you need additional clarification, consult with your academic adviser.

HHD allows up to 6 credits from ROTC study to be counted toward General Education and major requirements. Some programs allow additional ROTC credits to be used for degree requirements.

## 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) <sup>*1</sup>	3 BIOL 163 <sup>*†</sup>	3
General Education Course (GQ) <sup>‡</sup>	3 BIOL 164 (Recommended Basic Science) <sup>2</sup>	1
General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) <sup>‡</sup>	3 HDFS 129, 229, 239, or 249N <sup>†</sup>	3
PSYCH 100 <sup>*†</sup>	3 Health and Developmental Science <sup>1</sup>	3
BIOL 161 <sup>*†</sup>	3 General Education Course (GA) (Recommended Inter-Domain)	3
BIOL 162 (Recommended Basic Science) <sup>2</sup>	1 BIOL 110 <sup>*†</sup>	4
PSU First-Year Seminar	2	
	<b>18</b>	<b>17</b>

### Second Year

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

### Third Year

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

### Fourth Year

Fall	Credits Spring	Credits
BBH 302 <sup>*</sup>	3 BBH Additional 2XX-4XX Level <sup>*5</sup>	3
BBH 411W <sup>*</sup>	3 BBH Additional 2XX-4XX Level <sup>*5</sup>	3
BBH 440 <sup>*</sup>	3 BBH Additional 4XX Level <sup>*5</sup>	3
Health Promotion <sup>6</sup>	3 BBH Additional 4XX Level <sup>*5</sup>	3
University-Wide Offerings <sup>4</sup>	3 University Wide Offerings <sup>4</sup>	3
	<b>15</b>	<b>15</b>

### Total Credits 123-125

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# Course is an Entrance to Major requirement

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<sup>1</sup> Health and Developmental Science: CMAS 258, CMAS 465, CMAS 466, CSD 100, 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 180, KINES 203, KINES 233, 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.

<sup>2</sup> Basic Science: 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.

<sup>3</sup> Life Sciences: CHEM 130, CHEM 110, MICRB 160 or BIOL 230W.

<sup>4</sup> 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).

<sup>5</sup> 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.

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