# BIOBEHAVIORAL HEALTH, B.S. (UNIVERSITY COLLEGE)

**Begin Campus:** Any Penn State Campus

**End Campus:** Greater Allegheny, Lehigh Valley, New Kensington

## 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 at least third-semester classification (https://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 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: | | 3 |
| BBH 210 | Biobehavioral Aspects of Genetics | |
| BIOL 133 | Genetics and Evolution of the Human Species | |
| 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/ BIOET 100 | Bioethics | |
| Select 9 credits from the following: | | 9 |
| 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 |
| 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 |
| GEOG 110 | Climates of the World |
| GEOG 110H | Climates of the World |
| GEOG 314 | Biogeography and Global Ecology |
| MICRB 106 | Elementary Microbiology |
| MICRB 107 | Elementary Microbiology Laboratory |
| MICRB 201 | Introductory Microbiology |
| MICRB 202 | Introductory Microbiology Laboratory |
| PHYS 250 | Introductory Physics I |
| PHYS 251 | Introductory Physics II |
| 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: | | 9 |
| CSD 100 | Vocal Health for Life | |
| CSD 146 | Introduction to Communication Sciences and Disorders | |
| CSD 218 | American Sign Language I | |
| CSD 230 | Introduction to Audiology | |
| CSD 269 | Deaf Culture | |
| HDFS 229 | Infant and Child Development | |
| HDFS 239 | Adolescent Development | |
| HDFS 249N | Adult Development and Aging | |
| 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 | |
| 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 | Ergogenic 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 | |
| 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): | | 12 |
| 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 |
| Select 12 credits in University-wide offerings from approved list, in consultation with adviser (Students may apply 6 credits of ROTC.) | | 12 |

## 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.

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

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/)

## Greater Allegheny

**Advising Office**
**Academic Affairs**
101 Frable Building
4000 University Drive
McKeesport, PA 15132
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GA-Academics@lists.psu.edu

## Lehigh Valley

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## New Kensington

**Penelope Morrison**
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Program Coordinator
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Middletown, PA 17057
717-948-6730
orl100@psu.edu

## University Park

**BBH Academic Advising**
219 Biobehavioral Health Building
University Park, PA 16802
814-863-7256
BBHAdvising@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 2023-24 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 contains suggested academic plans beginning with the 2018-19 edition of the Undergraduate Bulletin*).

## Biobehavioral Health, B.S. at Greater Allegheny 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 |
|---|---|---|---|
| ENGL 15, 30H, or ESL 15‡ | 3 | CAS 100A, 100B, or 100C† | 3 |
| HDFS 129† | 3 | BIOL 230W, CHEM 101, CHEM 110, or MICRB 106*† | 3-4 |
| BBH 101* | 3 | PSYCH 100*† | 3 |
| BIOL 110*† | 4 | Basic Science[1] | 3 |
| General Education Course | 3 | General Education Course | 3 |
| PSU 8 | 1 | | |
| | **17** | | **15-16** |

**Second Year**

| Fall | Credits | Spring | Credits |
|---|---|---|---|
| BBH 311* | 3 | BBH 316* | 3 |
| BIOL 161*† | 3 | BIOL 163*† | 3 |
| STAT 200 or 250*† | 3-4 | BIOL 222[5] | 3 |
| Health and Developmental Science Course[2] | 3 | ENGL 202A‡ | 3 |
| University-wide offerings[3] | 3 | NUTR 251† | 3 |
| | **15-16** | | **15** |

**Third Year**

| Fall | Credits | Spring | Credits |
|---|---|---|---|
| BBH 302*[6] | 3 | BBH 310* | 3 |
| BBH Course*[6] | 3 | General Education Course | 3 |
| Basic Science[1] | 3 | BBH Course*[6] | 3 |
| Health and Developmental Science Course[2] | 3 | BBH 301W[4] | 3 |
| General Education Course (GQ)‡ | 3 | Supporting course from University-wide offerings[3] | 3 |
| | **15** | | **15** |

**Fourth Year**

| Fall | Credits | Spring | Credits |
|---|---|---|---|
| BBH 440* | 3 | BBH 411W* | 3 |
| 400-level BBH Course*[6] | 3 | 400-level BBH Course*[6] | 3 |
| Basic Science[1] | 3 | Supporting course from University-wide offerings[3] | 3 |
| Health and Developmental Science Course[2] | 3 | Health Promotion[7] | 3 |
| General Education Course | 3 | University-wide offerings[3] | 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 **Supporting Basic Science Course:** 9 credits are required in Supporting Basic Science courses; some courses in this category also satisfy GN requirements. Choose from CHEM 110 GN (3), CHEM 111 GN(1), CHEM 112 GN(3), CHEM 113 GN(1) CHEM 202(3) or CHEM 210(3), CHEM 203(3) or CHEM 213(2), CHEM 212(3), MICRB 106 GN(3), MICRB 107 GN(1), MICRB 201 GN(3), MICRB 202 GN(2), PSYCH 260(3), ANTH 021 GN(3), ANTH 022 GN(3), ANTH 216 GN;GS(3), B M B 211(3), BIOL 155 GN(3), BIOL 129 GN(4), BIOL 142(1), BIOL 220W GN(4), BIOL 230W GN(4), BIOL 240W GN(4), BIOL 422(3), BIOL 409(3), BIOL 479(3), EARTH 100 GN(3), EARTH 103N GN(3), EGEE 101 GN(3), EGEE 102 GN(3), EM SC 101 US;IL(3), FD SC 404(3), FD SC 405(3), FD SC 406(3), FD SC 407(2), FD SC 408(3), GEOG 110 GN(3), GEOG 314 GN(3), PHYS 250 GN(4), PHYS 251 GN(4), PSYCH 460(3), PSYCH 461(3), PSYCH 462(3), PSYCH 464(3), PSYCH 470(3), PSYCH 473(3), VB SC 211 GN(3), VB SC 230(3), VB SC 231(3)

2 **Supporting Health and Developmental Science Course:** 9 credits are required in Health and Developmental Science courses; some courses in this category also satisfy GS requirements. Choose from Select 9 credits from: CSD 100 GHA;US(3), CSD 146 US;IL(3), CSD 218(3), CSD 230(3), CSD 269 GH;US;IL(3), H P A 057 GHA(3), H P A 101(3), H P A 310(3), HD FS 229 GS(3), HD FS 239 GS(3), HD FS 249 GS(3), HD FS 250 US(3), HD FS 302A(3), HD FS 311(3), HD FS 315 US(3), HD FS 405 US(3), HD FS 416 US(3), HD FS 418(3), HD FS 428(3), HD FS 429(3), HD FS 431(3), HD FS 433(3), HD FS 445(3), HD FS 468(3), KINES 100(3), KINES 101(3), KINES 141 US;IL(3), KINES 180(3), KINES 203(3), KINES 356(3), KINES 358(1), NUTR 111 GH;US(3), NUTR 358(2), NUTR 360(3), PSYCH 212 GS(3), PSYCH 243 GS(3), PSYCH 270(3)

3 **Supporting course from University-wide offerings:** 12 credits are required from University-Wide Offerings; courses must be selected from the department list of approved offerings, in consultation with adviser.

4 **Ethics Course:** Choose from BBH 301W, PHIL 100, PHIL 132, RLST 131

5 BIOL 133 may be taken instead but students may not take this course if they have already completed BIOL 220W, BIOL 230W, or BIOL 240W.

6 12 credits are required from BBH electives; at least 6 credits must come from 400-level courses. Choose from the list in the bulletin and note that some also require a C or higher grade.

7 Select 3 credits in health promotion at 400 level from approved list, in consultation with adviser.

**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.

## Biobehavioral Health, B.S. at Lehigh Valley 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 | BBH 301W | 3 |
| PSYCH 100*† | 3 | CHEM 110 or BIOL 230W*† | 3-4 |
| BIOL 110*† | 4 | HDFS 129, 229, 239, or 249N*† | 3 |
| ENGL 15 or 30H‡ | 3 | NUTR 251† | 3 |
| PSU 8 (or General Education Course) | 3 | General Education Course | 3 |
| | **16** | | **15-16** |

**Second Year**

| Fall | Credits | Spring | Credits |
|---|---|---|---|
| BBH 311* | 3 | BBH 316* | 3 |
| BIOL 161† | 3 | BIOL 163† | 3 |
| BIOL 162 (Recommended Basic Science) | 1 | BIOL 164 (Recommended Basic Science) | 1 |
| STAT 200*† | 4 | CAS 100A‡ | 3 |
| University-wide Offerings | 3 | Health and Developmental Science | 3 |
| General Education Course | 3 | General Education Course | 3 |
| | **17** | | **16** |

**Third Year**

| Fall | Credits | Spring | Credits |
|---|---|---|---|
| ENGL 202A‡ | 3 | BIOL 133 or 222 | 3 |
| BBH Elective Course* | 3 | BBH 310* | 3 |
| BBH Elective Course* | 3 | BBH Elective Course* | 3 |
| Basic Science | 3 | General Education Course | 3 |
| Health and Human Development | 3 | University-wide Offering | 3 |
| | **15** | | **15** |

**Fourth Year**

| Fall | Credits | Spring | Credits |
|---|---|---|---|
| BBH 411W | 3 | BBH 416 | 3 |
| BBH 440* | 3 | BBH Elective Course* | 3 |
| Basic Science | 3 | Basic Science | 3 |
| BBH Elective | 3 | University-wide Offerings | 3 |
| University-wide Offerings | 3 | General Education Course | 3 |
| | **15** | | **15** |

**Total Credits 124-125**

* 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

**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.

## Biobehavioral Health, B.S. at New Kensington 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 | HDFS 129*† | 3 |
| PSYCH 100*† | 3 | CHEM 110/101/BIOL 230W*† | 3 |
| BIOL 110*† | 4 | NUTR 251† | 3 |
| ENGL 15 or 30H‡ | 3 | General Education Course or General Quantification | 3 |
| General Education Course or General Quantification | 3 | General Education Course or General Quantification | 3 |
| | **16** | | **15** |

**Second Year**

| Fall | Credits | Spring | Credits |
|---|---|---|---|
| BIOL 161 | 3 | BIOL 163 | 3 |
| BBH 311* | 3 | BBH 316* | 3 |
| STAT 200‡ | 4 | CAS 100‡ | 3 |
| University-Wide Offerings | 3 | Health and Developmental Science | 3 |
| Health and Developmental Sciences | 3 | Scientific Thought and Philosophy | 3 |
| | **16** | | **15** |

**Third Year**

| Fall | Credits | Spring | Credits |
|---|---|---|---|
| BBH Elective Course* | 3 | BBH Elective Course* | 3 |
| BBH Elective Course* | 3 | BBH Elective Course* | 3 |
| ENGL 202A‡ | 3 | BIOL 133 or 222*† | 3 |
| Basic Science | 3 | University-Wide Offerings | 3 |
| Healthy and Developmental Science | 3 | General Education Course or General Quantification | 3 |
| | **15** | | **15** |

**Fourth Year**

| Fall | Credits | Spring | Credits |
|---|---|---|---|
| BBH 440* | 3 | BBH 411W* | 3 |
| BBH 310* | 3 | BBH Elective Course* | 3 |
| Basic Science | 3 | Basic Science | 3 |
| Health Promotion | 3 | University-Wide Offerings | 3 |
| Unversity-Wide Offerings | 3 | General Education Course or General Quantifications | 3 |
| | **15** | | **15** |

**Total Credits 122**

* 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

**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.

# 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 (https://hhd.psu.edu/bbh/graduate/)
- National Institutes of Health Postbaccalaureate Intramural Research Training Award (https://www.training.nih.gov/research-training/pb/pb/)
- 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 (https://www.gceducation.org/students-volunteers/#program)
- American Physical Therapy Association – List of Accredited Programs (https://aptaapps.apta.org/accreditedschoolsdirectory/captedirectory.aspx)

- The American Occupational Therapy Association, Inc (https://www.aota.org/)
- Association of Schools and Programs of Public Health (https://aspph.org/student-journey/)

### Professional Resources

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

## Contact

### Greater Allegheny

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

https://greaterallegheny.psu.edu/academics/degree-programs/biobehavioral-health (https://greaterallegheny.psu.edu/academics/degree-programs/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

https://newkensington.psu.edu/academics/4-year-biobehavioral-health (https://newkensington.psu.edu/academics/4-year-biobehavioral-health/)

### 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-education/biobehavioral-health-bs (https://harrisburg.psu.edu/behavioral-sciences-education/biobehavioral-health-bs/)

### 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/)

### 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-bachelor-of-science-degree (https://www.worldcampus.psu.edu/degrees-and-certificates/penn-state-online-biobehavioral-health-bachelor-of-science-degree/)