BIOBEHAVIORAL HEALTH, B.S. (UNIVERSITY COLLEGE)

Begin Campus: Any Penn State Campus
End Campus: Greater Allegheny, New Kensington, Lehigh Valley

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 processes that affect health (biological, psychosocial, environmental, etc.). The discipline focuses on how these different processes affect health and the development of interventions to affect these processes and health outcomes.

You Might Like This Program If...
- You are curious about all aspects of health.
- You want to understand health in a complex manner, by understanding the multiple and layered forces that affect health.
- You like to answer important questions by considering multiple different perspectives, and you like to study information from many disciplines (e.g. biology, psychology, neuroscience, sociology, anthropology, etc.).
- 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/registration/semester_classification.cfm).

READ SENATE POLICY 37-30: ENTRANCE TO AND CHANGES IN MAJOR PROGRAMS OF STUDY (http://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 120 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>

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

21-22 of these 45 credits are included in the Requirements for the Major.

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). For more information, check the Suggested Academic Plan for your intended program.

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

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). For more information, check the Suggested Academic Plan for your intended program.

Select 3 credits of the following:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBH 301</td>
<td>Values and Ethics in Biobehavioral Health</td>
<td>3</td>
</tr>
<tr>
<td>PHIL 110</td>
<td>Introduction to Philosophy of Science</td>
<td>1</td>
</tr>
<tr>
<td>PHIL 132</td>
<td>Introduction to Bioethics</td>
<td>1</td>
</tr>
<tr>
<td>RLST 131</td>
<td>Introduction to Bioethics</td>
<td>1</td>
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</table>

Select 12 credits of the following:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 110</td>
<td>Chemical Principles I</td>
<td>1</td>
</tr>
<tr>
<td>CHEM 111</td>
<td>Experimental Chemistry I</td>
<td>1</td>
</tr>
<tr>
<td>CHEM 112</td>
<td>Chemical Principles II</td>
<td>1</td>
</tr>
<tr>
<td>CHEM 113</td>
<td>Experimental Chemistry II</td>
<td>1</td>
</tr>
<tr>
<td>CHEM 202</td>
<td>Fundamentals of Organic Chemistry I</td>
<td>1</td>
</tr>
<tr>
<td>CHEM 203</td>
<td>Fundamentals of Organic Chemistry II</td>
<td>1</td>
</tr>
<tr>
<td>CHEM 212</td>
<td>Organic Chemistry II</td>
<td>1</td>
</tr>
<tr>
<td>MICRB 106</td>
<td>Elementary Microbiology</td>
<td>1</td>
</tr>
<tr>
<td>MICRB 107</td>
<td>Elementary Microbiology Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>PSYCH 260</td>
<td>Neurological Bases of Human Behavior</td>
<td>1</td>
</tr>
<tr>
<td>ANSC 479</td>
<td>General Endocrinology</td>
<td>1</td>
</tr>
<tr>
<td>ANTH 21</td>
<td>Introductory Biological Anthropology</td>
<td>1</td>
</tr>
<tr>
<td>ANTH 22</td>
<td>Humans as Primates</td>
<td>1</td>
</tr>
<tr>
<td>ANTH 216N</td>
<td>Sex and Evolution</td>
<td>1</td>
</tr>
<tr>
<td>BMB 211</td>
<td>Elementary Biochemistry</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 155</td>
<td>Introduction to the Biology of Aging</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 129</td>
<td>Mammalian Anatomy</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 142</td>
<td>Physiology Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 220W</td>
<td>Biology: Populations and Communities</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 230W</td>
<td>Biology: Molecules and Cells</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 240W</td>
<td>Biology: Function and Development of Organisms</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 422</td>
<td>Advanced Genetics</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 409</td>
<td>Biology of Aging</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 479</td>
<td>General Endocrinology</td>
<td>1</td>
</tr>
<tr>
<td>EARTH 100</td>
<td>Environment Earth</td>
<td>1</td>
</tr>
<tr>
<td>EARTH 103</td>
<td>Earth in the Future: Predicting Climate Change and Its Impacts Over the Next Century</td>
<td>1</td>
</tr>
<tr>
<td>EGEE 101</td>
<td>Energy and the Environment</td>
<td>1</td>
</tr>
<tr>
<td>EGEE 102</td>
<td>Energy Conservation for Environmental Protection</td>
<td>1</td>
</tr>
<tr>
<td>EMSC 101</td>
<td>Resource Wars</td>
<td>1</td>
</tr>
<tr>
<td>FDSC 404</td>
<td>Sensory Evaluation of Foods</td>
<td>1</td>
</tr>
<tr>
<td>FDSC 405</td>
<td>Food Engineering Principles</td>
<td>1</td>
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<tr>
<td>FDSC 406</td>
<td>Physiology of Nutrition</td>
<td>1</td>
</tr>
<tr>
<td>FDSC 407</td>
<td>Food Toxins</td>
<td>1</td>
</tr>
<tr>
<td>FDSC 408</td>
<td>Food Microbiology</td>
<td>1</td>
</tr>
<tr>
<td>GEOG 110</td>
<td>Climates of the World</td>
<td>1</td>
</tr>
<tr>
<td>GEOG 314</td>
<td>Biogeography and Global Ecology</td>
<td>1</td>
</tr>
<tr>
<td>PHYS 250</td>
<td>Introductory Physics I</td>
<td>1</td>
</tr>
<tr>
<td>PHYS 251</td>
<td>Introductory Physics II</td>
<td>1</td>
</tr>
<tr>
<td>PSYCH 460</td>
<td>Comparative Psychology</td>
<td>1</td>
</tr>
<tr>
<td>PSYCH 461</td>
<td>Advanced Conditioning and Learning</td>
<td>1</td>
</tr>
<tr>
<td>PSYCH 462</td>
<td>Physiological Psychology</td>
<td>1</td>
</tr>
<tr>
<td>PSYCH 464</td>
<td>Behavior Genetics</td>
<td>1</td>
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<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 133</td>
<td>Genetics and Evolution of the Human Species</td>
<td>1</td>
</tr>
<tr>
<td>or BIOL 222</td>
<td>Genetics</td>
<td>1</td>
</tr>
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</table>
### Biobehavioral Health, B.S. (University College)

#### Core Courses

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSYCH 470</td>
<td>Abnormal Psychology</td>
</tr>
<tr>
<td>PSYCH 473</td>
<td>Behavior Modification</td>
</tr>
<tr>
<td>VBSC 211</td>
<td>The Immune System and Disease</td>
</tr>
<tr>
<td>VBSC 230</td>
<td>The Science of Poisons</td>
</tr>
<tr>
<td>VBSC 231</td>
<td>Introduction to Cancer Research and Medicine</td>
</tr>
</tbody>
</table>

Select 9 credits of the following:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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</thead>
<tbody>
<tr>
<td>CSD 100</td>
<td>Preventing Vocal Abuse, Misuse, and Disorders</td>
</tr>
<tr>
<td>CSD 101</td>
<td>Preventing Hearing Loss</td>
</tr>
<tr>
<td>CSD 146</td>
<td>Introduction to Communication Sciences and Disorders</td>
</tr>
<tr>
<td>CSD 218</td>
<td>American Sign Language I</td>
</tr>
<tr>
<td>CSD 230</td>
<td>Introduction to Audiology</td>
</tr>
<tr>
<td>CSD 269</td>
<td>Deaf Culture</td>
</tr>
<tr>
<td>HPA 57</td>
<td>Consumer Choices in Health Care</td>
</tr>
<tr>
<td>HPA 101</td>
<td>Introduction to Health Services Organization</td>
</tr>
<tr>
<td>HPA 310</td>
<td>Health Care and Medical Needs</td>
</tr>
<tr>
<td>HDFS 229</td>
<td>Infant and Child Development</td>
</tr>
<tr>
<td>HDFS 239</td>
<td>Adolescent Development</td>
</tr>
<tr>
<td>HDFS 249N</td>
<td>Adult Development and Aging</td>
</tr>
<tr>
<td>HDFS 250</td>
<td>Sexual Identity over the Life Span</td>
</tr>
<tr>
<td>HDFS 302A</td>
<td>Leadership and Technology Skills for Human Services Professionals A</td>
</tr>
<tr>
<td>HDFS 311</td>
<td>Human Development and Family Studies Interventions</td>
</tr>
<tr>
<td>HDFS 315</td>
<td>Family Development</td>
</tr>
<tr>
<td>HDFS 405</td>
<td>Gender and Social Development</td>
</tr>
<tr>
<td>HDFS 416</td>
<td>Racial and Ethnic Diversity and the American Family</td>
</tr>
<tr>
<td>HDFS 418</td>
<td>Family Relationships</td>
</tr>
<tr>
<td>HDFS 428</td>
<td>Infant Development</td>
</tr>
<tr>
<td>HDFS 429</td>
<td>Advanced Child Development</td>
</tr>
<tr>
<td>HDFS 431</td>
<td>Family Disorganization: Stress Points in the Contemporary Family</td>
</tr>
<tr>
<td>HDFS 433</td>
<td>Developmental Transition to Adulthood</td>
</tr>
<tr>
<td>HDFS 445</td>
<td>Development Throughout Adulthood</td>
</tr>
<tr>
<td>HDFS 468</td>
<td>Biological Bases of Behavioral Development</td>
</tr>
<tr>
<td>KINES 100</td>
<td>The Cultural and Behavioral Foundations of Kinesiology</td>
</tr>
<tr>
<td>KINES 101</td>
<td>The Biophysical Foundations of Kinesiology</td>
</tr>
<tr>
<td>KINES 165</td>
<td>Health Education Concepts</td>
</tr>
<tr>
<td>KINES 180</td>
<td></td>
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<tr>
<td>KINES 203</td>
<td>Medical Terminology for Allied Health Professionals</td>
</tr>
<tr>
<td>KINES 304</td>
<td>First Aid: Instructors</td>
</tr>
<tr>
<td>KINES 356</td>
<td>Activity and Disease</td>
</tr>
<tr>
<td>KINES 358</td>
<td>Ergogenic Aids</td>
</tr>
<tr>
<td>NUTR 111</td>
<td>American Food System: History, Technology, and Culture</td>
</tr>
<tr>
<td>NUTR 358</td>
<td>Assessment of Nutritional Status</td>
</tr>
<tr>
<td>NUTR 360</td>
<td>Nutrition Education and Behavior Change Theory</td>
</tr>
<tr>
<td>PSYCH 212</td>
<td>Introduction to Developmental Psychology</td>
</tr>
<tr>
<td>PSYCH 243</td>
<td>Introduction to Well-being and Positive Psychology</td>
</tr>
<tr>
<td>PSYCH 270</td>
<td>Introduction to Abnormal Psychology</td>
</tr>
</tbody>
</table>

Select 3 credits of the following:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 129</td>
<td>Introduction to Human Development and Family Studies</td>
</tr>
<tr>
<td>HDFS 229</td>
<td>Infant and Child Development</td>
</tr>
<tr>
<td>HDFS 239</td>
<td>Adolescent Development</td>
</tr>
<tr>
<td>HDFS 249N</td>
<td>Adult Development and Aging</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAT 200</td>
<td>Elementary Statistics</td>
</tr>
<tr>
<td>or STAT 250</td>
<td>Introduction to Biostatistics</td>
</tr>
</tbody>
</table>

Select 3-4 credits of the following:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<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>MICRB 106</td>
<td>Elementary Microbiology</td>
</tr>
</tbody>
</table>

Select 15 credits (at least 6 credits must be at the 400 level) of the following:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBH 203</td>
<td>Neurological Bases of Human Behavior</td>
</tr>
<tr>
<td>BBH 251</td>
<td>Straight Talks I: Advanced Sexual Orientation/ Gender Identity Peer Education</td>
</tr>
<tr>
<td>BBH 302</td>
<td>Diversity and Health</td>
</tr>
<tr>
<td>BBH 305</td>
<td>Introduction to Global Health Issues</td>
</tr>
<tr>
<td>BBH 315</td>
<td>Gender and Biobehavioral Health</td>
</tr>
<tr>
<td>BBH 324</td>
<td>HealthWorks Peer Education Training</td>
</tr>
<tr>
<td>BBH 368</td>
<td>Neuroanatomy, Behavior, and Health</td>
</tr>
<tr>
<td>BBH 390A</td>
<td>Preparation for Global Health Field Experience</td>
</tr>
<tr>
<td>BBH 402</td>
<td>African Health &amp; Development</td>
</tr>
<tr>
<td>BBH 407</td>
<td>Global Health Equity</td>
</tr>
<tr>
<td>BBH 410</td>
<td>Developmental and Health Genetics</td>
</tr>
<tr>
<td>BBH 416</td>
<td>Health Promotion II: Planning, Implementation, and Evaluation</td>
</tr>
<tr>
<td>BBH 417</td>
<td>Advanced Applications in Health Promotion</td>
</tr>
<tr>
<td>BBH 432</td>
<td>Biobehavioral Aspects of Stress</td>
</tr>
<tr>
<td>BBH 446</td>
<td>Human Sexuality as a Health Concern</td>
</tr>
<tr>
<td>BBH 451</td>
<td>Pharmacological Influences on Health</td>
</tr>
<tr>
<td>BBH 452</td>
<td>Women's Health Issues</td>
</tr>
<tr>
<td>BBH 458</td>
<td>Critical Issues in Reproduction</td>
</tr>
<tr>
<td>BBH 468</td>
<td>Neuroanatomical Bases for Disorders of Behavior and Health</td>
</tr>
<tr>
<td>BBH 469</td>
<td>Neurobiology</td>
</tr>
<tr>
<td>BBH 470</td>
<td>Functional and Integrative Neuroscience</td>
</tr>
<tr>
<td>BBH 490</td>
<td>Introduction to Internship Experience</td>
</tr>
</tbody>
</table>

**Supporting Courses and Related Areas**

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
</table>

Select 12 credits in University-wide offerings from approved list, in consultation with adviser

1. Classes used to fulfill this requirement may not be used to fulfill the 12 credits of basic science.
2. Students may apply 6 credits of ROTC.
**Integrated B.S. in Biobehavioral Health/Master of Public Health (M.P.H.)**

The integrated B.S. in Biobehavioral Health/Master of Public Health (MPH) program allows qualified undergraduate students to earn both degrees in five calendar years of full time academic study. The M.P.H. degree is offered through the College of Medicine, Department of Public Health Sciences.

**Admission and Degree Requirements**

Undergraduate students in BBH seeking to complete the integrated program apply to the M.P.H. from the Department of Public Health Sciences in the College of Medicine through their normal admission process (http://med.psu.edu/public-health-mph/apply) during their third year in the BBH program. In addition to the application materials and requirements for the M.P.H. program, students applying for the integrated program must have a cumulative GPA of 3.25 or greater.

If admitted, students can begin their M.P.H. courses during the fall semester of their fourth year as they continue to take courses for their undergraduate degree. Twelve credits from the M.P.H. are substituted for undergraduate course requirements, making the integrated program total 150 credits. Students typically complete their graduate studies in their fifth year at the College of Medicine in Hershey. Students may be able to receive their undergraduate degree at the end of their fourth year or may receive both degrees simultaneously at the end of the fifth year.

**Program Learning Objectives**

1. **Health Factors**: Describe and understand the fundamental biological, behavioral, social, cultural and environmental processes that influence health and disease.
2. **Disparity Mechanisms**: Explain how the fundamental processes underlying health and disease can interact to produce individual differences in health, and health disparities among groups.
3. **Critical Evaluation of Research**: Critically evaluate current empirical research on health and disease, explaining implications and limitations to the lay public.
4. **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.
5. **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 need to plan the chosen program of study, and referrals to other specialized resources.

**Suggested Academic Plan**

**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**

<table>
<thead>
<tr>
<th>Semester</th>
<th>Credits</th>
<th>Fall</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 15, 30, or ESL 15</td>
<td>3</td>
<td>CAS 100, 100A, 100B, or 100C</td>
<td>3</td>
</tr>
<tr>
<td>HDFS 129</td>
<td>3</td>
<td>BIOL 230W, CHEM 101, CHEM 110, or MICRB 106</td>
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<tr>
<td>BBH 101</td>
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<td>PSYCH 100</td>
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<td>BIOL 110</td>
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<tr>
<td>General Education Course</td>
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<tr>
<td>PSU 8</td>
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<tr>
<td><strong>Total Credits</strong></td>
<td><strong>17</strong></td>
<td><strong>15-16</strong></td>
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**Second Year**

<table>
<thead>
<tr>
<th>Semester</th>
<th>Credits</th>
<th>Fall</th>
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<tbody>
<tr>
<td>BBH 311</td>
<td>3</td>
<td>BBH 316</td>
<td>3</td>
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Biobehavioral Health, B.S. (University College)

<table>
<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td>BIOL 141††</td>
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<tr>
<td>STAT 200 or 250††</td>
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<tr>
<td>Human Development and Family Studies Course†‡</td>
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<tr>
<td>University-wide offerings</td>
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| Total Credits                          | 122-124 |

### Third Year

<table>
<thead>
<tr>
<th>Fall</th>
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<tbody>
<tr>
<td>BBH Course††</td>
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<tr>
<td>BBH Course††</td>
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<td>Basic Science†</td>
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<tr>
<td>General Education Course (GQ)†</td>
<td>3</td>
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<tr>
<td>Health Promotion</td>
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</table>

| University-wide offerings                | 3       |

| Total Credits                          | 15-16-15 |

### Fourth Year

<table>
<thead>
<tr>
<th>Fall</th>
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<tbody>
<tr>
<td>BBH 440†</td>
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<tr>
<td>400-level BBH Course†</td>
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<tr>
<td>Basic Science†</td>
<td>3</td>
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<tr>
<td>General Education Course</td>
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<td>Health Promotion</td>
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</table>

| University-wide offerings                | 3       |

| Total Credits                          | 15-15   |

### 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.

### 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

<table>
<thead>
<tr>
<th>Fall</th>
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<tbody>
<tr>
<td>BBH 101†</td>
<td>3</td>
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<tr>
<td>PSYCH 100††</td>
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<tr>
<td>STAT 200††</td>
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| Total Credits                          | 15       |

### Second Year

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<tr>
<th>Fall</th>
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<tbody>
<tr>
<td>BBH 311†</td>
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<tr>
<td>BIOL 441††</td>
<td>3</td>
</tr>
<tr>
<td>PSYCH 270††</td>
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</table>

| Total Credits                          | 15       |
University-wide Offerings | 3 Health and Developmental Science  | 3  
|--------------------------|----------------------------------|---
| Health and Developmental Science | 3 Basic Science | 3  
| General Education Selection | 3 Ethics Selection | 3  

<table>
<thead>
<tr>
<th>Credits</th>
<th>16</th>
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**Third Year**

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<thead>
<tr>
<th>Fall</th>
<th>Credits Spring</th>
<th>Credits</th>
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<tbody>
<tr>
<td>BBH Elective Course*</td>
<td>3 BIOL 133†</td>
<td>3</td>
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<tr>
<td>BBH Elective Course*</td>
<td>3 ENGL 202A‡</td>
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<tr>
<td>General Education Selection</td>
<td>3 BBH Elective Course*</td>
<td>3</td>
</tr>
<tr>
<td>Basic Science</td>
<td>3 BBH Elective Course</td>
<td>3</td>
</tr>
<tr>
<td>Health and Human Development</td>
<td>3 University-wide Offering</td>
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<table>
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**Fourth Year**

<table>
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<tr>
<th>Fall</th>
<th>Credits Spring</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>BBH 440 (IL)*</td>
<td>3 BBH 411*</td>
<td>3</td>
</tr>
<tr>
<td>BBH 310*</td>
<td>3 BBH Elective Course*</td>
<td>3</td>
</tr>
<tr>
<td>Basic Science</td>
<td>3 Basic Science</td>
<td>3</td>
</tr>
<tr>
<td>Health Promotion</td>
<td>3 University-wide Offerings</td>
<td>3</td>
</tr>
<tr>
<td>University-wide Offerings</td>
<td>3 General Education Selection</td>
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</table>

<table>
<thead>
<tr>
<th>Credits</th>
<th>15</th>
<th>15</th>
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</thead>
</table>

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 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-Wide Offerings 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.

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**New Kensington Campus**

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**First Year**

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBH 101†</td>
<td>3 BIOL 141†</td>
<td>3</td>
</tr>
<tr>
<td>PSYCH 100†</td>
<td>3 HDFS 129†</td>
<td>3</td>
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<tr>
<td>BIOL 110†</td>
<td>4 CHEM 110/101/BIOL 230W†</td>
<td>3</td>
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<tr>
<td>ENGL 15 or 30†</td>
<td>3 NUTR 251†</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course or General Quantification</td>
<td>3 General Education Course or General Quantification</td>
<td>3</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Credits</th>
<th>16</th>
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**Second Year**

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits Spring</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>BBH 311*</td>
<td>3 BBH 316*</td>
<td>3</td>
</tr>
<tr>
<td>STAT 200†</td>
<td>4 CAS 100†</td>
<td>3</td>
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<tr>
<td>University-Wide Offerings</td>
<td>3 Health and Developmental Science</td>
<td>3</td>
</tr>
<tr>
<td>Health and Developmental Sciences</td>
<td>3 Basic Science</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course or General Quantification</td>
<td>3 Scientific Thought and Philosophy</td>
<td>3</td>
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<table>
<thead>
<tr>
<th>Credits</th>
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**Third Year**

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBH Elective Course*</td>
<td>3 BBH Elective Course*</td>
<td>3</td>
</tr>
<tr>
<td>BBH Elective Course*</td>
<td>3 BBH Elective Course*</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 202A‡</td>
<td>3 BIOL 133 or 222†</td>
<td>3</td>
</tr>
<tr>
<td>Basic Science</td>
<td>3 University-wide Offerings</td>
<td>3</td>
</tr>
<tr>
<td>Healthy and Developmental Science</td>
<td>3 General Education Course or General Quantification</td>
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<table>
<thead>
<tr>
<th>Credits</th>
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**Fourth Year**

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBH 440*</td>
<td>3 BBH 411†</td>
<td>3</td>
</tr>
<tr>
<td>BBH 310*</td>
<td>3 BBH Elective Course*</td>
<td>3</td>
</tr>
<tr>
<td>Basic Science</td>
<td>3 Basic Science</td>
<td>3</td>
</tr>
<tr>
<td>Health Promotion</td>
<td>3 University-wide Offerings</td>
<td>3</td>
</tr>
<tr>
<td>University-wide Offerings</td>
<td>3 General Education Course or General Quantifications</td>
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<table>
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**Career Paths**

Students with a B.S. in Biobehavioral Health have been successful in establishing careers in health-related and other fields. Three major areas of employment include health care, research support, and health advocacy/consulting. Advanced career tracks require a graduate or professional degree. Students are strongly encouraged to engage in practical learning experiences that complement formal classroom learning. This 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, HealthWorks.

**Careers**

- 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.

**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.hhd.psu.edu/graduate](http://bbh.hhd.psu.edu/graduate))
- Accreditation Council for Genetic Counseling – List of Accredited Programs ([http://gceducation.org/Pages/Accredited-Programs.aspx](http://gceducation.org/Pages/Accredited-Programs.aspx))
- The American Occupational Therapy Association, Inc ([https://www.aota.org](https://www.aota.org))
- Association of Schools and Programs of Public Health ([https://www.aspph.org/discover](https://www.aspph.org/discover))

**Contact**

**Greater Allegheny**

101 Frable Building
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)

**New Kensington**

3550 Seventh Street Rd.
New Kensington, PA 15068
724-334-6745
jk18@psu.edu

[http://newkensington.psu.edu/4-year-biobehavioral-health](http://newkensington.psu.edu/4-year-biobehavioral-health)

**University Park**

DEPARTMENT OF BIOBEHAVIORAL HEALTH
219 Biobehavioral Health Building
University Park, PA 16802
814-863-7256
ajh48@psu.edu

[http://bbh.hhd.psu.edu/](http://bbh.hhd.psu.edu/)

**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)

**Professional Resources**

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