

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 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		
BIOL 110	Biology: Basic Concepts and Biodiversity	4
NUTR 251	Introductory Principles of Nutrition	3
<i>Prescribed Courses: Require a grade of C or better</i>		
BBH 101	Introduction to Biobehavioral Health	3
BBH/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 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
ANSC/BIOL 479		
ANTH 21	Introductory Biological Anthropology	
ANTH 22	Humans as Primates	
ANTH 216N	Sex and Evolution	

BIOL 155	Introduction to the Biology of Aging	CSD 100	Preventing Vocal Abuse, Misuse, and Disorders
BIOL 162	Human Anatomy and Physiology I - Laboratory	CSD 101	
BIOL 164	Human Anatomy and Physiology II - Laboratory	CSD 146	Introduction to Communication Sciences and Disorders
BIOL 220W	Biology: Populations and Communities	CSD 218	American Sign Language I
BIOL 230W	Biology: Molecules and Cells	CSD 230	Introduction to Audiology
BIOL 240W	Biology: Function and Development of Organisms	CSD 269	Deaf Culture
BIOL 409	Biology of Aging	HDFS 229	Infant and Child Development
BIOL 422	Advanced Genetics	HDFS 229H	
BMB 211	Elementary Biochemistry	HDFS 239	Adolescent Development
CHEM 110	Chemical Principles I	HDFS 249N	Adult Development and Aging
CHEM 111	Experimental Chemistry I	HDFS/WMNST 250	Sexual Identity over the Life Span
CHEM 112	Chemical Principles II	HDFS 302A	Leadership and Technology Skills for Human Services Professionals A
CHEM 113	Experimental Chemistry II	HDFS 311	Human Development and Family Studies Interventions
CHEM 130	Introduction to General, Organic, and Biochemistry	HDFS 315	Family Development
CHEM 202	Fundamentals of Organic Chemistry I or CHEM 210 Organic Chemistry I	HDFS 405	Gender and Social Development
CHEM 203	Fundamentals of Organic Chemistry II or CHEM 211 Laboratory in Organic Chemistry	HDFS 416/SOC 411	Racial and Ethnic Diversity and the American Family
CHEM 212	Organic Chemistry II	HDFS 418	Family Relationships
EARTH 100	Environment Earth	HDFS 428	Infant Development
EARTH 100H	Environment Earth: Environment and Energy	HDFS 429	Advanced Child Development
EARTH 103N	Earth in the Future: Predicting Climate Change and Its Impacts Over the Next Century	HDFS/SOC 431	Family Disorganization: Stress Points in the Contemporary Family
EGEE/MATSE 101	Energy and the Environment	HDFS 433	Developmental Transition to Adulthood
EGEE 101H	Energy and the Environment	HDFS 445/PSYCH 416	Development Throughout Adulthood
EGEE 102	Energy Conservation for Environmental Protection	HPA 57	Consumer Choices in Health Care
EGEE 102H	Energy Conservation for Environmental Protection	HPA 101	Introduction to Health Services Organization
EMSC 101	Resource Wars	HPA 310	Health Care and Medical Needs
FDSC 404	Sensory Evaluation of Foods	KINES 100	The Cultural and Behavioral Foundations of Kinesiology
FDSC 405	Food Engineering Principles	KINES 101	The Biophysical Foundations of Kinesiology
FDSC 406W	Physiology of Nutrition	KINES 165	
FDSC 407	Food Toxins	KINES 203	Medical Terminology for Allied Health Professionals
FDSC 408	Food Microbiology	KINES 304	
GEOG 110	Climates of the World	KINES 356	Activity and Disease
GEOG 110H	Climates of the World	KINES 358	Ergogenic Aids
GEOG 314	Biogeography and Global Ecology	NURS 401	Concepts of Health
MICRB 106	Elementary Microbiology	NURS/BBH/WMNST 452	Women's Health Issues
MICRB 107	Elementary Microbiology Laboratory	NUTR 358	Assessment of Nutritional Status
PHYS 250	Introductory Physics I	NUTR 360	Nutrition Education and Behavior Change Theory
PHYS 251	Introductory Physics II	PSYCH 212	Introduction to Developmental Psychology
PSYCH 260/BBH 203	Neurological Bases of Human Behavior	PSYCH 243	Introduction to Well-being and Positive Psychology
PSYCH 460	Comparative Psychology	PSYCH 270	Introduction to Abnormal Psychology
PSYCH 461	Advanced Conditioning and Learning	Select 3 credits from the following:	3
PSYCH 462	Physiological Psychology	HDFS 129	Introduction to Human Development and Family Studies
PSYCH 464	Behavior Genetics	HDFS 229	Infant and Child Development
PSYCH 470	Abnormal Psychology	HDFS 239	Adolescent Development
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		

HDFS 249N	Adult Development and Aging	
<i>Additional Courses: Require a grade of C or better</i>		
STAT 200 or STAT 250	Elementary Statistics Introduction to Biostatistics	3-4
Select 3-4 credits from the following:		3-4
BIOL 230W	Biology: Molecules and Cells	
CHEM 101	Introductory Chemistry	
CHEM 110	Chemical Principles I	
CHEM 110H	Chemical Principles I - Honors	
CHEM 130	Introduction to General, Organic, and Biochemistry	
MICRB 106	Elementary Microbiology	
MICRB 106H		
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 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, GHW, 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.

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

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World Campus

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Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 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 100, 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), PSYCH 260(3) AN SC 479(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 101 GHA;US(1.5), 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 165(3), KINES 180(3), KINES 203(3), KINES 304(1), 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
University-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/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 (<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/students-alumni/>)

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