### Biobehavioral Health, B.S. (University College)

**Begin Campus:** Any Penn State Campus

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

### Degree Requirements

For the Bachelor of Science degree in Biobehavioral Health, a minimum of 121 credits is required:

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

21-22 of the 45 credits for General Education are included in the Requirements for the Major. This includes: 3-4 credits of GQ courses; 9 credits of GN courses; 6 credits of GS courses; 3 credits of GHW courses.

Per Senate Policy 83.80.5, the college dean or campus chancellor and program faculty may require up to 24 credits of coursework in the major to be taken at the location or in the college or program where the degree is earned. BBH requires students to complete 24 credits for the major through courses taken at University Park, Greater Allegheny, New Kensington and through World Campus. For more information, check the 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).

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Prescribed Courses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NUTR 251</td>
<td>Introductory Principles of Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>BBH 101</td>
<td>Introduction to Biobehavioral Health</td>
<td>3</td>
</tr>
<tr>
<td>BBH/AFAM 302</td>
<td>Diversity and Health</td>
<td>3</td>
</tr>
<tr>
<td>BBH 310</td>
<td>Research Strategies for Studying Biobehavioral Health</td>
<td>3</td>
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<tr>
<td>BBH 311</td>
<td>Interdisciplinary Integration in Biobehavioral Health</td>
<td>3</td>
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<tr>
<td>BBH 316</td>
<td>Foundations and Principles of Health Promotion</td>
<td>3</td>
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<tr>
<td>BBH 411W</td>
<td>Research and Applications in Biobehavioral Health</td>
<td>3</td>
</tr>
<tr>
<td>BBH/HPA 440</td>
<td>Principles of Epidemiology</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 110</td>
<td>Biology: Basic Concepts and Biodiversity</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 161</td>
<td>Human Anatomy and Physiology I - Lecture</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 163</td>
<td>Human Anatomy and Physiology II - Lecture</td>
<td>3</td>
</tr>
<tr>
<td>PSYCH 100</td>
<td>Introductory Psychology</td>
<td>3</td>
</tr>
<tr>
<td><strong>Additional Courses</strong></td>
<td></td>
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</tr>
<tr>
<td>Select 3 credits from the following:</td>
<td>3</td>
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</tr>
<tr>
<td>BBH 210</td>
<td>Biobehavioral Aspects of Genetics</td>
<td></td>
</tr>
<tr>
<td>BIOL 133</td>
<td>Genetics and Evolution of the Human Species</td>
<td></td>
</tr>
<tr>
<td>BIOL 222</td>
<td>Genetics</td>
<td></td>
</tr>
<tr>
<td>Select 9 credits from the following:</td>
<td>9</td>
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<tr>
<td>ANTH 21</td>
<td>Introductory Biological Anthropology</td>
<td></td>
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<tr>
<td>ANTH 22</td>
<td>Humans as Primates</td>
<td></td>
</tr>
<tr>
<td>ANTH 216N</td>
<td>Sex and Evolution</td>
<td></td>
</tr>
<tr>
<td>BIOL 155</td>
<td>Introduction to the Biology of Aging</td>
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<tr>
<td>BIOL 162</td>
<td>Human Anatomy and Physiology I - Laboratory</td>
<td></td>
</tr>
<tr>
<td>BIOL 164</td>
<td>Human Anatomy and Physiology II - Laboratory</td>
<td></td>
</tr>
<tr>
<td>BIOL 220W</td>
<td>Biology: Populations and Communities</td>
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</tr>
<tr>
<td>BIOL 230W</td>
<td>Biology: Molecules and Cells</td>
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<tr>
<td>BIOL 240W</td>
<td>Biology: Function and Development of Organisms</td>
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<tr>
<td>BIOL 409</td>
<td>Biology of Aging</td>
<td></td>
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<tr>
<td>BIOL 422</td>
<td>Advanced Genetics</td>
<td></td>
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<tr>
<td>BMB 211</td>
<td>Elementary Biochemistry</td>
<td></td>
</tr>
<tr>
<td>CHEM 110</td>
<td>Chemical Principles I</td>
<td></td>
</tr>
<tr>
<td>CHEM 111</td>
<td>Experimental Chemistry I</td>
<td></td>
</tr>
<tr>
<td>CHEM 112</td>
<td>Chemical Principles II</td>
<td></td>
</tr>
<tr>
<td>CHEM 113</td>
<td>Experimental Chemistry II</td>
<td></td>
</tr>
<tr>
<td>CHEM 130</td>
<td>Introduction to General, Organic, and Biochemistry</td>
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</tbody>
</table>
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:

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  Ergonomic 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:

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
or STAT 250  Introduction to Biostatistics

Select 3-4 credits from the following:

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):
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

2  Biobehavioral Health, B.S. (University College)
Select 12 credits in University-wide offerings from approved list, in consultation with adviser (Students may apply 6 credits of ROTC.)

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.