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:

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
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 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	
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	
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	Preventing Vocal Abuse, Misuse, and Disorders	
CSD 101		
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 229H		
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 165		
KINES 203	Medical Terminology for Allied Health Professionals	
KINES 304		
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	
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.