

BIOBEHAVIORAL HEALTH, B.S. (UNIVERSITY COLLEGE)

Begin Campus: Any Penn State Campus

End Campus: Greater Allegheny, Lehigh Valley, New Kensington

Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2024-25 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.

Biobehavioral Health, B.S. at Greater Allegheny Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

| Fall | Credits Spring | Credits |
|--|---|--------------|
| ENGL 15, 30H, or ESL 15 [‡] | 3 CAS 100A, 100B, or 100C [†] | 3 |
| HDFS 129 [†] | 3 BIOL 230W or MICRB 106 ^{**†} | 3-4 |
| BBH 101 [*] | 3 PSYCH 100 ^{**†} | 3 |
| BIOL 110 ^{**†} | 4 Basic Science ¹ | 3 |
| General Education Course (GQ) [‡] | 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 or BBH 210 ⁵ | 3 |
| Health and Developmental Science Course ² | 3 ENGL 202A [‡] | 3 |
| Supporting Course from 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 | 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 BBH 416 or PSYCH 441 ⁷ | 3 |
| Basic Science ¹ | 3 400-level BBH Course ^{*6} | 3 |
| Health and Developmental Science Course ² | 3 Supporting Course from University-Wide Offerings ³ | 3 |
| General Education Course | 3 Supporting Course from University-Wide Offerings ³ | 3 |
| | 15 | 15 |

Total Credits 122-124

* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

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

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

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

⁴ **Ethics Course:** Choose from BBH 301W, PHIL 100, PHIL 132, RLST 131
⁵ BIOL 133 may be taken instead but students may not take this course if they have already completed BIOL 220W, BIOL 230W, or BIOL 240W.

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

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

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Biobehavioral Health, B.S. at Lehigh Valley Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

| Fall | Credits Spring | Credits |
|-------------------------------------|--|--------------|
| BBH 101 [*] | 3 BBH 301W | 3 |
| PSYCH 100 ^{**†} | 3 CHEM 110 or BIOL 230W ^{**†} | 3-4 |
| BIOL 110 ^{**†} | 4 HDFS 129, 229, 239, or 249N ^{**†} | 3 |
| ENGL 15 or 30H [‡] | 3 NUTR 251 [†] | 3 |
| PSU 8 (or General Education Course) | 3 General Education Course | 3 |
| | 16 | 15-16 |

Second Year

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

Third Year

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

Fourth Year

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

Total Credits 124-125

* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

University Requirements and General Education Notes:

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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:

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