# **BIOBEHAVIORAL HEALTH, B.S.** (CAPITAL)

Begin Campus: Any Penn State Campus

End Campus: Harrisburg

# **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-forundergraduate-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-andrules-for-undergraduate-students/82-00-and-83-00-degree-requirements/ #82-44).

| Code   | Title Cree   | dits |  |  |  |
|--|--|------|--|--|--|
| Prescribed Courses                                 |  |      |  |  |  |
| NUTR 251   | Introductory Principles of Nutrition                               | 3    |  |  |  |
| Prescribed Courses: Require a grade of C or better |  |      |  |  |  |
| BBH 101  | BBH 101 Introduction to Biobehavioral Health                       |      |  |  |  |
| BBH/AFAM 302                                       | Diversity and Health   | 3    |  |  |  |
| BBH 310  | Research Strategies for Studying Biobehavioral<br>Health           | 3    |  |  |  |
| BBH 311  | Interdisciplinary Integration in Biobehavioral<br>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 110   | Biology: Basic Concepts and Biodiversity                           | 4    |  |  |  |
| BIOL 161   | Human Anatomy and Physiology I - Lecture                           | 3    |  |  |  |
| BIOL 163   | Human Anatomy and Physiology II - Lecture                          | 3    |  |  |  |
| PSYCH 100  | Introductory Psychology  | 3    |  |  |  |
| Additional Course                                  | es   |      |  |  |  |
| Select 3 credits f                                 | rom the following:   | 3    |  |  |  |
| BBH 210  | Biobehavioral Aspects of Genetics                                  |      |  |  |  |
| BIOL 133   | Genetics and Evolution of the Human Species                        |      |  |  |  |
| BIOL 222   | Genetics   |      |  |  |  |
| Select 3 credits f                                 | rom the following:   | 3    |  |  |  |
| BBH 301W   | Values and Ethics in Biobehavioral Health<br>Research and Practice |      |  |  |  |
| PHIL 110   | Philosophy of Science  |      |  |  |  |
| PHIL 132/<br>BIOET 100                             | Bioethics  |      |  |  |  |
| Select 9 credits f                                 | rom the following:   | 9    |  |  |  |
| ANTH 21  | Introductory Biological Anthropology                               |      |  |  |  |
| ANTH 22  | Humans as Primates   |      |  |  |  |
| ANTH 216N  | Sex and Evolution  |      |  |  |  |
| BIOL 155   | Introduction to the Biology of Aging                               |      |  |  |  |
|  |  |      |  |  |  |

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| 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 21            | Organic Chemistry I   |
| CHEM 203              | Fundamentals of Organic Chemistry II  |
| or CHEM 21            | 3Laboratory 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<br>Its Impacts Over the Next Century |
| EGEE/MATSE<br>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  |
| MICRB 201             | Introductory Microbiology   |
| MICRB 202             | Introductory Microbiology Laboratory  |
| PHYS 250              | Introductory Physics I  |
| PHYS 251              | Introductory Physics II   |
| PSYCH 260/<br>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  |
|                       |   |

| 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<br>250      | Sexual Identity over the Life Span                                     |
| HDFS 302A              | Leadership and Technology Skills for Human<br>Services Professionals A |
| HDFS 311               | Human Development and Family Studies<br>Interventions                  |
| HDFS 315               | Family Development   |
| HDFS 405               | Gender and Social Development  |
| HDFS 416/<br>SOC 411   | Racial and Ethnic Diversity and the American<br>Family                 |
| HDFS 418               | Family Relationships   |
| HDFS 428               | Infant Development   |
| HDFS 429               | Advanced Child Development   |
| HDFS/SOC<br>431        | Family Disorganization: Stress Points in the<br>Contemporary Family    |
| HDFS 433               | Developmental Transition to Adulthood                                  |
| HDFS 445/<br>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<br>Kinesiology              |
| KINES 101              | The Biophysical Foundations of Kinesiology                             |
| KINES 203              | Medical Terminology for Allied Health<br>Professionals                 |
| KINES 356              | Activity and Disease   |
| KINES 358              | Ergogenic Aids   |
| NURS 401               | Concepts of Health   |
| NURS/BBH/<br>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 Psycholo                       |
| PSYCH 270              | Introduction to Abnormal Psychology                                    |
| Select 3 credits fr    | -  |
| HDFS 129               | Introduction to Human Development and Family<br>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                                       |

|    | or STAT 250                            | Introduction to Biostatistics  |     |
|----|--|--|-----|
| Se | elect 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  |     |
|    | elect 12 credits 1<br>10 level):       | from the following (at least 6 credits must be at the                            | 12  |
|    | BBH 203/<br>PSYCH 260                  | Neurological Bases of Human Behavior   |     |
|    | BBH 251                                | Straight Talks I: Advanced Sexual Orientation/<br>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<br>452                       | Women's Health Issues  |     |
|    | BBH/WMNST<br>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  |     |
| Sı | pporting Cours                         | es and Related Areas   |     |
|    | elect 3 credits in<br>onsultation with | health promotion from approved list, in adviser                                  | 3   |
| Se | elect 12 credits i                     | n University-wide offerings from approved list, in                               | 12  |

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/generaleducation/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-degreerequirements/#83-80)). For more information, check the Suggested Academic Plan for your intended program.

# Integrated B.S. in Biobehavioral Health and M.P.H. in Public Health

Requirements for the Integrated B.S. in Biobehavioral Health and M.P.H. in Public Health can be found in the Graduate Bulletin (https://bulletins.psu.edu/graduate/programs/majors/public-health/ #integratedundergradgradprogramstext).

# **Program Learning Objectives**

- **Health Factors:** Describe and understand the fundamental biological, behavioral, social, cultural and environmental processes that influence health and disease.
- **Disparity Mechanisms:** Explain how the fundamental processes underlying health and disease can interact to produce individual differences in health, and health disparities among groups.
- **Critical Evaluation of Research:** Critically evaluate current empirical research on health and disease, explaining implications and limitations to the lay public.
- Application of 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.

# **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/)

## Harrisburg

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#### wsk120@psu.edu

## **Greater Allegheny**

Advising Office Academic Affairs 101 Frable Building 4000 University Drive McKeesport, PA 15132 412-675-9140 GA-Academics@lists.psu.edu

## Lehigh Valley

Samantha Beebe Coordinator of Biobehavioral Health 2809 Saucon Valley Road Center Valley, PA 18034 610-285-5123 sab705@psu.edu

## **New Kensington**

Penelope Morrison Assistant Professor 3550 Seventh Street Rd. New Kensington, PA 15068 724-334-6719 pkm20@psu.edu

## **University Park**

BBH Academic Advising 219 Biobehavioral Health Building University Park, PA 16802 814-863-7256 BBHAdvising@psu.edu

## **World Campus**

Undergraduate Academic Advising 301 Outreach Building University Park, PA 16802 814-863-3283 advising@outreach.psu.edu

# 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 Harrisburg 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 <sup>*</sup>   | 3 BIOL 161 <sup>*†</sup>                                  | 3       |
| BIOL 110 <sup>*†</sup>   | 4 BIOL 162 (Recommended<br>Basic Science) <sup>4</sup>    | 1       |
| ENGL 15, 15S, 30T, or ESL<br>15 <sup>‡</sup>                   | 3 HDFS 129, 229, 239, or<br>249N <sup>†</sup>             | 3       |
| PSYCH 100 <sup>*</sup>   | 3 Health and Developmental Science <sup>1</sup>           | 3       |
| General Education Course<br>(GH)                               | 3 General Education Course<br>(GA)                        | 3       |
| PSU First Year Seminar   | 1 General Education Course<br>(GQ) <sup>‡</sup>           | 3       |
|  | 17  | 16      |
| Second Year  |   |         |
| Fall   | Credits Spring  | Credits |
| BBH 311 or 316 <sup>*</sup>                                    | 3 BBH 301W, PHIL 110, or<br>PHIL 132 (Ethics)             | 3       |
| BIOL 163 <sup>*#</sup>   | 3 BBH 316 or 311 <sup>*</sup>                             | 3       |
| BIOL 164 (Recommended<br>Basic Science) <sup>4</sup>           | 1 NUTR 251 <sup>+</sup>                                   | 3       |
| STAT 200 or 250 <sup>*‡†</sup>                                 | 3-4 CAS 100A or 100S <sup>‡</sup>                         | 3       |
| Health and Developmental<br>Science <sup>1</sup>               | 3 CHEM 101, 110, MICRB 106,<br>or BIOL 230W <sup>*2</sup> | 3-4     |
| University-Wide Offerings <sup>3</sup>                         | 3   |         |
|  | 16-17   | 15-16   |
| Third Year   |   |         |
| Fall   | Credits Spring  | Credits |
| ENGL 202A, 202B, 202C, or 202D (202A recommended) <sup>‡</sup> | 3 BBH 310 <sup>*</sup>                                    | 3       |
| Basic Science <sup>4</sup>                                     | 3 BIOL 133, 222, or BBH 210 <sup>†</sup>                  | 3       |
| BBH Elective <sup>*5</sup>                                     | 3 General Education Course<br>(GH)                        | 3       |
| BBH Elective <sup>*5</sup>                                     | 3 BBH Elective <sup>*5</sup>                              | 3       |
| Health and Developmental Science <sup>1</sup>                  | 3 University-Wide Offerings <sup>3</sup>                  | 3       |
|  | 15  | 15      |
| Fourth Year  |   |         |
| Fall *   | Credits Spring  | Credits |
| BBH 440 <sup>*</sup>   | 3 BBH 411W <sup>*</sup>                                   | 3       |
| BBH Elective *5  | 3 General Education Course<br>(GA)                        | 3       |
| Basic Science <sup>4</sup>                                     | 3 Basic Science <sup>4</sup>                              | 3       |
| Health Promotion <sup>6</sup>                                  | 3 BBH Elective <sup>*5</sup>                              | 3       |
| University-Wide Offerings <sup>3</sup>                         | 3 University-Wide Offerings <sup>3</sup>                  | 3       |
|  | 15  | 15      |

Total Credits 124-126

\* 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

<sup>1</sup> Health and Developmental Science: CMAS 258, CMAS 466, CSD 100, CSD 146, CSD 218, CSD 230, CSD 269, HPA 57, HPA 101, HPA 310, HPA 410, HDFS 229, HDFS 239, HDFS 249, HDFS 250, HDFS 258, HDFS 302A, HDFS 311, HDFS 315, HDFS 405, HDFS 416, HDFS 418, HDFS 428, HDFS 429, HDFS 431, HDFS 433, HDFS 445, HDFS 468, KINES 100, KINES 101, KINES 141, KINES 180, KINES 203, KINES 233, KINES 321, KINES 356, KINES 358, KINES 426, KINES 428, NURS 203, NURS 251, NURS 225, NUTR 111, NUTR 358, NUTR 360, NUTR 425, NUTR 453, NUTR 456, NUTR 495, PSYCH 212, PSYCH 243, PSYCH 270, RPTM 100. <sup>2</sup> CHEM 101 will no longer be offered at University Park. Students may

- take CHEM 130 instead of CHEM 101.
  <sup>3</sup> University-Wide Offerings: AIR 151, 152, 251, 252, 351, ARMY 101, 102, 203, 204, 301, 302, BBH 48, 148S, 390B, 494, 494H, 496, BIOL 162, 164, 400, 411, 496, BISC 2, 3, 4, BMB 211, 401 CHEM 111, 113, 202, 203, 210, 212, 213, CMAS 258, 465, 466, 493, CAS 203, 250, 253, 271, CED 152, 155 ECON 102, ECON 104 HDFS 465, 496, HHD 397, MICRB 107, 201, 202 NAVSC 101, 102, 204, 205, 311 PHYS 211, 212, 250, 251, PSYCH 221, 231, 238, 256, 494, 496 RHS 300, RHS 301, RHS 303, SOC 1, 3, 5, 30, 119, SPAN 1, 2, 3, 100B, (additional courses can be considered in consultation with a BBH adviser).
- <sup>4</sup> Basic Science: ANTH 21, ANTH 22, ANTH 216, ANTH 411, BMB 211, BIOL 155, BIOL 129, BIOL 162, BIOL 164, BIOL 220W, BIOL 230W, BIOL 240W, BIOL 422, BIOL 409, BIOL 475N, BIOL 479, CHEM 110, CHEM 111, CHEM 112, CHEM 113, CHEM 202 or CHEM 210, CHEM 203 or CHEM 213, CHEM 212, EARTH 100, EARTH 103N, EGEE 101, EGEE 102, EMSC 101, FDSC 404, FDSC 405, FDSC 406, FDSC 407, FDSC 408, GEOG 110, GEOG 314, GEOSC 10, KINES 202, MICRB 106, MICRB 107, MICRB 201, MICRB 202, PHYS 250, PHYS 251, PSYCH 260, PSYCH 460, PSYCH 461, PSYCH 462, PSYCH 464, PSYCH 470, PSYCH 473, VBSC 211, VBSC 230, VBSC 231.
- <sup>5</sup> BBH Elective: BBH 203, BBH 251, BBH 302, BBH 305, BBH 315, BBH 324, BBH 325 (only 3 credits of BBH 324 or 325 can be taken), BBH 368, BBH 390A, BBH 402, BBH 407, BBH 410, BBH 416, BBH 417, BBH 432, BBH 446, BBH 451, BBH 452, BBH 458, BBH 468, BBH 469, BBH 470, BBH 490.
- <sup>6</sup> Health Promotion: BBH 416, 417, 495, 497S, CAS 453, HDFS 401, 410, 414, 415, 440, 446, 450, 452, 453, 454, 455, HPA 401, 433, 450, KINES 403, 445, NURS 401, 464, PSYCH 441, 474.

#### **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.

All incoming Schreyer Honors College first-year students at University Park will take ENGL 137H/CAS 137H in the fall semester and ENGL 138T/CAS 138T in the spring semester. These courses carry the GWS designation and satisfy a portion of that General Education requirement. If the student's program prescribes GWS these courses will replace both ENGL 15/ENGL 30H and CAS 100A/CAS 100B/CAS 100C. Each course is 3 credits.

#### **Advising Notes**

#### LIMITATIONS ON SOURCE AND TIME FOR CREDIT ACQUISITION: Per

Senate policy 83-80.5, 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. Most majors in Health and Human Development require students to complete up to 24 credits for the major through courses taken at University Park. Courses taken at other Penn State campuses may not be counted toward this 24 credit minimum.

Within the 30 credits of required General Education Domain courses, students must take 6 credits of **Integrative Studies courses** (Inter-domain or Linked courses). If you need additional clarification, consult with your academic adviser.

# **Career Paths**

Students with a B.S. in Biobehavioral Health have been successful in establishing careers in a variety of fields. Four example areas of employment include: clinical professions in health care, biomedical and pharmaceutical research support, health advocacy and consulting, and public health. Advanced career tracks may require a graduate or professional degree. Students are encouraged to engage in practical learning experiences that complement formal classroom learning. These can include training at the University Health Services or a hospital, working in a research laboratory, and/or a health-related internship or travel experience. Severalengaged learning experience programs available include: 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:
- Clinic Professions in Health care: physician assistant, physician, pharmacist, nurse, health care support staff
- Biomedical and Pharmaceutical Research Support: laboratory manager, study coordinator, research assistant
- Health Advocacy and Consulting: health education specialist, social worker, genetic counselor
- Public Health: public and community health worker, epidemiologist, substance abuse, behavioral disorder, and mental health counselors

MORE INFORMATION ABOUT POTENTIAL CAREER OPTIONS FOR GRADUATES OF THE BIOBEHAVIORAL HEALTH PROGRAM (https:// hhd.psu.edu/bbh/undergraduate/internships-and-career-opportunities/ career-areas-major/career-opportunities/)

## **Opportunities for Graduate Studies**

Depending on your career goals, BBH students might consider completing a graduate degree in biomedical, pharmaceutical or related health services research (e.g., M.S., Ph.D.), a clinical graduate program (e.g., M.D., D.O., P.A., Pharm. D.) or a professional degree in public health, health administration, social work, public policy or administration or law (e.g., M.P.H., M.H.A., M.S.W., M.P.A., M.P.P., J.D.)

MORE INFORMATION ABOUT OPPORTUNITIES FOR GRADUATE STUDIES (https://hhd.psu.edu/bbh/graduate/)

### **Professional Resources**

- · Explore Health Careers (https://explorehealthcareers.org/)
- National Institutes of Health Postbaccalaureate Intramural Research Training Award (https://www.training.nih.gov/research-training/pb/ pb/)
- American Academy of Physical Assistants 5 Tips for Getting into PA School (https://www.aapa.org/news-central/2014/06/5-tips-forgetting-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)
- American Occupational Therapy Association, Inc (https:// www.aota.org/)
- Association of Schools and Programs of Public Health (https:// aspph.org/student-journey/)
- Honoring Diversity in BBH (https://hhd.psu.edu/bbh/honoringdiversity/)

# Contact

## Harrisburg

SCHOOL OF BEHAVIORAL SCIENCES AND EDUCATION Olmsted Building W314 Middletown, PA 17057 717-948-6742 rlp26@psu.edu

https://harrisburg.psu.edu/behavioral-sciences-education/biobehavioralhealth-bs (https://harrisburg.psu.edu/behavioral-sciences-education/ biobehavioral-health-bs/)

## **Greater Allegheny**

4000 University Drive McKeesport, PA 15132 412-675-9140 GA-Academics@lists.psu.edu

https://greaterallegheny.psu.edu/academics/degree-programs/ biobehavioral-health (https://greaterallegheny.psu.edu/academics/ degree-programs/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/)

### **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/pennstate-online-biobehavioral-health-bachelor-of-science-degree (https:// www.worldcampus.psu.edu/degrees-and-certificates/penn-state-onlinebiobehavioral-health-bachelor-of-science-degree/)