APPLIED PSYCHOLOGY
MAJOR: WELLNESS AND PREVENTION OPTION (B.S.)

https://cps.unh.edu/online/program/as/behavioral-science-wellness-prevention-option

Description

The Bachelor of Science degree in Applied Psychology provides an understanding of human behavior within a socio-cultural context. Students explore the variables affecting human behavior within both individual and group settings. The major positions students for either post-college employment or advanced education. The wellness and prevention option introduces students to the key factors that impact the mental and physical well-being of individuals as well as strategies for prevention and health promotion.

Requirements

Degree Requirements

Minimum Credit Requirement: 120 credits

Minimum Residency Requirement: 30 credits must be taken at UNH

Minimum Cumulative GPA: 2.0 is required for conferral*

Core Curriculum Required: General Education Program

Major, Option and Elective Requirements as indicated.

*GPA: Major and any state certification GPA requirements may be higher and are indicated in program details.

A minimum grade of C- is required in all Major coursework. Some programs may have higher grade requirements for Major coursework as noted in the Major requirements section below. Students are allowed a maximum of two course overlaps. Overlaps can be used between Major, Minor, and General Education requirements with only one overlap being utilized between the Major and Minor. Please note that Option requirements are considered part of the Major. Students must complete 16 upper-level credits in majors within the College of Professional Studies, Online.

General Education Program Requirements

A minimum grade of D- is required in all General Education coursework. Students are allowed a maximum of two course overlaps. Overlaps can be used between Major, Minor and General Education requirements with only one overlap being utilized between the Major and Minor.

All General Education requirements, including CRIT 602 Advanced Critical Analysis and Strategic Thinking and IDIS 601 Interdisciplinary Seminar, must be taken prior to the capstone.

Writing Program Requirements

All bachelor’s degree candidates are required to complete four writing intensive courses as part of the University Writing Program Requirements as follows:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENG 420</td>
<td>The Writing Process</td>
<td>4</td>
</tr>
<tr>
<td>One Writing Intensive course in the Major</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>One Writing Intensive course at the 600-level or above</td>
<td>4</td>
<td></td>
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<tr>
<td>One Additional Writing Intensive Course</td>
<td>4</td>
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</tbody>
</table>

Writing Intensive courses are identified with the label “Writing Intensive Course” in the “Attributes” section of the course description and/or a W following the course number.

Major Requirements

Prior to capstone enrollment, students are expected to complete the majority of their required major courses along with CRIT 602 Advanced Critical Analysis and Strategic Thinking and IDIS 601 Interdisciplinary Seminar. Students should consult with their advisor regarding specific major courses that may be completed with their capstone. Academic Advisor approval is required for registration to be processed.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>PSY 410</td>
<td>Introduction to Psychology</td>
<td>4</td>
</tr>
<tr>
<td>or PSY 525</td>
<td>Human Development</td>
<td>4</td>
</tr>
<tr>
<td>PSY 530</td>
<td>Social Psychology</td>
<td>4</td>
</tr>
<tr>
<td>or SOC 662</td>
<td>Men and Women in Cross-Cultural Perpectives</td>
<td>4</td>
</tr>
<tr>
<td>or SOC 601</td>
<td>Society and the Individual</td>
<td>4</td>
</tr>
<tr>
<td>MTH 504</td>
<td>Statistics</td>
<td>4</td>
</tr>
<tr>
<td>IDIS 560</td>
<td>Research Methods in the Behavioral Sciences</td>
<td>4</td>
</tr>
<tr>
<td>BEHS 675</td>
<td>Terrorism: Domestic and International</td>
<td>4</td>
</tr>
<tr>
<td>or BEHS 695</td>
<td>Internship in Behavioral Science</td>
<td>4</td>
</tr>
<tr>
<td>or CRIM 425</td>
<td>Juvenile Justice</td>
<td>4</td>
</tr>
<tr>
<td>or MGMT 666</td>
<td>Organizational Behavior</td>
<td>4</td>
</tr>
<tr>
<td>or PSY 530</td>
<td>Social Psychology</td>
<td>4</td>
</tr>
<tr>
<td>or PSY 602</td>
<td>Theories of Personality</td>
<td>4</td>
</tr>
<tr>
<td>or PSY 603</td>
<td>Crisis Intervention</td>
<td>4</td>
</tr>
<tr>
<td>or PSY 626</td>
<td>Educational Psychology</td>
<td>4</td>
</tr>
<tr>
<td>or PSY 630</td>
<td>Psychology of Adulthood</td>
<td>4</td>
</tr>
<tr>
<td>or PSY 646</td>
<td>Psychology of Occupational Stress</td>
<td>4</td>
</tr>
<tr>
<td>or PSY 654</td>
<td>Counseling Theories</td>
<td>4</td>
</tr>
<tr>
<td>or PSY 665</td>
<td>Principles of Assessment</td>
<td>4</td>
</tr>
<tr>
<td>or PSY 685</td>
<td>Principles of Psychopathology</td>
<td>4</td>
</tr>
<tr>
<td>or SLA 506</td>
<td>Language Acquisition</td>
<td>4</td>
</tr>
<tr>
<td>or SOCI 675</td>
<td>Child Abuse and Neglect</td>
<td>4</td>
</tr>
<tr>
<td>or SOCS 602</td>
<td>Men and Women in Cross-Cultural Perspectives</td>
<td>4</td>
</tr>
</tbody>
</table>
Applied Psychology Major: Wellness and Prevention Option (B.S.)

**Advanced Courses**

- **PSY 725** Cognitive Psychology 4
- **PSY 740** Biopsychology 4

**Option in Wellness and Prevention**

- **HLTC 560** Health Behaviors: Theoretical Foundations for Health Education 4
- **HLTC 720** Health Program Planning and Evaluation 4
- **SCI 502** Nutrition and Health 4

Select one of the following: 4

- **SCI 550** Wellness and the Human Body
- **SCI 604** Principles of Exercise Science
- **SCI 615** Fitness and Health

**Integrative Capstone**

- **PSY 795** Integrative Capstone: Internship in Applied Psychology 4
- or **PSY 797** Integrative Capstone: Project in Applied Psychology

**Total Credits** 56

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**Electives**

Open electives are courses students will need to take in addition to their general education and major requirements in order to satisfy the remaining credit totals for their programs. Open electives are defined as any credit course offered by the College not already included in the student’s general education, major, option or minor. Students will need 120 credits total to graduate with a bachelor’s degree from the Online Division of the College of Professional Studies.

**Degree Plan**

This degree plan is a sample and does not reflect the impact of transfer credit or current course offerings. UNH CPS Online undergraduate students should develop individual academic plans with their academic advisor during their first year at UNH.

**Sample Course Sequence**

**First Year**

**Fall**

- **ENG 420** The Writing Process 4
- **PSY 410** Introduction to Psychology 4
- General Education Course 4
- Elective 4

**Credits** 16

**Spring**

- **COM 460** Interpersonal Communication and Group Dynamics 4
- **CRIT 501** Introduction to Critical Inquiry 4
- **MTH 402** Math for Our World 4
  or **MTH 504** or Statistics
  or **MTH 510** or Pre-Calculus
- **PSY 470** Child Development 4
  or **PSY 525** or Human Development

**Credits** 16

**Second Year**

**Fall**

- **COM 480** Visual Communication 4
- **MTH 504** Statistics 4
- **PSY 530** Social Psychology 4
  or **SOSC 602** or Men and Women in Cross-Cultural Perspectives
  or **SOCI 601** or Society and the Individual

**Credits** 16

**General Education Course** 4

**Third Year**

**Fall**

- **CRIT 602** Advanced Critical Analysis and Strategic Thinking 4
- **HLTC 560** Health Behaviors: Theoretical Foundations for Health Education 4
- **SCI 502** Nutrition and Health 4
- **Elective** 4

**Credits** 16

**Spring**

- **HLTC 720** Health Program Planning and Evaluation 4
- **SCI 550** Wellness and the Human Body 4
  or **SCI 604** or Principles of Exercise Science
  or **SCI 615** or Fitness and Health
- **PSY 725** Cognitive Psychology 4
- **Elective** 4

**Credits** 16

**Fourth Year**

**Fall**

- **IDIS 601** Interdisciplinary Seminar 4
- **PSY 740** Biopsychology 4
- **Elective** 4
- **Elective** 4

**Credits** 16

**Spring**

- **PSY 797** or **PSY 795** Integrative Capstone: Project in Applied Psychology 4
  or Integrative Capstone: Internship in Applied Psychology
- **Elective** 4

**Credits** 8

**Total Credits** 120

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**Student Learning Outcomes**

- Differentiate and critically analyze biological, developmental, cognitive, and sociocultural theories that provide an understanding of behavior and communicate this knowledge effectively.
- Use computer technology, as well as quantitative and scientific reasoning, to function as informed consumers of psychological research.
- Apply ethical principles that guide and inform the conduct of research and clinical practice.