

# 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. 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.

Code	Title	Credits
ENG 420	The Writing Process	4
COM 460	Interpersonal Communication and Group Dynamics	4
COM 480	Visual Communication	4
CRIT 501	Introduction to Critical Inquiry	4
Select one of the following:		
MTH 402	Math for Our World	4

MTH 504	Statistics	
MTH 510	Pre-Calculus	
Knowledge of Human Behavior & Social Systems		4
Knowledge of the Physical & Natural World		4
Knowledge of Human Thought & Expression		4
CRIT 602	Advanced Critical Analysis and Strategic Thinking	4
IDIS 601	Interdisciplinary Seminar	4
<b>Total Credits</b>		<b>40</b>

## 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:

Code	Title	Credits
ENG 420	The Writing Process	
One Writing Intensive course in the Major		
One Writing Intensive course at the 600-level or above		
One Additional Writing Intensive Course		

*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.

Code	Title	Credits
<b>Major in Applied Psychology</b>		
<i>Foundation Courses</i>		
PSY 410	Introduction to Psychology	4
PSY 470	Child Development	4
or PSY 525	Human Development	
PSY 530	Social Psychology	4
or SOSOC 602	Men and Women in Cross-Cultural Perspectives	
MTH 504	Statistics	4
<i>Intermediate Courses</i>		
PSY 602	Theories of Personality	4
or PSY 685	Principles of Psychopathology	
IDIS 560	Research Methods in the Behavioral Sciences	4
<b>Major Electives</b>		
Select one of the following:		
BEHS 675	Terrorism: Domestic and International	
or BEHS 695	Internship in Behavioral Science	
or CRIM 425	Juvenile Justice	
or MGMT 566	Organizational Behavior	
or PSY 530	Social Psychology	
or PSY 602	Theories of Personality	
or PSY 603	Crisis Intervention	
or PSY 626	Educational Psychology	
or PSY 630	Psychology of Adulthood	
or PSY 646	Psychology of Occupational Stress	
or PSY 654	Counseling Theories	
or PSY 665	Principles of Assessment	
or PSY 685	Principles of Psychopathology	
or SLA 506	Language Acquisition	
or SOCI 675	Child Abuse and Neglect	
or SOSOC 602	Men and Women in Cross-Cultural Perspectives	
<i>Advanced Courses</i>		
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	
<b>Total Credits</b>		<b>56</b>

## 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		
<b>Fall</b>		
ENG 420	The Writing Process	4
PSY 410	Introduction to Psychology	4
General Education Course		4
Elective		4
<b>Credits</b>		<b>16</b>
<b>Spring</b>		
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	
<b>Credits</b>		<b>16</b>
<b>Second Year</b>		
<b>Fall</b>		
COM 480	Visual Communication	4
MTH 504	Statistics	4
PSY 530	Social Psychology	4
or SOSO 602	or Men and Women in Cross-Cultural Perspectives	
General Education Course		4
<b>Credits</b>		<b>16</b>

Spring		
IDIS 560	Research Methods in the Behavioral Sciences	4
PSY 602	Theories of Personality	4
or PSY 685	or Principles of Psychopathology	
Major Elective		4
General Education Course		4
<b>Credits</b>		<b>16</b>

Third Year		
<b>Fall</b>		
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
<b>Credits</b>		<b>16</b>

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
<b>Credits</b>		<b>16</b>

Fourth Year		
<b>Fall</b>		
IDIS 601	Interdisciplinary Seminar	4
PSY 740	Biopsychology	4
Elective		4
Elective		4
<b>Credits</b>		<b>16</b>

Spring		
PSY 797	Integrative Capstone: Project in Applied Psychology	4
or PSY 795	or Integrative Capstone: Internship in Applied Psychology	
Elective		4
<b>Credits</b>		<b>8</b>
<b>Total Credits</b>		<b>120</b>

## 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.