

# BEHAVIORAL SCIENCE MAJOR: WELLNESS AND PREVENTION OPTION (A.S.)

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

## Description

The Associate in Science in Behavioral Science provides an interdisciplinary approach to understanding human behavior within a global world view. Foundation courses at an associate level introduce behavioral science students to the biological, psychological, social, and cultural variables of human behavior. This degree prepares students for a smooth transition to the B.S. in Applied Psychology, Health & Wellness, Human Services, or Criminal Justice. 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:** 60 credits

**Minimum Residency Requirement:** 16 credits must be taken at UNH

**Minimum GPA:** 2.0 required for conferral\*

**Core Curriculum Required:** General Education Program

Major, Option, and Elective Requirements as indicated.

*\*Major GPA requirements as indicated.*

### General Education Program Requirements

A minimum grade of D- is required in all General Education coursework. Students are allowed a maximum of one course overlap between the Major and General Education areas.

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:		4
MTH 402	Math for Our World	
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
<b>Total Credits</b>		<b>32</b>

## Major Requirements

A minimum grade of C- is required in all Major and Option coursework. Students are allowed a maximum of one course overlap between the Major/Option and General Education areas.

Code	Title	Credits
<b>Major in Behavioral Science</b>		
PSY 410	Introduction to Psychology	4
PSY 525	Human Development	4
SOCI 410	Introduction to Sociology	4
<b>Option in Wellness &amp; Prevention</b>		
HLTC 560	Health Behaviors: Theoretical Foundations for Health Education	4
SCI 502	Nutrition and Health	4
Select one of the following:		4
SCI 490	Human Biology	
SCI 508	Issues in Women's Health	
SCI 509	Disease Prevention and Health Promotion	
<b>Total Credits</b>		<b>24</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, concentration or minor. Students will need 60 credits total to graduate with an associate degree.

## 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		Credits
<b>Fall</b>		
COM 460	Interpersonal Communication and Group Dynamics	4
ENG 420	The Writing Process	4
PSY 410	Introduction to Psychology	4
SOCI 410	Introduction to Sociology	4
<b>Credits</b>		<b>16</b>
<b>Spring</b>		
CRIT 501	Introduction to Critical Inquiry	4
Select one of the following:		4
MTH 402	Math for Our World	
MTH 504	Statistics	
MTH 510	Pre-Calculus	
SCI 502	Nutrition and Health	4
General Education Course		4
<b>Credits</b>		<b>16</b>
<b>Second Year</b>		
<b>Fall</b>		
COM 480	Visual Communication	4

HLTC 560	Health Behaviors: Theoretical Foundations for Health Education	4
PSY 525	Human Development	4
General Education Course		4
<b>Credits</b>		<b>16</b>
<b>Spring</b>		
Select one of the following:		4
SCI 490	Human Biology	
SCI 508	Issues in Women's Health	
SCI 509	Disease Prevention and Health Promotion	
General Education Course		4
Elective		4
<b>Credits</b>		<b>12</b>
<b>Total Credits</b>		<b>60</b>

## Student Learning Outcomes

- Attain proficiency in the basic concepts, theories, and methods of inquiry in behavioral sciences.
- Evaluate ethical principles of the behavioral sciences.
- Prepare for seamless transition to the Bachelor of Science in Applied Psychology, Health & Wellness, Human Services, or Criminal Justice.