

BIOBEHAVIORAL HEALTH, B.S. (CAPITAL)

Seven Penn State campuses are scheduled for closure after Spring 2027: DuBois, Fayette, New Kensington, Mont Alto, Shenango, Wilkes-Barre, and York. New students are not being admitted at these campuses.

Begin Campus: Any Penn State Campus

End Campus: Harrisburg

Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2026-27 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*	3 BIOL 161**†	3
BIOL 110**†	4 BIOL 162 (Recommended Basic Science) ⁴	1
ENGL 15, 15S, 30T, or ESL 15 [‡]	3 HDFS 129, 229, 239, or 249N [†]	3
PSYCH 100*	3 Health and Developmental Science ¹	3
General Education Course (GH)	3 General Education Course (GA)	3
PSU First Year Seminar	1 General Education Course (GQ) [‡]	3
	17	16

Second Year

Fall	Credits Spring	Credits
BBH 311 or 316*	3 BBH 301W, PHIL 110, or PHIL 132 (Ethics)	3
BIOL 163**#	3 BBH 316 or 311*	3
BIOL 164 (Recommended Basic Science) ⁴	1 NUTR 251 [†]	3
STAT 200 or 250**††	3-4 CAS 100A or 100S [‡]	3
Health and Developmental Science ¹	3 CHEM 101, 110, MICRB 106, or BIOL 230W ^{*2}	3-4
University-Wide Offerings ³	3	
	16-17	15-16

Third Year

Fall	Credits Spring	Credits
ENGL 202A, 202B, 202C, or 202D (202A recommended) [‡]	3 BBH 310*	3
Basic Science ⁴	3 BIOL 133, 222, or BBH 210 [†]	3
BBH Elective ^{*5}	3 General Education Course (GH)	3
BBH Elective ^{*5}	3 BBH Elective ^{*5}	3
Health and Developmental Science ¹	3 University-Wide Offerings ³	3
	15	15

Fourth Year

Fall	Credits Spring	Credits
BBH 440*	3 BBH 411W*	3
BBH Elective ^{*5}	3 General Education Course (GA)	3
Basic Science ⁴	3 Basic Science ⁴	3
Health Promotion ⁶	3 BBH Elective ^{*5}	3
University-Wide Offerings ³	3 University-Wide Offerings ³	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

¹ 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.

² CHEM 101 will no longer be offered at University Park. Students may take CHEM 130 instead of CHEM 101.

³ 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).

⁴ 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.

⁵ 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.

⁶ 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.

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.

Biobehavioral Health, B.S. (3-Year Fast-Track) at Harrisburg Campus

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First Year

Fall	Credits Spring	Credits Summer	Credits
BBH 101 [*]	3 BIOL 110 (GN) ^{*,†}	4 General Education Course (Inter-Domain and US or IL Cultures)	3
BIOL 161 (GN) ^{*,†}	3 BIOL 163 (GN) ^{*,#}	3 General Education Course (GWS) (CAS 100 recommended) [†]	3
BIOL 162 (Recommended Basic Science Course for Health Professions) ⁴	1 BIOL 164 (Recommended Basic Science Course for Health Professions) ⁴	1 General Education Course (GQ)	2-3
General Education Course (GWS) (ENGL 15S, ENGL 30T, or ESL 15S recommended) [†]	3 HDFS 129, 229, 239, or 249N (GS) [†]	3 Basic Science ⁴	3
General Education Course (GA)	3 Health and Developmental Science ¹	3 BBH Additional 2XX-4XX level	3
General Education Course (GH)	3 PSYCH 100 (GS) [*]	3	
	16	17	15-14

Second Year

Fall	Credits Spring	Credits Summer	Credits
BBH 316 [*]	3 BBH 301W	3 BBH Additional 2XX-4XX level	3
STAT 200 or 250 (GQ) ^{*,†}	3-4 BBH 311 [*]	3 University-Wide Offerings ³	3
Health and Developmental Science ¹	3 NUTR 251 (GHW) [†]	3 University-Wide Offerings ³	3
Life Science	3 BBH 416 (Health Promotion)	3	
Basic Science ⁴	3 University-Wide Offerings ³	3	

General Education Course (GWS) (ENGL 202A recommended) [†]	3 General Education Course (Interdomain and US or IL Cultures)	3
18-19	18	9
Third Year		
Fall	Credits Spring	Credits
BBH 210, BIOL 133, or BIOL 222 [†]	3 BBH 411W [*]	3
BBH 440 [*]	3 BBH 302 [*]	3
BBH 310 or 310H [*]	3 BBH Additional 4XX level	3
BBH Additional 4XX level	3 University-Wide Offerings ³	3
Health and Developmental Science ¹	3 Basic Science ⁴	3
15	15	

Total Credits 123

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¹ 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.

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⁴ 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.

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