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World Campus

Bachelor of Science in
Biobehavioral Health

TABLE OF CONTENTS

Online Bachelor of Science in Biobehavioral Health.....	3	Career Opportunities for Graduates.....	5
Biobehavioral Health Curriculum.....	4	Frequently Asked Questions.....	6
		Begin Your Application Today.....	7



“Students of Biobehavioral Health have the exciting opportunity to explore how behavior and physical health interact with one another across the life span. This innovative area of study is at the forefront of every health-related field and is relevant not only in the United States but on a global scale. Our virtual program gives students access to the same outstanding faculty who teach in the physical classroom and who conduct research around the world to improve health outcomes for families, individuals, and communities.

“I invite you to consider how a Penn State degree in Biobehavioral Health could lead to interesting career opportunities in a wide array of health-related fields ranging from clinical occupations (nurse, physician assistant, etc.) to community, school, and work site health promotion, to public health and policy at the local, state, national, and international level.”

—Roger McCarter, Ph.D.
Professor and Interim Department Head,
Biobehavioral Health



Online Bachelor of Science in Biobehavioral Health

As concerns continue to rise about the quality of human health on a global scale, new career opportunities emerge for professionals trained to explore and address the complex factors influencing health. Biobehavioral Health (BBH) is an innovative interdisciplinary program that focuses on the science that drives health promotion, disease prevention, and the elimination of health disparities.

Penn State's online Bachelor of Science in Biobehavioral Health gives you the opportunity to study the science behind health through a combined emphasis on human development and human health. You can learn about the connections between biology, behavior, social/cultural influences, and environmental factors as they relate to health, and how health status can impact other areas of an individual's life.

This 120-credit bachelor's degree program in the Department of Biobehavioral Health is one of the degrees offered by the College of Health and Human Development, delivered through the Penn State World Campus. The department has a reputation for taking science in new directions with an engaged, global faculty that ranges from geneticists to community health professionals.

With our online courses, you can study whenever and wherever it suits you, as you prepare for more challenging—and possibly higher-paying—positions. Our online learning format gives you the flexibility to continue working at your current job while you earn a high-quality Penn State degree.

To learn more about the Bachelor of Science in Biobehavioral Health, visit:

worldcampus.psu.edu/bbh



Biobehavioral Health Curriculum

The curriculum in Penn State's online Bachelor of Science in Biobehavioral Health is designed to give you the breadth of knowledge needed to understand health and wellness by fully exploring the science behind health.

While you're pursuing this innovative degree, with classes in biobehavioral health, biology, epidemiology, physiology, nutrition, genetics, and statistics, you will have the opportunity to learn from an interdisciplinary team of world-class scientists who contribute to the unique nature of this program.

Upon successful completion of the course work, you should be able to:

- describe and understand the fundamental biological, behavioral, social, cultural, and environmental processes that influence health and disease
- explain how the fundamental processes underlying health and disease can interact to produce individual differences in health and health disparities among groups
- critically evaluate current empirical research on health and disease, explaining implications and limitations to the lay public
- understand and apply ethical principles in the conduct of research and professional practice, as well as in the analysis and implementations of health-related policies
- plan, implement, and evaluate health promotion/disease prevention programs for diverse populations

To view the full course list, visit:

worldcampus.psu.edu/bbh-courses



Career Opportunities for Graduates

Due to the growing need for professionals who have been trained to identify and solve problems in health care, the Bachelor's Degree in Biobehavioral Health can help prepare you for positions in a wide range of health-related settings:

► **Public Health**

By applying your studies to focus on disease or injury prevention in government research programs, you can help identify health concerns facing a population and how an epidemic can be averted.

► **Community Health Promotion**

With the degree in Biobehavioral Health, you would be well prepared to work within the more social aspect of health to bring health awareness to light for others. You could manage community-wide education initiatives on health topics ranging from nutrition and fitness to injury and disease prevention.

► **Employee/Corporate Health**

With an ever-increasing focus on health promotion and intervention programs,

the knowledge you gain in this Biobehavioral Health program could help companies keep their employees healthy. Or, you could choose to focus your career on being an advocate for patients in a health system or health plan.

► **Sales and Marketing**

As a professional with a strong background in the science of health, you could find success as a biomedical product representative or as a sales representative for technical and scientific products.

► **Clinical**

The course work in this degree program can give you the skills and knowledge to work in a clinical setting as a research assistant, laboratory manager, or medical records and health information technician. This undergraduate program can also prepare you for graduate school or advanced clinical training.



Frequently Asked Questions

► Why is Penn State the best choice for me?

Collaboration:

Penn State has many years of experience providing global access to a real university education, so you can be assured that the course content provides far more than a textbook on a screen. The online BBH program is a collaboration between Penn State World Campus and Penn State's Department of Biobehavioral Health in the College of Health and Human Development. The partnership connects you with outstanding faculty who can help you integrate knowledge about the science of human health and wellness from many perspectives.

Flexibility and convenience:

Penn State knows that adults need flexible and convenient learning options in order to continue meeting their professional and personal commitments. You can take courses when and where you please, earning your degree at your own pace.

Reputation:

Penn State is universally regarded as one of the finest educational institutions in the United States. Putting a Penn State degree or certificate on your résumé is a great way to broaden your career options and prove to current and potential employers that you are a well-educated professional.

► What types of student support are available?

As a distance education pioneer, Penn State has developed a nationally recognized support system for students who are geographically removed from campus. With our amazing team of academic advisers, technical support experts, customer service representatives, and Penn State instructors, we'll help you get where you want to go—successfully—through your entire educational journey.

► Can I obtain financial aid to pay for my courses?

Penn State realizes that one of the greatest challenges of returning to school is the cost. That's why our advisers have been trained to help you make the most of the financial aid options and opportunities available to you. Visit worldcampus.psu.edu/tuition-and-financial-aid for additional details.

► Is this the real Penn State?

Yes. The Penn State World Campus was launched in 1998 as Penn State's virtual campus administered online. It has since grown into one of the most highly regarded online campuses in the world—extending Penn State's long-standing reputation as a leader in distance education into the twenty-first century. No distinction will be made on your official Penn State diploma that your courses were completed at a distance. The credits you receive are exactly the same as those awarded to on-campus students.

Begin Your Application Today

How to Begin

1. Visit worldcampus.psu.edu/bbh.
2. Click the “Apply Now” button to access your application.

Application Materials

- Complete online application form and fee
- Official high school transcripts or GED transcript
- Official military transcripts (if applicable)
- Official college or university transcripts (if you attended another institution)
- TOEFL or IELTS score (if applicable)



Please visit our website for a more detailed description of the requirements and procedure:

worldcampus.psu.edu/admissions

Did You Know?

- ▶ In 2016, *U.S. News & World Report* ranked Penn State World Campus as No. 1 in the country for having the best online bachelor’s degree programs, as well as having the best online undergraduate programs for veterans.
- ▶ Our online courses involve frequent interactions between students and with instructors.
- ▶ Penn State degrees earned online are identical to those earned on campus.

For More Information

Contact Us

pennstateonline@psu.edu

worldcampus.psu.edu

800-252-3592 (toll free within the United States)

814-865-5403 (local and international)

814-865-3290 Fax

Student Services Hours

(inquiries and registration)

8:00 a.m.–9:30 p.m. ET Monday–Thursday

8:00 a.m.–5:00 p.m. ET Friday

Closed Saturday and Sunday

Admissions Counseling Hours

8:00 a.m.–8:00 p.m. ET Monday–Thursday

8:00 a.m.–5:00 p.m. ET Friday

Closed Saturday and Sunday



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