

Date Submitted: 04/03/24 2:58 pm

Viewing: BS-BEHW-1 : Bachelor of Science in Behavioral Health and Wellness

Last approved: 10/23/20 7:25 pm

Last edit: 04/03/24 2:57 pm

Changes proposed by: nlegate

In Workflow

1. PSYC Chair
2. Academic Affairs
3. Undergraduate Academic Affairs
4. LS Dean
5. Undergraduate Studies Committee Chair
6. Faculty Council Chair
7. Academic Affairs

History

1. Oct 24, 2017 by clmig-jwehrheim
2. Nov 3, 2017 by Sarah Pariseau (sparisea)
3. Apr 27, 2018 by Sarah Pariseau (sparisea)
4. Jun 19, 2018 by Sarah Pariseau (sparisea)
5. Mar 29, 2019 by Sarah Pariseau (sparisea)
6. May 4, 2020 by Jennifer Miller (jmille38)
7. Oct 23, 2020 by Holli Pryor-Harris (pryor)

Catalog Pages Using this Program	Bachelor of Science in Behavioral Health and Wellness
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Program Status	Active			
Requestor	Name	Nicole Legate Holli Pryor-Harris	E-mail	nlegate@iit.edu pryor@iit.edu
Origination Date	2024-4-3 2020-10-23			
Is this an interdisciplinary program?	No			
Academic Unit	Psychology	College	Lewis College of Science and Letters	
Program Title	Bachelor of Science in Behavioral Health and Wellness			
Effective Academic Year	2024 2020 - 2025	Effective Term	Spring 2025	
Academic Level	Undergraduate			
<p><i>If all courses in a subject in your department are required, please enter each subject followed by the number ranges in the "Quick Add" field in the pop up box when you click the green plus button below. For example: ARCH 100-499.</i></p>				
What courses will factor the major GPA?				
Program Type	Degree			
Degree Type	Bachelor of Science (BS)			
CIP Code	42.2801 - Clinical Psychology.			
Is there more than one Academic Unit proposer?	No			
Program Code	BS-BEHW-1			
Program Attribute				
Total Program Credit Hours	126 120			
Rationale for change in program credit hours.	<p><u>The university has moved to a minimum of 120 credit hours for BS programs, and we are reducing the number of free elective credits in this program to have this degree's minimum requirements be in line with the new university policy.</u></p>			
Please provide a summary and rationale for the requested program revision.	<p>Based on advice of Michael Peismajer, MATH119 is not appropriate for Behavioral Health Wellness Majors, so we are changing the level to MATH122 or above. The BS in Behavioral Health and Wellness requires 15-18 free electives and we are also reducing that number by 6 the minimum credits of Math from 8 credits to have the 7 credits, to bring this degree be program in line with the new minimum required credits. BS in Psychological Science and because the combination of PSYC 203 (4 credits) and MATH122 or above (typically MATH130/131; 3 credits) will appropriately prepare students for this degree program: 10/23/2020 Updated program iteration code and effective CAT year/term for College Reorg:HPH</p>			

Program Narrative and Justification

Narrative description of how the institution determined the need for the program. For example, describe what need this program will address and how the institution became aware of that need. If the program is replacing a current program(s), identify the current program(s) that is being replaced by the new program(s) and provide details describing the benefits of the new program(s). If the program will be offered in connection with, or in response to, an initiative by a governmental entity, provide details of that initiative.

Narrative description of how the program was designed to meet local market needs, or for an online program, regional or national market needs. For example, indicate if Bureau of Labor Statistics data or State labor data systems information was used, and/or if State, regional, or local workforce agencies were consulted. Include how the course content, program length, academic level, admission requirements, and prerequisites were decided; including information received from potential employers about course content; and information regarding the target students and employers.

Narrative description of any wage analysis the institution may have performed, including any consideration of Bureau of Labor Statistics wage data related to the new program.

Narrative description of how the program was reviewed or approved by, or developed in conjunction with, one or more of the following: a) business advisory committees; b) program integrity boards; c) public or private oversight or regulatory agencies (not including the state licensing/authorization agency and accrediting agency); and d) businesses that would likely employ graduates of the program. For example, describe the steps taken to develop the program, identify when and with whom discussions were held, provide relevant details of any proposals or correspondence generated, and/or describe any process used to evaluate the program.

Admission Entry Details

What are the enrollment estimates?

Year 1 Year 2 Year 3

Attach Additional
Program
Justification
Document(s)

Academic Information

Advising

Since quality advising is a key component of good retention, graduation, and career placement, how will students be mentored? What student professional organizations will be formed? How will the department work with the Career Services office to develop industry connections?

Program Resources

Which program
resources are
necessary to offer
this program?

Proposed Catalog Entry

Admission
Requirements

Course Requirements

Required Courses

Behavioral Health and Wellness Requirements	(27-28)
Select one of the following:	2-3
PSYC 100 Introduction to the Profession	3
LCHS 100 Introduction to the Professions	2
SSCI 100 Introduction to the Profession	3

PSYC 221	Introduction to Psychological Science	3
PSYC 330	Health Psychology	3
PSYC 204	Research Methods in Behavioral Science	4
PSYC 310	Social Psychology	3
or SOC 208	Social Psychology and Society	
PSYC 409	Psychological Testing	3
or SSCI 480	Introduction to Survey Methodology	
SOC 200	Introduction to Sociology	3
SSCI 321	Social Inequality	3
Select one of the following:		3
COM 421	Technical Communication	3
COM 428	Verbal and Visual Communication	3
COM 435	Intercultural Communication	3
Behavioral Health and Wellness Electives		(30)
Complete an area of specialization (15 credit hours), three credit hours from each of the remaining specializations and nine credit hours of Behavioral Health & Wellness electives ^{1,2}		30
Mathematics Requirements		(7)
PSYC 203	Undergraduate Statistics for the Behavioral Sciences	4
Mathematics Elective ³		3
Capstone Project		(3)
Select three credit hours		3
Computer Science Requirement		(2)
CS 105	Introduction to Computer Programming	2
or CS 110	Computing Principles	
Natural Sciences Requirements		(10-11)
See Illinois Tech Core Curriculum, section D		10-11
Interprofessional Projects (IPRO)		(6)
See Illinois Tech Core Curriculum, section E		6
Humanities and Social Sciences Requirements		(21)
See Illinois Tech Core Curriculum, sections B and C		21
Free Electives		(12-15)
Select 15-18 credit hours²		15-18
<u>Select 12-15 credit hours²</u>		<u>12-15</u>

Minimum degree credits required: **120**

¹ Specializations in Health Psychology, Public Health, or Nutrition require 15 credit hours in the area of specialization and at least three credit hours from each of the other two specializations. The remaining nine credit hours may be taken from any of the three specializations or from the list of other Behavioral Health and Wellness electives. Please see the Specializations tab on this page.

² A maximum of three credit hours of [PSYC 497](#) can be earned in any given semester. A maximum of six credit hours of [PSYC 497](#) can be applied as behavioral health and wellness electives. Additional [PSYC 497](#) credit hours may be applied as free electives.

³ At the level of MATH 122 or above.

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Sample
Curriculum/Program
Requirements

Bachelor of Science in Behavioral Health and Wellness Curriculum

Semester 1	Credit Hours	Semester 2	Year 1	Credit Hours
PSYC 100¹	3	SOC 200		3
PSYC 221	3	SSCI 321		3

Science Elective ²	3	Science Elective ²	3
Science Lab Elective ²	1	Science Lab Elective ²	1
Mathematics Elective ³	3	Mathematics Elective ³	3
Humanities 200-level Course	3	Social Sciences Elective	3
	16		16
		Year 2	
Semester 1	Credit Hours	Semester 2	Credit Hours
PSYC 203	4	PSYC 204	4
PSYC 310 or SOC 208	3	PSYC 330	3
Science Elective ²	3	Specialization Elective ⁴	3
Humanities or Social Sciences Elective	3	Humanities Elective (300+)	3
Social Sciences Elective (300+)	3	Social Sciences Elective (300+)	3
	16		16
		Year 3	
Semester 1	Credit Hours	Semester 2	Credit Hours
PSYC 409 or SSCI 480	3	Specialization Elective ⁴	3
CS 105 or 110	2	Behavioral Health and Wellness Elective ⁴	3
Specialization Elective ⁴	3	Behavioral Health and Wellness Elective ⁴	3
Behavioral Health and Wellness Elective ⁴	3	IPRO Elective	3
Free Elective	3	Humanities Elective (300+)	3
Free Elective	3		
	14		15
		Year 4	
Semester 1	Credit Hours	Semester 2	Credit Hours
COM 421 ⁵	3	PSYC 485 ⁶	3
Behavioral Health and Wellness Elective ⁴	3	Behavioral Health and Wellness Elective ⁴	3
Specialization Elective ⁴	3	Specialization Elective ⁴	3
IPRO Elective	3	Free Elective	3
Free Elective	3	Free Elective	3
	12		15

Total Credit Hours: 120

1

Select from the following courses: [PSYC 100](#), [LCHS 100](#), or [SSCI 100](#).

2

At least one biology course is required. Recommended courses are [BIOL 105](#), [BIOL 114](#), [BIOL 117](#), and ([PHYS 200](#) or [CHEM 124](#)).

3

Mathematics elective requirement is satisfied by at least four credit hours at the level of [MATH 119](#) or above.

4

See Specializations tab for Behavioral Health and Wellness specializations and Behavioral Health and Wellness electives.

5

Students may substitute [COM 428](#) or [COM 435](#).

6

Topic must be approved by the adviser.

Specialization
Requirements

Behavioral Health and Wellness Specializations

Students must complete 15 credit hours from one area of specialization (Health Psychology, Public Health, or Nutrition) and at least three credit hours from each of the other two specializations. The remaining nine credit hours may be taken from any of the three specializations or from the following list of other Behavioral Health and Wellness electives.

Health Psychology

A minimum of 15 credit hours is required for this specialization.

PSYC 303	Introduction to Psychopathology	3
PSYC 312	Human Motivation and Emotion	3
PSYC 360	Clinical Psychology: Assessment and Treatment	3
PSYC 370	Health and Safety at Work	3
PSYC 380	Topics in Psychology ¹	3
PSYC 381	Topics in Psychology ¹	3
PSYC 414	Neural and Biological Bases of Behavior	3
PSYC 435	Child Development	3
PSYC 436	Adult Development	3
PSYC 460	Child and Adolescent Disorders	3
PSYC 465	Behavior Change Principles and Practice	3

1

Seminar and Topics courses may be used as electives if the topic is relevant to behavioral health and wellness. These courses may be taken more than once to total the 15 credit hours required for the Public Health specialization, if different topics are offered. Adviser approval required.

Nutrition

A minimum of 15 credit hours is required for this specialization.

FDSN 201	Nutrition and Wellness	3
FDSN 300	Nutrition Through the Life Cycle	3
FDSN 301	Exploring Food Science & Tech	3
FDSN 401	Nutrition, Metabolism, and Health	3
FDSN 405	Food and Behavior	3

Public Health

A minimum of 15 credit hours is required for this specialization.

PSYC 350	Prejudice and Stigma	3
SOC 385	Topics in Sociology	3
SSCI 225	Introduction to Geographic Information Systems	3
SSCI 318	Global Health	3
SSCI 319	Comparative Health Systems	3
SSCI 325	Intermediate Geographic Information Systems	3
SSCI 385	Special Topics ¹	3
SSCI 486	Program Evaluation	3

¹ Seminar and Topics courses may be used as electives if the topic is relevant to behavioral health and wellness. These courses may be taken more than once to total the 15 credit hours required for the Public Health specialization, if different topics are offered. Adviser approval required.

Other Behavioral Health and Wellness Electives

BIOL 305	Human Anatomy	3
BIOL 430	Human Physiology	3
PSYC 301	Industrial Psychology	3
PSYC 320	Applied Correlation and Regression	3
PSYC 370	Health and Safety at Work	3
PSYC 410	Introduction to Rehabilitation and Mental Health Counseling	3
PSYC 411	Medical Aspects of Disabling Conditions	3
PSYC 412	Multicultural and Psychosocial Issues in Rehabilitation and Mental Health Counseling	3
PSYC 423	Learning Theory	3
PSYC 455	Development and Evaluation of Training in Organizations	3

Program Outcomes and Assessment Process

What are your learning objectives in this program? Please list each learning objective in the boxes below:

Note: These should be the same as described in your assessment plan at the bottom of this form.

1. Demonstrate knowledge of core areas of Behavioral Health and Wellness:
 - a) Principles of designing and implementing behavior change programs for a variety of health related behaviors;
 - b) Cultural and community-specific tailoring of behavioral health interventions;
 - c) Fundamentals of public health policy analysis and advocacy.
2. Effectively communicate health-promotion information to both professional and lay audiences.
3. Gather and analyze information regarding individual and community health needs, and to use this information to guide program development.

Upload your assessment plan here: [2023-24 Assessment Report BEHW.pdf](#)

Undergraduate Program Requirements

What courses will factor the major GPA?

Undergraduate Degree Requirements

Minimum credit hours 120 ~~126~~

Specialization required? Yes

Notes about specialization requirement

Minor required? No

Proposed General Curriculum

Degree credit hours required 120 ~~126~~

Specialization credit hour requirement 15

List Major Course Requirements

List Mathematics Requirements

List Science Requirements

List Computer Science Requirements

List Humanities and Social Sciences Requirements

List Interprofessional Project (IPRO) Requirements

List Technical Elective Course Options

List Free Elective Credit Hours (if applicable) 12 ~~15~~

Semester-by-semester plan of study for the degree program

Specialization

Reviewer
Comments

Key: 25