

Date Submitted: 05/30/24 2:53 pm

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

Last approved: 05/07/24 1:40 pm

Last edit: 05/30/24 2:53 pm

Changes proposed by: amoller

Catalog Pages  
Using this Program  
[Bachelor of Science in Behavioral Health and Wellness](#)

## 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

## Approval Path

1. 05/30/24 3:41 pm  
Jonathan Larson (larsonjon):  
Approved for PSYC Chair
2. 06/13/24 12:44 pm  
Ayesha Qamer (aqamer): Approved for Academic Affairs
3. 06/13/24 12:47 pm  
Joseph Gorzkowski (jgorzkow):  
Approved for Undergraduate Academic Affairs
4. 06/27/24 10:18 am  
Jennifer deWinter (jdewinter):  
Approved for LS Dean
5. 11/26/24 4:43 pm  
Kathiravan Krishnamurthy (kkrishn2):  
Approved for Undergraduate Studies Committee Chair

|  |   |  |        |
|--|---|--|--------|
| Program Status                           | Active  |  |        |
| Is this a significant curriculum change? |   |  |        |
| Requestor                                | Name  | <a href="#">Arlen Moller</a> <del>Nicole Legate</del>  | E-mail |
|  |   | <a href="mailto:amoller@iit.edu">amoller@iit.edu</a> <del><a href="mailto:nlegate@iit.edu">nlegate@iit.edu</a></del> |        |
| Origination Date                         | <a href="#">2024-5-30</a> <del>2024-4-5</del>         |  |        |
| 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 - 2025   | Effective Term   |        |
|  | Fall 2024   |  |        |
| Academic Level                           | Undergraduate   |  |        |

## 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)
8. May 7, 2024 by Nicole Legate (nlegate)

*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.*

What courses will factor the major GPA?

Program Type Degree

Degree Type Bachelor of Science (BS)

CIP Code

30.1701 ~~42.2801~~ - Behavioral Sciences, ~~Clinical Psychology~~.

Is there more than one Academic Unit proposer?

No

Program Code BS-BEHW-1

Program Attribute

Total Program 120  
Credit Hours

Please provide a summary and rationale for the requested program revision.

We are changing ~~reducing~~ the CIP code to ~~number of free electives in the BS in Behavioral Sciences (30.1701) as this more accurately reflects the course work~~ Health and learning objectives for this ~~Wellness by 6 credits to have the~~ degree program. ~~be in line with the new minimum required credits.~~

## Program Narrative and Justification

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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

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What are the enrollment estimates?

Year 1

Year 2

Year 3

Attach Additional  
Program  
Justification  
Document(s)

## Academic Information

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### Advising

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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

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Which program  
resources are  
necessary to offer  
this program?

## Proposed Catalog Entry

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Admission  
Requirements

Course Requirements

## Required Courses

|  |         |
|--|---------|
| Behavioral Health and Wellness Requirements              | (27-28) |
| Select one of the following:                             | 2-3     |
| <a href="#">PSYC 100</a> Introduction to the Profession  | 3       |
| <a href="#">LCHS 100</a> Introduction to the Professions | 2       |

|  |  |                |
|--|--|----------------|
| <a href="#">SSCI 100</a>   | Introduction to the Profession                       | 3              |
| <a href="#">PSYC 221</a>   | Introduction to Psychological Science                | 3              |
| <a href="#">PSYC 330</a>   | Health Psychology                                    | 3              |
| <a href="#">PSYC 204</a>   | Research Methods in Behavioral Science               | 4              |
| <a href="#">PSYC 310</a>   | Social Psychology                                    | 3              |
| or <a href="#">SOC 208</a>   | Social Psychology and Society                        |                |
| <a href="#">PSYC 409</a>   | Psychological Testing                                | 3              |
| or <a href="#">SSCI 480</a>  | Introduction to Survey Methodology                   |                |
| <a href="#">SOC 200</a>  | Introduction to Sociology                            | 3              |
| <a href="#">SSCI 321</a>   | Social Inequality                                    | 3              |
| Select one of the following:   |  | 3              |
| <a href="#">COM 421</a>  | Technical Communication                              | 3              |
| <a href="#">COM 428</a>  | Verbal and Visual Communication                      | 3              |
| <a href="#">COM 435</a>  | Intercultural Communication                          | 3              |
| <b>Behavioral Health and Wellness Electives</b>  |  | <b>(30)</b>    |
| 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 <sup>1,2</sup> |  | 30             |
| <b>Mathematics Requirements</b>  |  | <b>(7)</b>     |
| <a href="#">PSYC 203</a>   | Undergraduate Statistics for the Behavioral Sciences | 4              |
| Mathematics Elective <sup>3</sup>  |  | 3              |
| <b>Capstone Project</b>  |  | <b>(3)</b>     |
| Select three credit hours  |  | 3              |
| <b>Computer Science Requirement</b>  |  | <b>(2)</b>     |
| <a href="#">CS 105</a>   | Introduction to Computer Programming                 | 2              |
| or <a href="#">CS 110</a>  | Computing Principles                                 |                |
| <b>Natural Sciences Requirements</b>   |  | <b>(10-11)</b> |
| <a href="#">See Illinois Tech Core Curriculum, section D</a>   |  | 10-11          |
| <b>Interprofessional Projects (IPRO)</b>   |  | <b>(6)</b>     |
| <a href="#">See Illinois Tech Core Curriculum, section E</a>   |  | 6              |
| <b>Humanities and Social Sciences Requirements</b>   |  | <b>(21)</b>    |
| <a href="#">See Illinois Tech Core Curriculum, sections B and C</a>  |  | 21             |

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**Free Electives****(12-14)**Select 12-14 credit hours <sup>2</sup>

12-14

**Minimum degree credits required: 120**<sup>1</sup>

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.

<sup>2</sup>

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.

<sup>3</sup>

At the level of MATH 122 or above.

Sample

Curriculum/Program

Requirements

# Bachelor of Science in Behavioral Health and Wellness Curriculum

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|   |              |                                      | Year 1       |
|---|--------------|--------------------------------------|--------------|
| Semester 1  | Credit Hours | Semester 2                           | Credit Hours |
| <a href="#">PSYC 100</a> <sup>1</sup>               | 3            | <a href="#">SOC 200</a>              | 3            |
| <a href="#">PSYC 221</a>                            | 3            | <a href="#">SSCI 321</a>             | 3            |
| Science Elective <sup>2</sup>                       | 3            | Science Elective <sup>2</sup>        | 3            |
| Science Lab Elective <sup>2</sup>                   | 1            | Science Lab Elective <sup>2</sup>    | 1            |
| Mathematics Elective <sup>3</sup>                   | 3            | Mathematics Elective <sup>3</sup>    | 3            |
| Humanities 200-level Course                         | 3            | Social Sciences Elective             | 3            |
|   | 16           |                                      | 16           |
|   |              |                                      | Year 2       |
| Semester 1  | Credit Hours | Semester 2                           | Credit Hours |
| <a href="#">PSYC 203</a>                            | 4            | <a href="#">PSYC 204</a>             | 4            |
| <a href="#">PSYC 310</a> or <a href="#">SOC 208</a> | 3            | <a href="#">PSYC 330</a>             | 3            |
| Science Elective <sup>2</sup>                       | 3            | Specialization Elective <sup>4</sup> | 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 |

|  |              |  |              |
|--|--------------|--|--------------|
| <a href="#">PSYC 409</a> or <a href="#">SSCI 480</a> | 3            | Specialization Elective <sup>4</sup>                 | 3            |
| <a href="#">CS 105</a> or <a href="#">110</a>        | 2            | Behavioral Health and Wellness Elective <sup>4</sup> | 3            |
| Specialization Elective <sup>4</sup>                 | 3            | Behavioral Health and Wellness Elective <sup>4</sup> | 3            |
| Behavioral Health and Wellness Elective <sup>4</sup> | 3            | IPRO Elective  | 3            |
| Free Elective  | 3            | Humanities Elective (300+)                           | 3            |
|  | 14           |  | 15           |
|  |              |  | Year 4       |
| Semester 1   | Credit Hours | Semester 2   | Credit Hours |
| <a href="#">COM 421</a> <sup>5</sup>                 | 3            | <a href="#">PSYC 485</a> <sup>6</sup>                | 3            |
| Behavioral Health and Wellness Elective <sup>4</sup> | 3            | Behavioral Health and Wellness Elective <sup>4</sup> | 3            |
| Specialization Elective <sup>4</sup>                 | 3            | Specialization Elective <sup>4</sup>                 | 3            |
| IPRO Elective  | 3            | Free Elective  | 3            |
|  |              | Free Elective  | 3            |
|  | 12           |  | 15           |

Total Credit Hours: 120

<sup>1</sup> Select from the following courses: [PSYC 100](#), [LCHS 100](#), or [SSCI 100](#).

<sup>2</sup> At least one biology course is required. Recommended courses are [BIOL 105](#), [BIOL 114](#), [BIOL 117](#), and ([PHYS 200](#) or [CHEM 124](#)).

<sup>3</sup> Mathematics elective requirement is satisfied by at least four credit hours at the level of [MATH 119](#) or above.

<sup>4</sup> See Specializations tab for Behavioral Health and Wellness specializations and Behavioral Health and Wellness electives.

<sup>5</sup> Students may substitute [COM 428](#) or [COM 435](#).

<sup>6</sup> 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.

|                          |   |   |
|--------------------------|---|---|
| <a href="#">PSYC 303</a> | Introduction to Psychopathology               | 3 |
| <a href="#">PSYC 312</a> | Human Motivation and Emotion                  | 3 |
| <a href="#">PSYC 360</a> | Clinical Psychology: Assessment and Treatment | 3 |
| <a href="#">PSYC 370</a> | Health and Safety at Work                     | 3 |

|                                 |   |   |
|---------------------------------|---|---|
| <a href="#"><u>PSYC 380</u></a> | Topics in Psychology <sup>1</sup>       | 3 |
| <a href="#"><u>PSYC 381</u></a> | Topics in Psychology <sup>1</sup>       | 3 |
| <a href="#"><u>PSYC 414</u></a> | Neural and Biological Bases of Behavior | 3 |
| <a href="#"><u>PSYC 435</u></a> | Child Development                       | 3 |
| <a href="#"><u>PSYC 436</u></a> | Adult Development                       | 3 |
| <a href="#"><u>PSYC 460</u></a> | Child and Adolescent Disorders          | 3 |
| <a href="#"><u>PSYC 465</u></a> | Behavior Change Principles and Practice | 3 |

<sup>1</sup>  
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

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

|                                 |                                   |   |
|---------------------------------|-----------------------------------|---|
| <a href="#"><u>FDSN 201</u></a> | Nutrition and Wellness            | 3 |
| <a href="#"><u>FDSN 300</u></a> | Nutrition Through the Life Cycle  | 3 |
| <a href="#"><u>FDSN 301</u></a> | Exploring Food Science & Tech     | 3 |
| <a href="#"><u>FDSN 401</u></a> | Nutrition, Metabolism, and Health | 3 |
| <a href="#"><u>FDSN 405</u></a> | Food and Behavior                 | 3 |

## Public Health

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

|                                 |  |   |
|---------------------------------|--|---|
| <a href="#"><u>PSYC 350</u></a> | Prejudice and Stigma                           | 3 |
| <a href="#"><u>SOC 385</u></a>  | Topics in Sociology                            | 3 |
| <a href="#"><u>SSCI 225</u></a> | Introduction to Geographic Information Systems | 3 |
| <a href="#"><u>SSCI 318</u></a> | Global Health                                  | 3 |
| <a href="#"><u>SSCI 319</u></a> | Comparative Health Systems                     | 3 |
| <a href="#"><u>SSCI 325</u></a> | Intermediate Geographic Information Systems    | 3 |
| <a href="#"><u>SSCI 385</u></a> | Special Topics <sup>1</sup>                    | 3 |
| <a href="#"><u>SSCI 486</u></a> | Program Evaluation                             | 3 |

<sup>1</sup>  
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

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|                                 |               |   |
|---------------------------------|---------------|---|
| <a href="#"><u>BIOL 305</u></a> | Human Anatomy | 3 |
|---------------------------------|---------------|---|



|                                 |  |   |
|---------------------------------|--|---|
| <a href="#"><u>BIOL 430</u></a> | Human Physiology   | 3 |
| <a href="#"><u>PSYC 301</u></a> | Industrial Psychology  | 3 |
| <a href="#"><u>PSYC 320</u></a> | Applied Correlation and Regression   | 3 |
| <a href="#"><u>PSYC 370</u></a> | Health and Safety at Work  | 3 |
| <a href="#"><u>PSYC 410</u></a> | Introduction to Rehabilitation and Mental Health Counseling                          | 3 |
| <a href="#"><u>PSYC 411</u></a> | Medical Aspects of Disabling Conditions  | 3 |
| <a href="#"><u>PSYC 412</u></a> | Multicultural and Psychosocial Issues in Rehabilitation and Mental Health Counseling | 3 |
| <a href="#"><u>PSYC 423</u></a> | Learning Theory  | 3 |
| <a href="#"><u>PSYC 455</u></a> | Development and Evaluation of Training in Organizations                              | 3 |

### **Program Outcomes and Assessment Process**

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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      120  
hours

Specialization  
required?  
Yes

Notes about  
specialization  
requirement

Minor required?  
No

## Proposed General Curriculum

Degree credit hours      120  
required

Specialization      15  
credit hour  
requirement

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

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

## Specialization

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Report from Faculty  
Council

Reviewer  
Comments

**Arlen Moller (amoller) (05/30/24 2:55 pm):** Hi there, I just submitted a request to change the CIP code for this degree program. For some reason it is showing track changes related to content from an earlier (I believe already approved) change to the degree program submitted by Nikki Legate on May 7th (reducing the total # of credits required from 126 to 120). Please let me know if I need to re-do or change how I submitted this request. -- Arlen





