

## Department of Behavioral Health and Nutrition

# MINOR: HEALTH, PHYSICAL ACTIVITY AND DISABILITY

Director: Iva Obrusnikova, PhD

Minimum Credits in the Minor: 16

This program provides undergraduate students with a theoretical base and quality field-based experiences to appropriately serve individuals with disabilities across the lifespan in a variety of settings that promote health and wellness. The minor is open to students in any major, but is particularly suited for students who are planning careers in health and exercise sciences such as health promotion, fitness, occupational therapy, physical therapy, therapeutic recreation, health and physical education, special education, sports medicine and coaching. Students applying for the minor must have completed at least one semester of full-time study with a minimum GPA of 2.0. A grade of C- or better in required courses is needed for successful completion of the minor. **A maximum of six credits may be from the student's major or another minor.**

### REQUIRED COURSES (PR=Prerequisites) Credits

#### I. Core requirements: 13 credits

1.	KAAP301	Lifespan Motor Development	4
		<b>OR</b>	
	KAAP428	Motor Control and Learning (PR KAAP309)	4
2.	BHAN342*	Introduction to Adapted Physical Activity	3
		<b>OR</b>	
	BHAN343	Adapted Physical Education	3
3.	BHAN403	Practicum in Adapted Physical Activity (as arranged with Dr.Obrusnikova, students may take 1, 2 or 3 credits per term however a total of 3 credits is required)	3
4.	BHAN445*	Health, Physical Activity and Disability (Fall only, PR BHAN342 or 343, junior or senior status)	3

#### II. Elective: 3 credits (must select one course from the following):

BHAN332	Health Behavior Theory and Models	3
BHAN335	Health and Aging (Spring only)	3
BHAN435	Physical Activity Behavior (PR KAAP220 or KAAP309)	3
NTDT410	Overweight & Obesity Prevention & Management (PR NTDT200)	3
HDFS270	Families and Developmental Disabilities	3
EDUC431	Applied Behavior Analysis (EDUC230)	3

**Admission:** Freshmen and transfer students must wait until after first semester grades have been posted to request the minor; all others may apply for the minor at any time via the UDSIS Webform "Change Major, Minor..." Minimum 2.0 GPA required. It is not necessary to meet with the minor advisor to have your request approved. However, if you need assistance, advisement or curricular information, please contact minor advisor Emily Lodyga, [elodyga@udel.edu](mailto:elodyga@udel.edu), 831-6176.

\*Students who did not take Dr. Obrusnikova's section of BHAN342 must contact Dr. Obrusnikova at [obrusnik@udel.edu](mailto:obrusnik@udel.edu) to obtain study material in preparation for BHAN445.