

PSYCHOLOGY B.A.: HEALTH PSYCHOLOGY CONCENTRATION

PROGRAM LEARNING OUTCOMES

1. Develop a scientific understanding of the physiological and behavioral mechanisms underlying health, wellness, and disease.
2. Explore the complex relationships between biological systems, including the nervous, endocrine, immune, and microbiome systems, and how they may synergistically affect human health.
3. Study the effects of environmental, lifestyle, and social factors, including nutrition, dietary patterns, physical activity, stress, sleep, culture, race, ethnicity, relationships, community, and faith, on health outcomes.
4. Examine and critically think about approaches for disease prevention, resilience, and psychological well-being across the lifespan, including public health perspectives.
5. Integrate faith and science in promoting human flourishing and evidence-based health practices, including community-level approaches, such as those observed in Blue Zones (areas of the world home to centenarians).
6. Prepare for graduate study and professional careers in clinical and experimental psychology, behavioral neuroscience, behavioral medicine, healthcare, and public health.

REQUIREMENTS

Code	Title	Units
Core Curriculum Requirements (https://catalog.vanguard.edu/interdisciplinary-offerings/core-curriculum/) ¹		41
Psychology Major Requirements		40
Health Psychology Concentration Requirements		12
General Electives		27
Total Units		120

Psychology Major Requirements

Code	Title	Units
Survey of the Field		
PSYC-103C	Introduction to Psychology ²	3
PSYC-221	Developmental Psychology	3
PSYC-332	Psychological Disorders	3
PSYC-345 or PSYC-462	Theories of Personality Counseling Theories	3
Research Component		
PSYC-220C or ENGL-220C	Researched Writing/Psyc Majors ² Researched Writing	3
PSYC-265C or MATH-265C or MATH-270C or SOC-265C	Introduction to Behavioral Statistics ² Intro to Statistical Methods Health Professions Statistical Methods Introduction to Behavioral Statistics	3

PSYC-381	Research Methods in Psychology	3
Psychological Perspectives		
Cognitive:		
PSYC-449	Cognitive Psychology	3
Behavioral: ⁴		
PSYC-351 or PSYC-420	Principles of Behavior Behavior Modification	3
Biological:		
PSYC-340	Biological Psychology	3
Sociocultural:		
PSYC-324	Social Psychology	3
Spiritual:		
PSYC-477C	Psychology and Christianity	3
Career and Grad Readiness		
PSYC-384	Next Steps: Career and Grad Readiness	1
Application (3 or more units)		
Select three or more units from the following:		3
PSYC-385	Field Research Lab/Seminar	
PSYC-460	Field Practicum	
PSYC-474	Psychological Research I	
PSYC-475	Psychological Research II	
PSYC-482	Research in Neuroscience	
Total Units		40

Health Psychology Concentration

Code	Title	Units
Required Course		3
PSYC-313	Health Psychology	
Biological & Neurological Health		3
Choose one of the following:		
PSYC-383	Addiction Studies	
PSYC-435	Neurodegenerative and Chronic Disease	
Social & Cultural Aspects of Health		3
Choose one of the following:		
PSYC-308	Mental Health in Latino Communities	
PSYC-335	Social & Psychological Aspects of Aging	
SOC-337	Public Health	
Individual Aspects of Health		3
Choose one of the following:		
PSYC-323	Positive Psychology	
PSYC-309	Nutritional Psychology	
Total Units		12

