

HUMAN DEVELOPMENT AND FAMILY STUDIES

Administered by the Department of Human Development and Family Studies. Leading to the degree of Bachelor of Science.

Total credits required: 120. The human development and family studies curriculum prepare graduates to pursue careers in helping professions with employment opportunities in government, non-profit, and private agencies, as well as continue on to graduate studies programs. Students select an option within the major: child development and guidance; advocacy, administration, and policy; or health, well-being, and prevention.

Student Learning Outcomes

The following set of learning goals was established for the bachelor's degree in Human Development and Family Studies (HDFS). Upon completion of the undergraduate degree in HDFS, students will:

Learning Objective 1: Demonstrate an understanding of the central concepts, research, and theories within the field.

Learning Objective 2: Demonstrate professional development and self-reflection skills.

Learning Objective 3: Demonstrate an ability to access and evaluate peer-reviewed research.

A minor in human development and family studies is available; see requirements under Human Development and Family Studies, Undergraduate Minor.

The following requirements are for the HDFS major by option.

Child Development & Guidance Option Human Development and Family Studies Core: 23-24 credits

HDFS 1020	Human Development	3
HDFS 1100	Freshman Learning Community Orientation	1
or HDFS 1110	New Transfer Student Seminar	
HDFS 1830	Personal Finance in Early Adulthood	1
HDFS 2180	Professional Orientation and Service Learning	2
HDFS 3690	Research Methods in Human Development and Family Studies	3
HDFS 4180B	Professional Practice Reflection/Discussion: Internships	2
HDFS 4790	Family Dynamics Through a Social and Cultural Lens	3

HDFS 4910	Internship	8-9
Total Credits		23-24

Individual and Family Development: 12 credits

Select 4 courses from: 12

HDFS 2240	Development in Young Children: Birth through Age 8
	or HDFS 223 Child Development and Health
Note: HDFS 2240 is a prerequisite to HDFS 3420 and HDFS 3440	
HDFS 2260	Development and Guidance in Middle Childhood
HDFS 2270	Adolescence and Emerging Adulthood
HDFS 2340	Adult Development
HDFS 2490	Parenting and Family Diversity Issues
HDFS 2700	Family Communications and Relationships
HDFS 3770	Aging and the Family

Total Credits 12

Child Development & Guidance Option: 24 credits

Emphasis classes. Select 4 from 12-13

HDFS 2400	Literature for Children
HDFS 3420	Social and Emotional Development and Child-centered Guidance in Early Childhood
HDFS 3440	Programming for Children in Early Care and Education
HDFS 3450	Inclusive Teaching and Interaction Strategies
HDFS 4560	Working with Families in Early Intervention
HDFS 4860	Administration of Human Services Programs

Supporting classes. Select 4 from: 12

HDFS 2390	Consumer Issues
HDFS 2760	Human Sexuality
HDFS 2830	Personal and Family Finance
HDFS 3410	Income Tax Planning for Families
HDFS 3600	Housing and Services for Families and Children
HDFS 3670	Abuse and Illness in Families
HDFS 3730	Death as a Part of Living
HDFS 3780	Retirement Planning and Employee Benefits
HDFS 3870	Applying Evidence-Based Practices in Human Services
HDFS 3950	Children, Families, and Public Policy
HDFS 4490	Program Evaluation and Proposal Writing

Total Credits 24-25

Communications and Library: 13 credits

ENGL 1500	Critical Thinking and Communication	3
ENGL 2500	Written, Oral, Visual, and Electronic Composition	3
LIB 1600	Introduction to College Level Research	1
One of the following:		3
COMST 2100	Communication and U.S. Diversity	
COMST 2110	Interpersonal Communication	
COMST 2180	Conflict Management	
SPCM 2120	Fundamentals of Public Speaking	
One of the following:		3
ENGL 3020	Business Communication	
ENGL 3090	Proposal and Report Writing	
ENGL 3140	Technical Communication	
Total Credits		13

Natural Sciences and Mathematical Disciplines: 10-11 credits

Biology Course		3
STAT 1010	Principles of Statistics	4
One of the following:		3-4
COMS 1030	Computer Literacy and Applications	
COMS 1130	Introduction to Spreadsheets and Databases	
Total Credits		10-11

Social Sciences: 9 credits

Select from HDFS list of approved social sciences courses.

Humanities: 6 credits

Select from HDFS list of approved humanities courses.

Electives: 21 - 23 credits

Elective course options may include additional HDFS courses from the Individual and Family Development category that have not been taken and/or HDFS courses from the Health, Wellbeing, and Prevention and/or the Advocacy, Administration, & Policy emphasis section that have not been taken.

Total credits: 120 credits

U.S. Diversity and International Perspectives Requirement: Students fulfill the U.S. Diversity and International Perspectives Requirement by choosing three credits of coursework from each of the university-approved lists.

**Health, Well-Being, & Prevention Option
Human Development and Family Studies Core: 23-24 credits**

HDFS 1020	Human Development	3
HDFS 1100	Freshman Learning Community Orientation	1
or HDFS 1110	New Transfer Student Seminar	
HDFS 1830	Personal Finance in Early Adulthood	1
HDFS 2180	Professional Orientation and Service Learning	2
HDFS 3690	Research Methods in Human Development and Family Studies	3
HDFS 4180B	Professional Practice Reflection/Discussion: Internships	2
HDFS 4790	Family Dynamics Through a Social and Cultural Lens	3
HDFS 4910	Internship	8-9
Total Credits		23-24

Individual & Family Development: 12 credits

Select 4 classes from:		12
HDFS 2240	Development in Young Children: Birth through Age 8	
or HDFS 223	Child Development and Health	
Note: HDFS 2240 is a required prerequisite to HDFS 3420 and HDFS 3440		
HDFS 2260	Development and Guidance in Middle Childhood	
HDFS 2270	Adolescence and Emerging Adulthood	
HDFS 2340	Adult Development	
HDFS 2490	Parenting and Family Diversity Issues	
HDFS 2700	Family Communications and Relationships	
HDFS 3770	Aging and the Family	
Total Credits		12

Health, Well-being, & Prevention Option: 24 credits

Emphasis classes. Select 4 from:		12
HDFS 2760	Human Sexuality	
HDFS 2830	Personal and Family Finance	
HDFS 3600	Housing and Services for Families and Children	
HDFS 3670	Abuse and Illness in Families	
HDFS 3730	Death as a Part of Living	
HDFS 3870	Applying Evidence-Based Practices in Human Services	
Supporting classes. Select 4 from:		12
		-
		13

HDFS 2390	Consumer Issues	
HDFS 2400	Literature for Children	
HDFS 3410	Income Tax Planning for Families	
HDFS 3420	Social and Emotional Development and Child-centered Guidance in Early Childhood	
HDFS 3440	Programming for Children in Early Care and Education	
HDFS 3780	Retirement Planning and Employee Benefits	
HDFS 3950	Children, Families, and Public Policy	
HDFS 4490	Program Evaluation and Proposal Writing	
HDFS 4860	Administration of Human Services Programs	
Total Credits		24-25

Communications and Library: 13 credits

ENGL 1500	Critical Thinking and Communication	3
ENGL 2500	Written, Oral, Visual, and Electronic Composition	3
LIB 1600	Introduction to College Level Research	1
One of the following:		3
COMST 2100	Communication and U.S. Diversity	
COMST 2110	Interpersonal Communication	
COMST 2180	Conflict Management	
SPCM 2120	Fundamentals of Public Speaking	
One of the following:		3
ENGL 3020	Business Communication	
ENGL 3090	Proposal and Report Writing	
ENGL 3140	Technical Communication	
Total Credits		13

Natural Sciences and Mathematical Disciplines: 10-11 credits

Biology Course		3
STAT 1010	Principles of Statistics	4
One of the following:		3-4
COMS 1030	Computer Literacy and Applications	
COMS 1130	Introduction to Spreadsheets and Databases	
Total Credits		10-11

Social Sciences: 9 credits

Select from HDFS list of approved social sciences courses.

Humanities: 6 credits

Select from HDFS list of approved humanities courses.

Electives: 21 - 23 credits

Elective course options may include additional HDFS courses from the Individual and Family Development category that have not been taken

and/or HDFS courses from the Health, Wellbeing, and Prevention or Advocacy, Administration, and Policy emphasis section that have not been taken.

Total credits: 120 credits

U.S. Diversity and International Perspectives Requirement: Students fulfill the U.S. Diversity and International Perspectives Requirement by choosing three credits of coursework from each of the university-approved lists.

Advocacy, Administration, and Policy Option

Human Development and Family Studies Core: 23-24 credits

HDFS 1020	Human Development	3
HDFS 1100	Freshman Learning Community Orientation	1
or HDFS 1110	New Transfer Student Seminar	
HDFS 1830	Personal Finance in Early Adulthood	1
HDFS 2180	Professional Orientation and Service Learning	2
HDFS 3690	Research Methods in Human Development and Family Studies	3
HDFS 4180B	Professional Practice Reflection/Discussion: Internships	2
HDFS 4790	Family Dynamics Through a Social and Cultural Lens	3
HDFS 4910	Internship	8-9
Total Credits		23-24

Individual & Family Development: 12 credits

Select 4 courses from:		12
HDFS 2240	Development in Young Children: Birth through Age 8	
or HDFS 223	Child Development and Health	
Note: HDFS 2240 is a required prerequisite to HDFS 3420 and HDFS 3440		
HDFS 2260	Development and Guidance in Middle Childhood	
HDFS 2270	Adolescence and Emerging Adulthood	
HDFS 2340	Adult Development	
HDFS 2490	Parenting and Family Diversity Issues	
HDFS 2700	Family Communications and Relationships	
HDFS 3770	Aging and the Family	

Total Credits 12

Advocacy, Administration, and Policy Option: 24 credits

Emphasis classes (Select 4):		12
HDFS 2390	Consumer Issues	

HDFS 3410	Income Tax Planning for Families	
HDFS 3780	Retirement Planning and Employee Benefits	
HDFS 3950	Children, Families, and Public Policy	
HDFS 4490	Program Evaluation and Proposal Writing	
HDFS 4860	Administration of Human Services Programs	
Supporting classes (Select 4 of the following):		12
		-
		13
HDFS 2400	Literature for Children	
HDFS 2760	Human Sexuality	
HDFS 2830	Personal and Family Finance	
HDFS 3420	Social and Emotional Development and Child-centered Guidance in Early Childhood	
HDFS 3440	Programming for Children in Early Care and Education	
HDFS 3600	Housing and Services for Families and Children	
HDFS 3670	Abuse and Illness in Families	
HDFS 3730	Death as a Part of Living	
HDFS 3870	Applying Evidence-Based Practices in Human Services	
Total Credits		24-25

Communications and Library: 13 credits

ENGL 1500	Critical Thinking and Communication	3
ENGL 2500	Written, Oral, Visual, and Electronic Composition	3
LIB 1600	Introduction to College Level Research	1
One of the following:		3
COMST 2100	Communication and U.S. Diversity	
COMST 2110	Interpersonal Communication	
COMST 2180	Conflict Management	
SPCM 2120	Fundamentals of Public Speaking	
One of the following:		3
ENGL 3020	Business Communication	
ENGL 3090	Proposal and Report Writing	
ENGL 3140	Technical Communication	
Total Credits		13

Natural Sciences and Mathematical Disciplines: 10-11 credits

Biology Course		3
STAT 1010	Principles of Statistics	4
One of the following:		3-4
COMS 1030	Computer Literacy and Applications	

COMS 1130 Introduction to Spreadsheets and Databases

Total Credits **10-11**

Social Sciences: 9 credits

Select from HDFS list of approved social sciences courses.

Humanities: 6 credits

Select from HDFS list of approved humanities courses.

Electives: 21 - 23 credits

Elective course options may include additional HDFS courses from the Individual and Family Development category that have not been taken and/or HDFS courses from the Health, Wellbeing, and Prevention and/or Child Development & Guidance emphasis section that have not been taken.

Total credits: 120 credits

U.S. Diversity and International Perspectives Requirement: Students fulfill the U.S. Diversity and International Perspectives Requirement by choosing three credits of coursework from each of the university-approved lists.

THE COURSES LISTED IN THIS SECTION ARE APPROVED GENERAL EDUCATION COURSE OPTIONS FOR THIS MAJOR.

Social Sciences: 9 credits. Coursework designed to help students develop an understanding of the principal methods of studying human behavior and an understanding of the structure and functioning of institutions.

AESHM 4210	Developing Global Leadership: Maximizing Human Potential	3
AFAM 3300	Ethnic and Race Relations	3
AMD 1650	Dress, Appearance, and Diversity in U.S. Society	3
AMD 3620	Global Dress in the Fashion System and Society	3
AMD 4670	Consumer Studies in Apparel and Fashion Products	3
AMIN 3100	Contemporary Topics in American Indian Studies	3
AMIN 3150	Archaeology of North America	3
AMIN 3220	Peoples and Cultures of Native North America	3
Anthropology (ANTHR) - except 2020		
Economics (ECON)		
FSHN 3420	World Food Issues: Past and Present	3
INTST 2350	Introduction to International Studies	3
LING 2190	Introduction to Linguistics	3
LING 4710	Language and Reading Development in Children	3
Political Science (POLS)		
Psychology (PSYCH) - except 131		

Sociology (SOC), including Criminal Justice (CJ)		
WGS 2010	Introduction to Women's and Gender Studies	3
WGS 2030	Introduction to Lesbian Communities	3
WGS 3010	International Perspectives on Women and Gender	3
ENVS 3200	Ecofeminism	3
WGS 3270	Gender and Sexualities in Society	3
WGS 3280	Sociology of Masculinities and Manhood	3
WGS 3460	Psychology of Women	3
AFAM 3500	Women of Color in the U.S	3
WGS 3850	Women in Politics	3

Humanities: 6 credits. Coursework designed to assist students to develop an understanding of human cultural heritage and history, and an appreciation of reasoning and the aesthetic value of human creativity.

AESHM 3420	Aesthetics of Consumer Experience	3
AFAM 2010	Introduction to African American Studies	3
AFAM 3340	Africana Religions	3
AFAM 3470	African American Literature	3
AFAM 3530	History of African Americans I	3
AFAM 3540	History of African Americans II	3
AMD 3540	Euro-American Dress History: Prehistoric to Mid-19th Century	3
AMD 3560	Euro-American Dress History: Mid-19th Century to the Present	3
AMIN 2100	Introduction to American Indian Studies	3
AMIN 2400	Introduction to American Indian Literature	3
AMIN 3460	American Indian Literature	3
ARCH 2210	Histories and Theories of Architecture to 1750	3
ARCH 4200	Topics in American Architecture	3

Art History (ARTH)

American Sign Language (ASL)

Classical Studies (CLST)

DANCE 2700	Dance Appreciation	3
DANCE 3600	History and Philosophy of Dance	3
DSNS 1830	Design in Context	3
ENGL 2010	Introduction to Literature	3
ENGL 2250	Survey of British Literature to 1800	3
ENGL 2260	Survey of British Literature since 1800	3
ENGL 2270	Survey of American Literature to 1865	3
ENGL 2280	Survey of American Literature since 1865	3
ENGL 2370	Survey of Film History	3
ENGL 2400	Introduction to American Indian Literature	3

History (HIST)

HSPM 2600	Global Tourism Management	3
MUSIC 1020	Introduction to Music Listening	3
MUSIC 3020	Masterpieces of Music and Art in Western Culture	3
MUSIC 3040	History of American Rock 'n' Roll	3
MUSIC 3830	History of Music I	3
MUSIC 3840	History of Music II	3

Philosophy (PHIL)

Religious Studies (RELIG)

THTRE 1060	Introduction to the Performing Arts	3
THTRE 1100	Theatre and Society	3
THTRE 4650	Theatre History: Ancient to 19th Century	3

THTRE 4660	Theatre History: 19th Century to Present	3
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WGS 2010	Introduction to Women's and Gender Studies	3
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WGS 3360	Religion, Sex and Gender	3
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WGS 3380	Feminist Philosophy	3
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WGS 3450	Women's Literature	3
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WGS 3700F	Studies in English Translation: French Topics on Women and Gender Studies	3
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or WGS 3700G Studies in English Translation: German Topics on Women or Feminism

or WGS 3700R Studies in English Translation: Russian Topics on Women or Feminism

or WGS 3700S Studies in English Translation: Hispanic Topics on Women or Feminism

WGS 3740	Sex, Gender, and Culture in the Ancient Mediterranean World	3
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World Languages and Cultures (ARABC, CHIN, FRNCH, GER, GREEK, RUS, SPAN)

Human Development and Family Studies, B.S.-Child Development & Guidance option

Freshman

Fall	Credits Spring	Credits
HDFS 1020	3 HDFS 1830	1
HDFS 1100 or 1110	1 Biology Course ^{***}	3
LIB 1600	1 Social Sciences Course ^{***}	3
ENGL 1500	3 Elective Courses ^{***}	6
PSYCH 1310 (recommended elective)	1 Individual and Family Development Course	3
Social Sciences Course ^{***}	3	
Humanities Course ^{***}	3	

15

16

Sophomore		
Fall	Credits Spring	Credits
ENGL 2500	3 SPCM 2120, COMST 2100, COMST 2110, or COMST 2180	3
STAT 1010	4 General Education: COMS 1030 or COMS 1130	3
HDFS 2180	2 Child Dev & Guide Supporting Course	3
Individual & Family Development Course	3 Humanities Course ***	3
Social Science Course ***	3 Elective *	3
15		15

Junior		
Fall	Credits Spring	Credits
HDFS 3690	3 HDFS 4790	3
Individual & Family Development Course	3 Child Dev & Guide Emphasis Course	6
Child Dev & Guide Supporting Course	3 Individual and Family Development Course	3
Child Dev & Guide Emphasis Course	3 Electives *	4
Elective *	4	
16		16

Senior		
Fall	Credits Spring	Credits
HDFS 4180B	2 HDFS 4910 [^]	8-9
ENGL 3020, 3090, or 3140	3 Electives *	4
Child Dev & Guide Emphasis Course	3	
Child Dev & Guide Supporting Course	6	
Electives	1	
15		12-13

* Total number of electives will vary. A minimum of 120 credits are required to graduate.

***See HDFS General Education Selections sheet.

[^] HDFS 4180B is prerequisite to HDFS 4910 Internship, and requires junior classification.

- ISU requires 3 credits of U.S. Diversity coursework and 3 credits of International Perspectives coursework.

Human Development and Family Studies, B.S. - Advocacy, Administration, & Policy option

Freshman		
Fall	Credits Spring	Credits
HDFS 1020	3 HDFS 1830	1
HDFS 1100 or 1110	1 Individual and Family Development Course	3
LIB 1600	1 Social Sciences Course ***	3
ENGL 1500	3 Biology	3
PSYCH 1310 (recommended elective)	1 Electives *	6
Social Sciences Course ***	3	
Humanities Course ***	3	
15		16

Sophomore		
Fall	Credits Spring	Credits
ENGL 2500	3 SPCM 2120, COMST 2100, COMST 2110, or COMST 2180	3
STAT 1010	4 COMS 1030 or 1130	3
Individual and Family Development Course	3 Advocacy Administration and Policy Focus: Supporting course	3
HDFS 2180	2 Humanities Course ***	3
Social Sciences Course ***	3 Electives *	3
15		15

Junior		
Fall	Credits Spring	Credits
HDFS 3690	3 HDFS 4790	3
Individual & Family Development Course	3 Individual & Family Development Course	3
Adv, Admin, & Policy Supporting Course	3 Adv, Admin, & Policy Emphasis Course	3
Adv, Admin, & Policy Emphasis Course	3 Adv, Admin, & Policy Emphasis Course	3
Elective *	4 Electives *	4
16		16

Senior		
Fall	Credits Spring	Credits
Adv, Admin, & Policy Emphasis Course	3 HDFS 4910 [^]	8-9
Adv, Admin, & Policy Supporting Course	6 Electives *	4

HDFS 4180B	2	
ENGL 3020, 3090, or 3140	3	
Electives *	1	
	15	12-13

* Total number of electives will vary. A minimum of 120 credits are required to graduate

***See HDFS General Education Selections sheet

^ HDFS 4180B is prerequisite to HDFS 4910 Internship and requires junior classification.

- ISU requires 3 credits of U.S. Diversity coursework and 3 credits of International Perspectives coursework.

Human Development and Family Studies, B.S.-Health, Well-Being, & Prevention option

Freshman

Fall	Credits	Spring	Credits
HDFS 1020	3	HDFS 1830	1
HDFS 1100 or 1110	1	Social Sciences Courses ***	3
LIB 1600	1	Electives	6
ENGL 1500	3	Individual and Family Development Course	3
PSYCH 1310 (recommended elective)	1	Biology	3
Social Sciences Course ***	3		
Humanities Course ***	3		
	15		16

Sophomore

Fall	Credits	Spring	Credits
ENGL 2500	3	SPCM 2120, COMST 2100, COMST 2110, or COMST 2180	3
HDFS 2180	2	Health Wellbeing and Prevention Focus Supporting Course	3
STAT 1010	4	Humanities ***	3
Individual and Family Development Course	3	Elective *	3
Social Sciences Course ***	3	COMS 1030 or 1130	3
	15		15

Junior

Fall	Credits	Spring	Credits
HDFS 3690	3	HDFS 4790	3
Individual & Family Development Course	3	Individual & Family Development Course	3

Health, W-B, & Prev Emphasis Course	3	Health, W-B, & Prev Emphasis Course	3
Health, W-B, & Prev Supporting Course	3	Health, W-B, & Prev Supporting Course	3
Electives *	4	Electives *	4
	16		16

Senior

Fall	Credits	Spring	Credits
HDFS 4180B	2	HDFS 4910 ^	8-9
ENGL 3020, 3090, or 3140	3	Electives *	4
Health, W-B, & Prev Emphasis Course	3		
Health, W-B, & Prev Supporting Course	6		
Electives *	1		
	15		12-13

* Total number of electives will vary. A minimum of 120 credits are required to graduate.

***See HDFS General Education Selections sheet

^ HDFS 4180B is prerequisite to HDFS 4910 Internship, and requires junior classification.

- ISU requires 3 credits of U.S. Diversity coursework and 3 credits of International Perspectives coursework.

The **Human Development and Family Studies** minor may be earned by completing 15 credits

HDFS 1020	Human Development	3
One of the following:		3
HDFS 2230	Child Development and Health	
HDFS 2260	Development and Guidance in Middle Childhood	
HDFS 2270	Adolescence and Emerging Adulthood	
HDFS 2340	Adult Development	
HDFS 2490	Parenting and Family Diversity Issues	
HDFS 2700	Family Communications and Relationships	
HDFS 3770	Aging and the Family	
Three of the following:		9
HDFS 2760	Human Sexuality	
HDFS 3600	Housing and Services for Families and Children	
HDFS 3670	Abuse and Illness in Families	
HDFS 3730	Death as a Part of Living	
HDFS 3870	Applying Evidence-Based Practices in Human Services	
HDFS 3950	Children, Families, and Public Policy	

HDFS 4490 Program Evaluation and Proposal Writing

HDFS 4790 Family Dynamics Through a Social and Cultural
Lens

Total Credits

15

GRADUATE PROGRAMS

More information on the variety of graduate programs offered through the Department of Human Development and Family Studies can be found here: <https://hdfs.hs.iastate.edu/graduate-students/graduate-programs/>.