

HUMAN DEVELOPMENT AND FAMILY STUDIES

Overview

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.

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: Lifespan Developmental Understanding: Students will demonstrate a comprehensive understanding of human development and families across the lifespan.

Learning Objective 2: Applied Research and Practice: Students will learn to apply research findings in their work with individuals and families, enhancing their ability to understand and address real-world challenges in the field.

Learning Objective 3: Promotion of Well-Being and Resilience: Students will learn strategies to promote and support well-being and resilience in diverse contexts, such as mental health, relationships, and personal development.

Learning Objective 4: Professionalism, Ethics, and Cultural

Responsiveness: Students will develop skills for successful professional practice, ethical decision-making, and cultural responsiveness in the field.

Explore More

A minor in Human Development and Family Studies is available; see the requirements under Human Development and Family Studies, Undergraduate Minor.

More information about careers in Human Development and Family Studies can be found here: <https://hdfs.hs.iastate.edu/find-your-major/human-development-and-family-studies/> (<https://hdfs.hs.iastate.edu/find-your-major/human-development-and-family-studies/>)

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/>.

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• **Department Website** – Department of Human Development and Family Studies (<https://hdfs.hs.iastate.edu/>)

• **Program Website** – Human Development and Family Studies (<https://hdfs.hs.iastate.edu/find-your-major/human-development-and-family-studies/>)

Program Administration

• **Owning Academic Unit/College** – College of Health and Human Sciences

• **Coordinating Academic Unit Department** – Human Development and Family Studies Department

credential opportunities

• **Program Duration** – 4 years

• **Credential(s) Offered**

- Human Development and Family Studies, B.S. (120 credits)

• **Program Designation** – In-person

Human Development and Family studies Human Development and Family Studies Core: 33-34 credits

HDFS 1020	Human Development	3
HDFS 1100	Freshman Learning Community Orientation	1
or HDFS 1110	New Transfer Student Seminar	
HDFS 2200	Introduction to Professional Practice	3
Select one Individual Development course from:		3
HDFS 2240	Child Development	
HDFS 2270	Middle Childhood and Adolescence	
HDFS 2340	Young Adulthood Through Later Life	
HDFS 2490	Family Studies	3
HDFS 3690	Research Methods in Human Development and Family Studies	3
HDFS 3860	Human Services Management I	3
HDFS 3870	Trauma-Informed Practice	3

HDFS 4200	Advanced Professional Practice	3
HDFS 4910	Internship in Human Development and Family Studies	8-9
Total Credits		33-34

Supporting Courses in HDFS

Select 27 credits from: 27

HDFS 2390	Consumer Issues	
HDFS 2240L	Child Development Practicum	
HDFS 2400	Children's Literature	
HDFS 2700	Family Communications and Relationships	
HDFS 2760	Human Sexuality	
HDFS 2830	Personal Finance	
HDFS 3170B	Field Experiences: Human Development and Family Studies	
HDFS 3210	Happiness Across the Lifespan	
HDFS 3410	Income Tax Planning	
HDFS 3420	Social-Emotional Development and Guidance	
HDFS 3440	Programming for Children in Early Care and Education	
HDFS 3450	Inclusive Teaching and Interaction Strategies	
HDFS 3670	Family Stress, Abuse, and Resilience	
HDFS 3730	Death as a Part of Living	
HDFS 3770	Aging and the Family	
HDFS 3780	Retirement Planning and Employee Benefits	
HDFS 3950	Children, Families, and Public Policy	
HDFS 4560	Family Partnerships in Early Childhood	
HDFS 4790	Families Through a Social and Cultural Lens	
HDFS 4860	Human Services Management II	
HDFS 4900I	Independent Study: Human Development and Family Studies	

Additional courses not used in the "Individual Development" section can also be used as Supporting Courses.

Total Credits 27

Communications and Library: 10 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	Communication and Conflict Management	
HDFS 2700	Family Communications and Relationships	

SPCM 2120	Fundamentals of Public Speaking	
Total Credits		10

Natural Sciences and Mathematical Disciplines: 9 credits

STAT 1040	Introduction to Statistics	3
Select two courses (6 credits) from the HDFS approved list of Science and Math courses		6
Total Credits		9

Social Sciences: 9 credits

Select from HDFS list of approved social sciences courses.

Humanities: 6 credits

Select one course from:		3
PHIL 2300	Moral Theory and Practice	
PHIL 2350	Ethical Issues in a Diverse Society	
Select one additional course (3 credits) from the HDFS approved Humanities list		3
Total Credits		6

Electives: 26 credits

Elective course options may include additional HDFS courses.

Total credits: 120 credits

U.S. Cultures and Communities Requirement: Students fulfill the U.S. Cultures and Communities 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
FDM 1650	Fashion and Society: An Introduction	3
FDM 3620	Global Fashion	3
FDM 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
FDM 3540	Fashion History I: Prehistoric to Mid-19th Century	3
FDM 3560	Fashion History II: 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
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	Performing Arts Today	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
WGS 2010	Introduction to Women's and Gender Studies	3
WGS 3360	Religion, Sex and Gender	3
WGS 3380	Feminist Philosophy	3
WGS 3450	Women's Literature	3
WGS 3700F	Studies in English Translation: French Topics on Women and Gender Studies	3
	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
World Languages and Cultures (ARABC, CHIN, FRNCH, GER, GREEK, RUS, SPAN)		

Human Development and Family Studies, B.S.

Freshman

Fall	Credits Spring	Credits
HDFS 1020	3 HDFS 2490	3
HDFS 1100 or 1110	1 HDFS Individual Development Course	3
LIB 1600	1 Gen Ed: Science Course	3
ENGL 1500	3 Gen Ed: Social Sciences Course	3
Gen Ed: Social Sciences Course	3 Elective Course	3
Gen Ed: Humanities Course	3	
14		15

Sophomore

Fall	Credits	Spring	Credits
HDFS 2200	3	Gen Ed: Communications Course	3
ENGL 2500	3	Gen Ed: Science Course	3
STAT 1040	3	PHIL 2300 or PHIL 2350	3
Gen Ed: Social Science Course	3	HDFS Supporting Courses	6
HDFS Supporting Course	3		
		15	15

Junior

Fall	Credits	Spring	Credits
HDFS 3690	3	HDFS Supporting Courses	6
HDFS 3860	3	Electives	9
HDFS Supporting Courses	6		
Electives	4		
		16	15

Senior

Fall	Credits	Spring	Credits
HDFS 3870	3	HDFS 4910	8
HDFS 4200	3	Electives	6
HDFS Supporting Courses	6		
Electives	4		
		16	14

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

* See the list of HDFS General Education approved courses.

* ISU requires 3 credits of U.S. Cultures & Communications coursework and 3 credits of International Perspectives coursework.

* This sequence is only an example. The number of credits taken each semester should be based on the individual student's situation. Student ability, employment, health, activities, and grade point considerations affect credit hours per semester.

* Study Abroad opportunities are available in fall, spring, and summer. Advance planning is critical to avoid adding an additional semester to the graduation plan. Be sure to talk to an adviser if you plan to study abroad.

The **Human Development and Family Studies** minor can be earned by successfully completing the following for a total of 18 credits. All minors consist of at least 3 credits taken at Iowa State. All minors must have 9 credits in courses 2000 or above, of which at least 6 credits are in courses numbered 3000 or above. The minor must include at

least 3 credits not being used to meet any other department, college, or university requirement.

HDFS 1020	Human Development	3
HDFS 2490	Family Studies	3
Four of the following:		12
HDFS 2240	Child Development	
HDFS 2270	Middle Childhood and Adolescence	
HDFS 2340	Young Adulthood Through Later Life	
HDFS 2700	Family Communications and Relationships	
HDFS 2760	Human Sexuality	
HDFS 3170B	Field Experiences: Human Development and Family Studies	
HDFS 3210	Happiness Across the Lifespan	
HDFS 3670	Family Stress, Abuse, and Resilience	
HDFS 3690	Research Methods in Human Development and Family Studies	
HDFS 3730	Death as a Part of Living	
HDFS 3770	Aging and the Family	
HDFS 3860	Human Services Management I	
HDFS 3870	Trauma-Informed Practice	
HDFS 3950	Children, Families, and Public Policy	
HDFS 4790	Families Through a Social and Cultural Lens	
HDFS 4860	Human Services Management II	
HDFS 4900	Independent Study	

Total Credits **18**

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/>.