

HUMAN DEVELOPMENT AND FAMILY STUDIES

Administered by the Department of Human Development and Family Studies. Leading to the degree bachelor of science.

Total credits required: 120. The human development and family studies curriculum prepares 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 were established for the bachelor's degree in Human Development and Family Studies (HD FS). The curriculum is designed to ensure that students earning a bachelor's degree in HD FS will have achieved the following goals or learning outcomes.

LO 1: Content Knowledge- The student understands the central concepts, research, theories, and professional competencies across the lifespan within Human Development and Family Studies.

LO 2: Applied Knowledge and Skills- The student is able to apply content knowledge and use evidence-based practical skills to engage others' in growth-oriented reflection, planning, and action across developmental domains.

LO 3: Social Justice- The student engages in ongoing learning and critical evaluation of one's own position, one's community and contexts, and relevant micro and macro structures and systems. The student works with others to create and advocate for inclusive and equitable environments for individuals and families.

LO 4: Critical Thinking- The student integrates, evaluates, and critiques policies and practices using relevant tools of inquiry to apply in professional settings.

LO 5: Professional Development – The student engages in ongoing professional learning and efforts to enhance self-awareness to ensure growth and ethical practice.

LO 6: Research- The student is able to access and evaluate peer-reviewed research and can identify strengths, weaknesses, and applications of such 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 HD FS major by option.

Child Development & Guidance Option

Human Development and Family Studies Core: 23-24 credits

HD FS 102	Individual and Family Development, Health, and Well-being	3
HD FS 110 or HD FS 111	Freshman Learning Community Orientation New Transfer Student Seminar	1
HD FS 183	Personal Finance in Early Adulthood	1
HD FS 218	Professional Orientation and Service Learning	2
HD FS 369	Research Methods in Human Development and Family Studies	3
HD FS 418B	Professional Practice Reflection/Discussion: Internships	2
HD FS 479	Family Interaction Dynamics	3
HD FS 491	Internship	8-9
Total Credits		23-24

Individual and Family Development: 9 credits

Select 3 courses from:		9
HD FS 224	Development in Young Children: Birth through Age 8 or HD FS 225: Child Development and Health	
Note: HDFS 224 is a prerequisite to HDFS 342 and HDFS 344		
HD FS 226	Development and Guidance in Middle Childhood	
HD FS 227	Adolescence and Emerging Adulthood	
HD FS 234	Adult Development	
HD FS 249	Parenting and Family Diversity Issues	
HD FS 270	Family Communications and Relationships	
HD FS 377	Aging and the Family	
Total Credits		9

Child Development & Guidance Option: 21 credits

Emphasis classes. Select 4 from		12
HD FS 240	Literature for Children	
HD FS 342	Guidance and Group Management in Early Childhood	
HD FS 344	Programming for Children in Early Care and Education	
HD FS 345	Adapting Programming in Inclusive Settings	
HD FS 456	Working with Families in Early Intervention	
HD FS 486	Administration of Human Services Programs	
Supporting classes. Select 3 from:		9

HD FS 239	Consumer Issues	
HD FS 276	Human Sexuality	
HD FS 283	Personal and Family Finance	
HD FS 341	Household Finance and Policy	
HD FS 360	Housing and Services for Families and Children	
HD FS 367	Abuse and Illness in Families	
HD FS 373	Death as a Part of Living	
HD FS 378	Retirement Planning and Employee Benefits	
HD FS 387	Applying Evidence-Based Practices in Human Services	
HD FS 395	Children, Families, and Public Policy	
HD FS 449	Program Evaluation and Proposal Writing	
Total Credits		21

Communications and Library: 13 credits

ENGL 150	Critical Thinking and Communication	3
ENGL 250	Written, Oral, Visual, and Electronic Composition	3
LIB 160	Introduction to College Level Research	1
One of the following:		3
COMST 210	Communication and U.S. Diversity	
COMST 211	Interpersonal Communication	
COMST 218	Conflict Management	
SP CM 212	Fundamentals of Public Speaking	
One of the following:		3
ENGL 302	Business Communication	
ENGL 309	Proposal and Report Writing	
ENGL 314	Technical Communication	
Total Credits		13

Natural Sciences and Mathematical Disciplines: 10-11 credits

Biology Course		3
STAT 101	Principles of Statistics	4
One of the following:		3-4
COM S 103	Computer Literacy and Applications	
COM S 113	Introduction to Spreadsheets and Databases	
Total Credits		10-11

Social Sciences: 9 credits

Select from HD FS list of approved social sciences courses

Humanities: 6 credits

Select from HD FS list of approved humanities courses

Electives: 27-29 credits**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**

HD FS 102	Individual and Family Development, Health, and Well-being	3
HD FS 110	Freshman Learning Community Orientation	1
or HD FS 111	New Transfer Student Seminar	
HD FS 183	Personal Finance in Early Adulthood	1
HD FS 218	Professional Orientation and Service Learning	2
HD FS 369	Research Methods in Human Development and Family Studies	3
HD FS 418B	Professional Practice Reflection/Discussion: Internships	2
HD FS 479	Family Interaction Dynamics	3
HD FS 491	Internship	8-9
Total Credits		23-24

Individual & Family Development: 9 credits

Select 3 classes from: 0

HD FS 224	Development in Young Children: Birth through Age 8	
or HD FS 224	Child Development and Health	
Note: HDFS 224 is a required prerequisite to HDFS 342 and HDFS 344		
HD FS 226	Development and Guidance in Middle Childhood	
HD FS 227	Adolescence and Emerging Adulthood	
HD FS 234	Adult Development	
HD FS 249	Parenting and Family Diversity Issues	
HD FS 270	Family Communications and Relationships	
HD FS 377	Aging and the Family	

Total Credits 0**Health, Well-being, & Prevention Option: 21 credits**

Emphasis classes. Select 4 from: 12

HD FS 276	Human Sexuality	
HD FS 283	Personal and Family Finance	
HD FS 360	Housing and Services for Families and Children	
HD FS 367	Abuse and Illness in Families	

HD FS 373	Death as a Part of Living	
HD FS 387	Applying Evidence-Based Practices in Human Services	
Supporting classes. Select 3 from:		9
HD FS 239	Consumer Issues	
HD FS 240	Literature for Children	
HD FS 341	Household Finance and Policy	
HD FS 342	Guidance and Group Management in Early Childhood	
HD FS 344	Programming for Children in Early Care and Education	
HD FS 378	Retirement Planning and Employee Benefits	
HD FS 395	Children, Families, and Public Policy	
HD FS 449	Program Evaluation and Proposal Writing	
HD FS 486	Administration of Human Services Programs	

Total Credits 21

Communications and Library: 13 credits

ENGL 150	Critical Thinking and Communication	3
ENGL 250	Written, Oral, Visual, and Electronic Composition	3
LIB 160	Introduction to College Level Research	1
One of the following:		3
COMST 210	Communication and U.S. Diversity	
COMST 211	Interpersonal Communication	
COMST 218	Conflict Management	
SP CM 212	Fundamentals of Public Speaking	

One of the following: 3

ENGL 302	Business Communication	
ENGL 309	Proposal and Report Writing	
ENGL 314	Technical Communication	

Total Credits 13

Natural Sciences and Mathematical Disciplines: 10-11 credits

Biology Course		3
STAT 101	Principles of Statistics	4
One of the following:		3-4
COM S 103	Computer Literacy and Applications	
COM S 113	Introduction to Spreadsheets and Databases	

Total Credits 10-11

Social Sciences: 9 credits

Select from HD FS list of approved social sciences courses

Humanities: 6 credits

Select from HD FS list of approved humanities courses

Electives: 27-29 credits

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

HD FS 102	Individual and Family Development, Health, and Well-being	3
HD FS 110	Freshman Learning Community Orientation	1
or HD FS 111	New Transfer Student Seminar	
HD FS 183	Personal Finance in Early Adulthood	1
HD FS 218	Professional Orientation and Service Learning	2
HD FS 369	Research Methods in Human Development and Family Studies	3
HD FS 418B	Professional Practice Reflection/Discussion: Internships	2
HD FS 479	Family Interaction Dynamics	3
HD FS 491	Internship	8-9

Total Credits 23-24

Individual & Family Development: 9 credits

Select 3 courses from: 9

HD FS 224	Development in Young Children: Birth through Age 8	
or HD FS 225	Child Development and Health	

Note: HDFS 224 is a required prerequisite to HDFS 342 and HDFS 344

HD FS 226	Development and Guidance in Middle Childhood	
HD FS 227	Adolescence and Emerging Adulthood	
HD FS 234	Adult Development	
HD FS 249	Parenting and Family Diversity Issues	
HD FS 270	Family Communications and Relationships	
HD FS 377	Aging and the Family	

Total Credits 9

Advocacy, Administration, and Policy Option: 21 credits

Emphasis classes (Select 4): 12

HD FS 239	Consumer Issues	
HD FS 341	Household Finance and Policy	

HD FS 378	Retirement Planning and Employee Benefits	
HD FS 395	Children, Families, and Public Policy	
HD FS 449	Program Evaluation and Proposal Writing	
HD FS 486	Administration of Human Services Programs	
Supporting classes (Select 3 of the following):		9
HD FS 240	Literature for Children	
HD FS 276	Human Sexuality	
HD FS 283	Personal and Family Finance	
HD FS 342	Guidance and Group Management in Early Childhood	
HD FS 344	Programming for Children in Early Care and Education	
HD FS 360	Housing and Services for Families and Children	
HD FS 367	Abuse and Illness in Families	
HD FS 373	Death as a Part of Living	
HD FS 387	Applying Evidence-Based Practices in Human Services	
Total Credits		21

Communications and Library: 13 credits

ENGL 150	Critical Thinking and Communication	3
ENGL 250	Written, Oral, Visual, and Electronic Composition	3
LIB 160	Introduction to College Level Research	1
One of the following:		3
COMST 210	Communication and U.S. Diversity	
COMST 211	Interpersonal Communication	
COMST 218	Conflict Management	
SP CM 212	Fundamentals of Public Speaking	
One of the following:		3
ENGL 302	Business Communication	
ENGL 309	Proposal and Report Writing	
ENGL 314	Technical Communication	
Total Credits		13

Natural Sciences and Mathematical Disciplines: 10-11 credits

Biology Course		3
STAT 101	Principles of Statistics	4
One of the following:		3-4
COM S 103	Computer Literacy and Applications	
COM S 113	Introduction to Spreadsheets and Databases	
Total Credits		10-11

Social Sciences: 9 credits

Select from HD FS list of approved social sciences courses

Humanities: 6 credits

Select from HD FS list of approved humanities courses

Electives: 27-29 credits

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 421	Developing Global Leadership: Maximizing Human Potential	3
AF AM 330	Ethnic and Race Relations	3
A M D 165	Dress, Appearance, and Diversity in U.S. Society	3
A M D 362	Cultural Perspectives of Global Dress	3
A M D 467	Consumer Studies in Apparel and Fashion Products	3
AM IN 310	Contemporary Topics in American Indian Studies	3
AM IN 315	Archaeology of North America	3
AM IN 322	Peoples and Cultures of Native North America	3
Anthropology (ANTHR) - except 202		
Economics (ECON)		
FS HN 342	World Food Issues: Past and Present	3
INTST 235	Introduction to International Studies	3
LING 219	Introduction to Linguistics	3
LING 275	Introduction to Communication Disorders	3
LING 471	Language and Reading Development in Children	3
Political Science (POL S)		
Psychology (PSYCH) - except 131		
Sociology (SOC), including Criminal Justice (C J)		
WGS 201	Introduction to Women's and Gender Studies	3
WGS 203	Introduction to Lesbian Studies	3
WGS 301	International Perspectives on Women and Gender	3
WGS 320	Ecofeminism	3
WGS 327	Gender and Sexualities in Society	3
WGS 328	Sociology of Masculinities and Manhood	3

WGS 346	Psychology of Women	3
WGS 350	Women of Color in the U.S	3
WGS 385	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 342	Aesthetics of Consumer Experience	3
AF AM 201	Introduction to African American Studies	3
AF AM 334	Africana Religions	3
AF AM 347	Studies in African American Literature	3
AF AM 353	History of African Americans I	3
AF AM 354	History of African Americans II	3
A M D 257	Museum Studies	3
A M D 354	Fashion History I: Prehistoric to Mid-19th Century	3
A M D 356	Fashion History II: Mid-19th Century to the Present	3
AM IN 210	Introduction to American Indian Studies	3
AM IN 240	Introduction to American Indian Literature	3
AM IN 346	American Indian Literature	3
ARCH 221	Histories and Theories of Architecture to 1750	3
ARCH 420	Topics in American Architecture	3
Art History (ART H)		
American Sign Language (ASL)		
Classical Studies (CL ST)		
CMDIS 286	Communicating with the Deaf	3
DANCE 270	Dance Appreciation	3
DANCE 360	History and Philosophy of Dance	3
DSN S 183	Design in Context	3
ENGL 201	Introduction to Literature	3
ENGL 225	Survey of British Literature to 1800	3
ENGL 226	Survey of British Literature since 1800	3
ENGL 227	Survey of American Literature to 1865	3
ENGL 228	Survey of American Literature since 1865	3
ENGL 237	Survey of Film History	3
ENGL 240	Introduction to American Indian Literature	3
History (HIST)		
HSP M 260	Global Tourism Management	3
MUSIC 102	Introduction to Music Listening	3
MUSIC 302	Masterpieces of Music and Art in Western Culture.	3
MUSIC 304	History of American Rock 'n' Roll	3
MUSIC 383	History of Music I	3
MUSIC 384	History of Music II	3
Philosophy (PHIL)		

Religious Studies (RELIG)		
THTRE 106	Introduction to the Performing Arts	3
THTRE 110	Theatre and Society	3
THTRE 465	Theatre History: Ancient to 19th Century	3
THTRE 466	Theatre History: 19th Century to Present	3
WGS 201	Introduction to Women's and Gender Studies	3
WGS 336	Religion and Gender	3
WGS 338	Feminist Philosophy	3
WGS 340	Women's Literature	3
WGS 345	Women and Literature: Selected Topics	3
WGS 370	Studies in English Translation	3
WGS 374	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. -Child Development & Guidance option

Freshman

Fall	Credits Spring	Credits
HD FS 102	3 HD FS 183	1
HD FS 110 or 111	1 COM S 103 or 113	3-4
LIB 160	1 Biology	3
ENGL 150	3 Social Sciences Course ^{***}	3
PSYCH 131 (recommended elective)	1 Elective ^{***}	6
RELIG 205 (Humanities course)	3	
Social Sciences Course ^{***}	3	
15		16-17

Sophomore

Fall	Credits Spring	Credits
ENGL 250	3 SP CM 212, COMST 210, COMST 211, or COMST 218	3
STAT 101	4 Individual & Family Development Course	3
HD FS 218	2 Child Dev & Guide Supporting Class	3
Individual & Family Development Course	3 Humanities Course ^{***}	3
Social Science Course ^{***}	3 Elective [*]	3
15		15

Junior			Sophomore		
Fall	Credits Spring	Credits	Fall	Credits Spring	Credits
HD FS 369	3 HD FS 479	3	ENGL 250	3 SP CM 212, COMST 210, COMST 211, or COMST 218	3
Individual & Family Development Course	3 Child Dev & Guide Emphasis Class	3	HD FS 218	2 Individual & Family Development Course	3
Child Dev & Guide Supporting Class	3 Child Dev & Guide Emphasis Class	3	STAT 101	4 Humanities Course ***	3
Child Dev & Guide Emphasis Class	3 Electives *	7	Elective *	3 Electives *	6
Elective *	4		Social Sciences Course ***	3	
	16	16		15	15
Senior			Junior		
Fall	Credits Spring	Credits	Fall	Credits Spring	Credits
HD FS 418B	2 HD FS 491 ^	8-9	HD FS 479	3 HD FS 369	3
ENGL 302, 309, or 314	3 Electives *	4	Individual & Family Development Course	3 Individual & Family Development Course	3
Child Dev & Guide Emphasis Class	3		Adv, Admin, & Policy Emphasis Course	3 Adv, Admin, & Policy Supporting Course	3
Child Dev & Guide Supporting Class	3		Adv, Admin, & Policy Emphasis Course	3 Adv, Admin, & Policy Supporting Course	3
Electives	4		Adv, Admin, & Policy Supporting Course	3 Electives *	4
	15	12-13	Elective *	1	
				16	16
Freshman			Senior		
Fall	Credits Spring	Credits	Fall	Credits Spring	Credits
HD FS 102	3 HD FS 183	1	HD FS 418B	2 HD FS 491 ^	8-9
HD FS 110 or 111	1 COM S 103 or 113	3-4	ENGL 302, 309, or 314	3 Electives *	4
LIB 160	1 Social Sciences Course ***	3	Adv, Admin, & Policy Emphasis Course	3	
ENGL 150	3 Biology	3	Adv, Admin, & Policy Emphasis Course	3	
PSYCH 131 (recommended elective)	1 Electives *	6	Electives *	4	
RELIG 205 (Humanities course)	3			15	12-13
Social Sciences Course ***	3				
	15	16-17			

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

*** See HD FS General Education Selections sheet.

^ HD FS 418B is prerequisite to HD FS 491 Internship, and requires junior classification.

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

Freshman

Fall	Credits Spring	Credits
HD FS 102	3 HD FS 183	1
HD FS 110 or 111	1 COM S 103 or 113	3-4
LIB 160	1 Social Sciences Course ***	3
ENGL 150	3 Biology	3
PSYCH 131 (recommended elective)	1 Electives *	6
RELIG 205 (Humanities course)	3	
Social Sciences Course ***	3	
	15	16-17

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

*** See HD FS General Education Selections sheet

^ HD FS 418B is prerequisite to HD FS 491 Internship, and requires junior classification.

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

Freshman

Fall	Credits Spring	Credits
HD FS 102	3 COM S 103 or 113	3-4
HD FS 110 or 111	1 HD FS 183	1
LIB 160	1 Social Sciences Courses ^{***}	3
ENGL 150	3 Electives	6
PSYCH 131 (recommended elective)	1 Biology	3
RELIG 205 (Humanities course)	3	
Social Sciences Course ^{***}	3	
15		16-17

Sophomore

Fall	Credits Spring	Credits
ENGL 250	3 SP CM 212, COMST 210, COMST 211, or COMST 218	3
HD FS 218	2 Individual & Family Development Course	3
STAT 101	4 Humanities ^{***}	3
Health, W-B, & Prev Emphasis Course	3 Elective [*]	6
Social Sciences Course ^{***}	3	
15		15

Junior

Fall	Credits Spring	Credits
HD FS 479	3 HD FS 369	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
HD FS 418B	2 HD FS 491 [^]	8-9
ENGL 302, 309, or 314	3 Electives [*]	4
Health, W-B, & Prev Emphasis Course	3	
Health, W-B, & Prev Supporting Course	3	

Electives [*]	4	
15		12-13

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

*** See HD FS General Education Selections sheet

[^] HD FS 418B is prerequisite to HD FS 491 Internship, and requires junior classification.

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

HD FS 102	Individual and Family Development, Health, and Well-being	3
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One of the following: 3

HD FS 223	Child Development and Health	
HD FS 226	Development and Guidance in Middle Childhood	
HD FS 227	Adolescence and Emerging Adulthood	
HD FS 234	Adult Development	
HD FS 249	Parenting and Family Diversity Issues	
HD FS 270	Family Communications and Relationships	
HD FS 377	Aging and the Family	

Three of the following: 9

HD FS 276	Human Sexuality	
HD FS 360	Housing and Services for Families and Children	
HD FS 367	Abuse and Illness in Families	
HD FS 373	Death as a Part of Living	
HD FS 387	Applying Evidence-Based Practices in Human Services	
HD FS 395	Children, Families, and Public Policy	
HD FS 449	Program Evaluation and Proposal Writing	
HD FS 479	Family Interaction Dynamics	

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/>.