

# 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 (HD FS). 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 HD FS major by option.

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

HD FS 102	Human Development	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 Dynamics Through a Social and Cultural Lens	3

HD FS 491	Internship	8-9
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**Total Credits** 23-24

## Individual and Family Development: 12 credits

Select 4 courses from: 12

HD FS 224	Development in Young Children: Birth through Age 8
	or HD FS 222: 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** 12

## Child Development & Guidance Option: 24 credits

Emphasis classes. Select 4 from 12-13

HD FS 240	Literature for Children
HD FS 342	Social and Emotional Development and Child-centered Guidance in Early Childhood
HD FS 344	Programming for Children in Early Care and Education
HD FS 345	Inclusive Teaching and Interaction Strategies
HD FS 456	Working with Families in Early Intervention
HD FS 486	Administration of Human Services Programs

Supporting classes. Select 4 from: 12

HD FS 239	Consumer Issues
HD FS 276	Human Sexuality
HD FS 283	Personal and Family Finance
HD FS 341	Income Tax Planning for Families
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** 24-25

### 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	
<b>Total Credits</b>		<b>13</b>

### 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	
<b>Total Credits</b>		<b>10-11</b>

### 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: 23-25 credits

Elective course options may include additional HD FS courses from the Individual and Family Development category that have not been taken and/or HD FS courses from the Health, Wellbeing, and Prevention 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

HD FS 102	Human Development	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 Dynamics Through a Social and Cultural Lens	3
HD FS 491	Internship	8-9
<b>Total Credits</b>		<b>23-24</b>

### Individual & Family Development: 12 credits

Select 4 classes from: 12

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	
<b>Total Credits</b>		<b>12</b>

### Health, Well-being, & Prevention Option: 24 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 4 from: 12

HD FS 239	Consumer Issues	
HD FS 240	Literature for Children	
HD FS 341	Income Tax Planning for Families	
HD FS 342	Social and Emotional Development and Child-centered Guidance 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	
<b>Total Credits</b>		<b>24-25</b>

### 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	
<b>Total Credits</b>		<b>13</b>

### 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	
<b>Total Credits</b>		<b>10-11</b>

### 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: 23-25 credits

Elective course options may include additional HD FS courses from the Individual and Family Development category that have not been taken and/or HD FS courses from the Health, Wellbeing, and Prevention 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

HD FS 102	Human Development	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 Dynamics Through a Social and Cultural Lens	3
HD FS 491	Internship	8-9
<b>Total Credits</b>		<b>23-24</b>

### Individual & Family Development: 12 credits

Select 4 courses from:		12
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	
<b>Total Credits</b>		<b>12</b>

### Advocacy, Administration, and Policy Option: 24 credits

Emphasis classes (Select 4):		12
HD FS 239	Consumer Issues	
HD FS 341	Income Tax Planning for Families	
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 4 of the following):	12
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	13
HD FS 240 Literature for Children	
HD FS 276 Human Sexuality	
HD FS 283 Personal and Family Finance	
HD FS 342 Social and Emotional Development and Child-centered Guidance 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** 24-25

### 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: 23-25 credits

Elective course options may include additional HD FS courses from the Individual and Family Development category that have not been taken and/or HD FS courses from the Health, Wellbeing, and Prevention 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 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 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 Communities	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	Euro-American Dress History: Prehistoric to Mid-19th Century	3
A M D 356	Euro-American Dress History: 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)		
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
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Philosophy (PHIL)

Religious Studies (RELIG)

THTRE 106	Introduction to the Performing Arts	3
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THTRE 110	Theatre and Society	3
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THTRE 465	Theatre History: Ancient to 19th Century	3
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THTRE 466	Theatre History: 19th Century to Present	3
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WGS 201	Introduction to Women's and Gender Studies	3
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WGS 336	Religion, Sex and Gender	3
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WGS 338	Feminist Philosophy	3
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WGS 345	Women and Literature: Selected Topics	3
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WGS 370	Studies in English Translation	3
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WGS 374	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
HD FS 102	3 HD FS 183	1
HD FS 110 or 111	1 Biology Course <sup>***</sup>	3
LIB 160	1 Social Sciences Course <sup>***</sup>	3
ENGL 150	3 Elective Courses <sup>***</sup>	6
PSYCH 131 (recommended elective)	1 Individual and Family Development Course	3
Social Sciences Course <sup>***</sup>	3	
Humanities Course <sup>***</sup>	3	
	<b>15</b>	<b>16</b>

### Sophomore

Fall	Credits Spring	Credits
ENGL 250	3 SP CM 212, COMST 210, COMST 211, or COMST 218	3
STAT 101	4 General Education: COM S 103 or COM S 113	3
HD FS 218	2 Child Dev & Guide Supporting Course	3
Individual & Family Development Course	3 Humanities Course <sup>***</sup>	3
Social Science Course <sup>***</sup>	3 Elective <sup>*</sup>	3
	<b>15</b>	<b>15</b>

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 Course	6	STAT 101	4 COM S 103 or 113	3
Child Dev & Guide Supporting Course	3 Individual and Family Development Course	3	Individual and Family Development Course	3 Advocacy Administration and Policy Focus: Supporting course	3
Child Dev & Guide Emphasis Course	3 Electives *	4	HD FS 218	2 Humanities Course ***	3
Elective *	4		Social Sciences Course ***	3 Electives *	3
	<b>16</b>	<b>16</b>	undefined		
				<b>15</b>	<b>15</b>

Senior			Junior		
Fall	Credits Spring	Credits	Fall	Credits Spring	Credits
HD FS 418B	2 HD FS 491 ^	8-9	HD FS 369	3 HD FS 479	3
ENGL 302, 309, or 314	3 Electives *	4	Individual & Family Development Course	3 Individual & Family Development Course	3
Child Dev & Guide Emphasis Course	3		Adv, Admin, & Policy Supporting Course	3 Adv, Admin, & Policy Emphasis Course	3
Child Dev & Guide Supporting Course	6		Adv, Admin, & Policy Emphasis Course	3 Adv, Admin, & Policy Emphasis Course	3
Electives	1		Elective *	4 Electives *	4
	<b>15</b>	<b>12-13</b>		<b>16</b>	<b>16</b>

\* 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.

- 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			Senior		
Fall	Credits Spring	Credits	Fall	Credits Spring	Credits
HD FS 102	3 HD FS 183	1	Adv, Admin, & Policy Emphasis Course	3 HD FS 491 ^	8-9
HD FS 110 or 111	1 Individual and Family Development Course	3	Adv, Admin, & Policy Supporting Course	6 Electives *	4
LIB 160	1 Social Sciences Course ***	3	HD FS 418B	2	
ENGL 150	3 Biology	3	ENGL 302, 309, or 314	3	
PSYCH 131 (recommended elective)	1 Electives *	6	Electives *	1	
Social Sciences Course ***	3			<b>15</b>	<b>12-13</b>
Humanities Course ***	3				
	<b>15</b>	<b>16</b>			

\* 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.

- 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
HD FS 102	3 HD FS 183	1
HD FS 110 or 111	1 Social Sciences Courses <sup>***</sup>	3
LIB 160	1 Electives	6
ENGL 150	3 Individual and Family Development Course	3
PSYCH 131 (recommended elective)	1 Biology	3
Social Sciences Course <sup>***</sup>	3	
Humanities Course <sup>***</sup>	3	
<b>15</b>		<b>16</b>

#### Sophomore

Fall	Credits Spring	Credits
ENGL 250	3 SP CM 212, COMST 210, COMST 211, or COMST 218	3
HD FS 218	2 Health Wellbeing and Prevention Focus Supporting Course	3
STAT 101	4 Humanities <sup>***</sup>	3
Individual and Family Development Course	3 Elective <sup>*</sup>	3
Social Sciences Course <sup>***</sup>	3 COM S 103 or 113	3
<b>15</b>		<b>15</b>

#### Junior

Fall	Credits Spring	Credits
HD FS 369	3 HD FS 479	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 <sup>*</sup>	4 Electives <sup>*</sup>	4
<b>16</b>		<b>16</b>

#### Senior

Fall	Credits Spring	Credits
HD FS 418B	2 HD FS 491 <sup>^</sup>	8-9
ENGL 302, 309, or 314	3 Electives <sup>*</sup>	4
Health, W-B, & Prev Emphasis Course	3	

Health, W-B, & Prev Supporting Course	6
Electives <sup>*</sup>	1
<b>15</b>	
<b>12-13</b>	

\* 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.

- 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

HD FS 102	Human Development	3
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 Dynamics Through a Social and Cultural Lens	
<b>Total Credits</b>		<b>15</b>

## 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/>.