**Human Development and Family Studies**

B.S. in Applied Health Science degree (120 minimum credit hours) **AHDBS**

2.5 GPA req. for admission. No Pass/Fail except free electives

Effective for students matriculating summer 2013

Department of Applied Health Science – PH 116 – (812) 855-3627

Students must complete all General Education requirements and all Major requirements. Any acceptable General Education course which is also required in the major may apply to (double-count in) both required areas. Courses common to the areas of World Cultures, Arts and Humanities, and Social and Historical Studies may also double count. However, credit for such courses counts only once toward the total required credits for a degree.

**General Education (20 – 39 credits)**

(General Education Bulletin at: www.indiana.edu/~bulletin/iub)

**English Composition (0 to 3 credits, C minimum required)**

Complete one of the following options:

- 3 CMLT-C 110 Writing the World
- 3 ENG-W 131 Elementary Composition
- 3 ENG-W 170 Projects in Reading and Writing
- 0 ENG-W 131 EX Elementary Composition Exemption

**Mathematical Modeling (3 to 4 credits)**

Complete one of the following options:

- 4 MATH-D 116 AND MATH-D 117 Intro to Finite Mathematics I-II
- 3 MATH-J 113 Introduction to Calculus with Applications
- 3 MATH-M 118 Finite Mathematics
- 3 MATH-M 119 Brief Survey of Calculus I
- 4 MATH-M 211 Calculus I
- 4 MATH-M 213 Accelerated Calculus
- 3 MATH-S 118 Honors Finite Mathematics
- 3 MATH-V 118 Finite and Consumer Mathematics
- 3 MATH-V 118 Finite Math for Social and Biological Sciences

**Natural and Mathematical Sciences (5 credits)**

Complete 5 credits from the list of approved N&M courses in the IUB General Education Bulletin. At least one course must be a natural science (as indicated by an asterisk in the GENED bulletin).

**Arts and Humanities (6 credits)**

Complete 6 credits from the list of approved A&H courses in the IUB General Education Bulletin.

**Social and Historical Studies (6 credits)**

Complete 6 credits from the list of approved S&H courses in the IUB General Education Bulletin.

**World Languages and Cultures (0 to 14 credits)**

Choose one of the following three options:

Complete 6 credits of world culture courses from the list of approved WC courses in the IUB General Education Bulletin.

OR

Achieve competency in a single foreign language equal to successful completion of the four semester sequence in a world language.

OR

Complete a 6-credit International experience in an approved study abroad. A list of approved course choices may be found in the IUB General Education Bulletin.

**Major (90 credits)**

**Core Courses** (51 credits, C- min in each course)

- 3 SPH-B 150 Intro to Public Health
- 3 SPH-F 150 Intro to Life-Span Human Development S&H
- 3 SPH-F 255 Human Sexuality S&H
- 3 SPH-F 258 Marriage & Family Interaction S&H
- 3 SPH-F 341 Effects of Divorce on Children**
  - OR SPH-F 457 Stress and Resilience in the Family
  - (P: SPH-F 150 & F 258 or equiv; Sr standing)
- 3 SPH-F 460 Grief in a Family Context*
  - (P: SPH-F 150, SPH-F 258 or equivalents)
- 3 SPH-S 345 Parent-Child Relations*
- 3 SPH-F 346 Human Dev I - Conception > Early Childhood
  - (P: SPH-F 150 & F 258 or equiv)
- 3 SPH-F 347 Human Dev II - Mid Childhood > Adolescence
  - (P: SPH-F 150 & F 258 or equiv)
- 3 SPH-F 348 Human Dev III - Early, Mid, and Late Adulthood
  - (P: SPH-F 150 & F 258 or equiv)
- 3 SPH-F 417 African American and Latino Families**
  - (P: SPH-F 150 & F 258 or equivalent)
- 3 SPH-F 430 Professional Preparation in HDFS
  - (P: HDFS major; Jr/Sr, P/C:18 cr. of SPH-F courses)
- 3 SPH-F 453 Family Life Educ * (P: SPH-F 150 & F 258 or equiv)
- 3 SPH-F 458 Family Law and Policy **
- 6 SPH-F 497 Internship in HDFS (graded S/F) +
  - (P: SPH-F 430, 2.5 GPA, Jr/Sr; at least one from SPH-F 346, F 347, F 348 appropriate to agency; consent of instructor)
- 3 SPH-H 494 Rsrch&EvltnMhds - Hlth&Sfty(P:Jr/Srstdng)
- 3 SPH-N 220 Nutrition for Health
  - OR SPH-N 231 Human Nutr (P: college chem. & bio) N&M
  - OR SPH-N 331 Life Cycle Nutrition **

* fall only

**Spring only**

**Additional Required Courses** (27 credits, C- min in each course)

- 3 BUS-F 260 Personal Finance
- 3 ANTH-A 122 (Frmly: CMCL-C 122 Interpersnl Communictn S&H)
- 3 Computer Lit (BUS-K201, CSCI-A110 N&M, SPH-K200, R212)
- 3 MATH/PSY-K 300 Stats OR SPH-H 381 Health Info & Stats
- 3 PSY-P 101 Introductory Psychology I (OR P155) N&M
- 3 PSY-P 102 Introductory Psychology II S&H
- 3 PSY-P 324 Abnormal Psychology
- 3 SOC-S 100 Introduction to Sociology (or SOC-S 101) S&H
- 3 SOC-S 316 Sociology of the Family

**Professional Electives** (12 credits, C- min in each course)

Complete 12 credits from courses listed on reverse side. 9 of the 12 credits must be at the 300/400 level.

**
There is an application process for the internship (F 442) which must be completed six (6) weeks prior to the semester in which the credit is to be earned. Check with the internship coordinator for information packet.

GENERAL EDUCATION 20-39
MAJOR 90
COMPLETE A MINIMUM OF 120 CREDITS FOR THIS DEGREE.

* fall only ** spring only

Professional electives (OTHERS OK w/ ADVISOR APPROVAL)
AAAD  A210 S&H, A425
AMST  A202 A&H
EDUC  E330, E335, K205, P465
HIST  H231 S&H
NURS  Any course
PSY   P303, P304, P319, P323, P325, P326, P327, P329, P335, P425

Professional electives (cont.)
SPHS  S433
SWK   S100 S&H, S141, S221 S&H, S300, S332, S352

PRE-HEALTHCARE PROFESSION STUDENTS: PLEASE SEE ADVISOR FOR COURSE SUBSTITUTIONS IN PROFESSIONAL ELECTIVES
## Suggested Course Sequence for Human Development and Family Studies

*(Note: N&M and S&H courses can be covered by course requirements)*

<table>
<thead>
<tr>
<th>FRESHMAN YEAR-Fall Semester</th>
<th>FRESHMAN YEAR-Spring Semester</th>
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<tbody>
<tr>
<td>PSY-P101 “Intro to Psychology 1” (3)</td>
<td>PSY-P102 “Intro to Psychology 2” (3)</td>
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<tr>
<td>SPH-F150 “Intro to Life-Span Human Development” (3)</td>
<td>SPH-B150 “Intro to Public Health” (3)</td>
</tr>
<tr>
<td>Arts and Humanities or WLC elective (3)</td>
<td>SPH-F258 “Marriage and Family Interaction” (3)</td>
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<tr>
<td>Elementary Composition or Math Modeling (3)</td>
<td>Arts and Humanities or WLC elective (3)</td>
</tr>
<tr>
<td>Elective (1-3)</td>
<td>Elementary Composition or Math Modeling (3)</td>
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<tr>
<td><strong>Total Credits:</strong> 13-15</td>
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<tr>
<th>SOPHOMORE YEAR-Fall Semester</th>
<th>SOPHOMORE YEAR-Spring Semester</th>
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<tbody>
<tr>
<td>ANTH-A122 “Interpersonal Communication” (3)</td>
<td>CSCI-A110/SPH-K200 “Computer Literacy” (3)</td>
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<tr>
<td>SOC-S100 “Intro to Sociology” (3)</td>
<td>SPH-F346 “Human Dev. I-Childbirth” (3)</td>
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<tr>
<td>SPH-F255 “Human Sexuality” (3)</td>
<td>SPH-N220 “Nutrition for Health” (3)</td>
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<tr>
<td>SPH-F345 “Parent-Child Relations” (3)</td>
<td>Arts and Humanities or WLC elective (3)</td>
</tr>
<tr>
<td>Arts and Humanities or WLC elective (3)</td>
<td>Elective (3)</td>
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<th>JUNIOR YEAR-Fall Semester</th>
<th>JUNIOR YEAR-Spring Semester</th>
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<tbody>
<tr>
<td>BUS-F260 “Personal Finance” (3)</td>
<td>PSY-K300/SPH-H381 “Statistical Techniques” (3)</td>
</tr>
<tr>
<td>PSY-P324 “Abnormal Psychology” (3)</td>
<td>SPH-F348 “Human Dev. II-Early Childhood” (3)</td>
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<td>SPH-F347 “Human Dev. II-Mid. Childhood-Adolescence” (3)</td>
<td>SPH-F341 “Effects of Divorce on Children” (3)</td>
</tr>
<tr>
<td>SPH-F430 “Professional Preparation in HDFS” (3)</td>
<td>or SPH-F457 “Stress and Res. in the Family” (3)</td>
</tr>
<tr>
<td>Elective (3)</td>
<td>Professional Elective (3)</td>
</tr>
<tr>
<td><strong>Total Credits:</strong> 15</td>
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### Summer After Junior Year

SPH-F497 “HDFS Internship” (6 credits)
*The HDFS internship can also be completed the summer after senior year*

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<tr>
<th>SENIOR YEAR-Fall Semester</th>
<th>SENIOR YEAR-Spring Semester</th>
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<tr>
<td>SOC-S316 “Sociology of the Family” (3)</td>
<td>SPH-F458 “Family Law and Policy” (3)</td>
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<td>SPH-F453 “Family Life Education” (3)</td>
<td>SPH-F417 “African American and Latino Families” (3)</td>
</tr>
<tr>
<td>SPH-H494 “Research and Evaluation Methods” (3)</td>
<td>Professional Elective (3)</td>
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Human Development and Family Studies

The human development and family studies program focuses on the development of individuals over the life span from conception through aging, and the dynamic relationships within the family as well as interactions and relationships in the broader social environment.

Opportunities in the Program

Students have the opportunity to direct their area of study interest by selecting elective courses from psychology, sociology, social work, criminal justice and even the biological sciences to earn a minor or two in these selected fields. Some selected minors include:

- Counseling
- Gender studies
- Gerontology
- Human sexuality
- Nutrition
- Psychology
- Public Health
- Sociology
- Occupational or Physical Therapy preparation
- Pre-med and pre-law preparation

What you can do

With a Bachelor of Science degree in this major program, graduates will be able to work in:

- Community services for: families, youth, children, maternal and paternal needs, senior citizens, populations with special needs
- Governmental, mental health, and foster care agencies
- Hospitals, schools, group homes, nonprofit organizations, human resources, customer service, and consumer relations for businesses.
- Graduate school: Graduates will have an excellent foundation for graduate and professional school where they can prepare to become social workers, counselors, public health professionals, occupational or physical therapists, nurses, and doctors.

Career opportunities

Activities Specialist · Camp Counselor · Camp Director · Case Manager · Child court advocate · Community Living Program Staff · Community Facilitator · Correctional Treatment Specialist · Customer Service Agent · Developmental Specialist · Family Development Specialist · Family Home Supervision · Homeless Shelter Supervisor · Hospice Counselor · Intake Interviewer · Outreach Program Coordinator · Parent Liaison · Probation Officer · Program Monitor · Psychiatric Aide · Research Assistant · Residential Director · Residential Youth Counselor · Teacher’s Assistant · Teen Parent Educator · Youth Services Coordinator · YMCA Program Coordinator

Careers after completing a graduate or advanced graduate degree:

Social Worker · Clinical Psychologist · Marriage and Family Therapist · Sex Therapist · Special Needs Counselor/Therapist · Special Education Teacher · Secondary Education Teacher · Speech/Language Pathologist · Occupational Therapist · Physical Therapist · School Guidance Counselor · School Psychologist · University professor …

What You Will Earn

Here are a few salary scales for select jobs:

Case managers in Social Services, Youth Services, Community Mental Health Services, Health Insurance, Human Resources, can earn $28K - $40K; Camp Director $30K - $45K; Teacher’s Assistant – depending on years of services and experience $18K-$28K; Child Care Specialist $39K - $44K; Group Home Supervisor $29K - $42K.