Human Development and Family Studies
B.S. in Applied Health Science degree (124 minimum credit hours) (AHHDBS)
2.5 GPA req. for admission. No Pass/Fail except free electives
Effective for students matriculating summer 2012
Department of Applied Health Science – HPER 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:
- ___ 3 MATH-A 118 Finite Mathematics for the Soc and Behavior Sci
- ___ 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.

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Major (90 credits)

**Professional Courses (48 credits, C- min in each course)**

- ___ 3 HPER-F 150 Intro to Life-Span Human Development S&H
- ___ 3 HPER-F 255 Human Sexuality S&H
- ___ 3 HPER-F 258 Marriage & Family Interaction S&H
- ___ 3 HPER-F 345 Parent-Child Relations
- ___ 3 HPER-F 346 Human Dev I - Conception > Early Childhood*
  (P:HPER-F 150 & F 258 or equiv)
- ___ 3 HPER-F 347 Human Dev II - Mid Childhood > Adolescence**
  (P:HPER-F 150 & F 258 or equiv)
- ___ 3 HPER-F 348 Human Dev III - Early, Mid, and Late Adulthood*
  (P:HPER-F 150 & F 258 or equiv)
- ___ 3 HPER-F 417 African American and Latino Families**
  (P: HPER-F 150 & F 258 or equivalent)
- ___ 3 HPER-F 430 Professional Preparation in HDFS
  (P: HDFS major; Jr/Sr, P/C:18 cr. of HPER-F courses)
- ___ 6 HPER-F 442 Internship in HDFS (graded S/F) +
  (P: HPER-F 430; 2.5 GPA, Jr/Sr; at least one from HPER-F 346,
  HPER-F 347, HPER-F 348 approp to agency; consent of instructor)
- ___ 3 HPER-F 453 Family Life Educ * P: HPER-F 150 & F 258 or equiv
- ___ 3 HPER-F 458 Family Law and Policy **
- ___ 3 HPER-F 341 Effects of Divorce on Children**
- OR HPER-F 457 Stress and Resilience in the Family
  (P:HPER-F 150 & F 258 or equiv; Sr standing)
- OR HPER-F 460 Grief in a Family Context*
  (P: HPER-F 150, HPER-F 258 or equivalents)
- ___ 3 HPER-H 494 Rsrch&EvaltnMthds - Hlth&Sfty(P:Jr/Sr,Fndng)
- ___ 3 HPER-N 220 Nutrition for Health
- OR HPER-N 231 Human Nutr (P: college chem. & bio) N&M
- OR HPER-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 CMCL-C 122 Interpersonal Communication S&H
- ___ 3 Computer Lit (BUS-K201, CSCI-A110 N&M, HPER-P200, R237)
- ___ 3 MATH/PSY-K 300 Stats OR HPER-H 391 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 (15 credits, C- min in each course)**

Complete 15 credits from courses listed on reverse side.
9 of the 15 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

GE CREDIT

MAJOR

COMPLETE A MINIMUM OF 124 CREDITS FOR THIS DEGREE.

Visit the AHS website at www.indiana.edu/~aphealth/.

* fall only  ** spring only

For info on HDFS, select Human Development and Family Studies "in the alphabetical list of majors" at http://www.indiana.edu/~udiv/majors/

Professional electives (OTHERS OK w/ ADVISOR APPROVAL)

AAAD  A210 S&H, A425

AMST  A202 A&H


EDUC  E330, E335, K205, P465


HIST  H231S&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, S221S&H, S300, S332, S352

PRE-HEALTHCARE PROFESSION STUDENTS: PLEASE SEE ADVISOR FOR COURSE SUBSTITUTIONS IN PROFESSIONAL ELECTIVES

HPER-F 317 and H 317 may be repeated with different topics.
# Suggested Course Sequence for Human Development and Family Studies

*(Note: N&M and S&H courses 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>Elementary Composition or Math Modeling (3)</td>
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<tr>
<td>Arts and Humanities or WLC elective (3)</td>
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<tr>
<td>HPER-F150 “Intro to Life-Span Human Dev/ptmnt.” (3)</td>
<td>HPER-F258 “Marriage and Family Interaction” (3)</td>
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<tr>
<td>PSY-P101 “Intro to Psychology 1” (3)</td>
<td>HPER-F255 “Human Sexuality” (3)</td>
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<tr>
<td>Elective (1-3)</td>
<td>PSY-P102 “Intro to Psychology 2” (3)</td>
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Total Credits: 13-15

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<th>SOPHOMORE YEAR-Fall Semester</th>
<th>SOPHOMORE YEAR-Spring Semester</th>
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<tr>
<td>Arts and Humanities or WLC elective (3)</td>
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<tr>
<td>CMCL-C122 “Interpersonal Communication” (3)</td>
<td>CSCI-A110/HPER-P200/R237 “Computer Literacy” (3)</td>
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<tr>
<td>HPER-F345 “Parent-Child Relations” (3)</td>
<td>HPER-F341 “Effects of Divorce on Children” OR HPER-F457 “Stress and Res. in the Family” (3)</td>
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<tr>
<td>SOC-S100 “Intro to Sociology” (3)</td>
<td>HPER-N220 “Nutrition for Health” (3)</td>
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<tr>
<td>Elective (3)</td>
<td>Professional Elective (3)</td>
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Total Credits: 15

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<tr>
<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>HPER-F347 “Human Dev. II-Mid. Childhood-Adolescence” (3)</td>
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<tr>
<td>HPER-F346 “Human Dev. I-Conception through Early Childhood” (3)</td>
<td>HPER-F430 “Professional Preparation in HDFS” (3)</td>
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<tr>
<td>HPER-F348 “Human Dev. III-Early, Mid, and Late Adulthood” (3)</td>
<td>PSY-P324 “Abnormal Psychology” (3)</td>
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<td>SOC-S316 “Sociology of the Family” (3)</td>
<td>PSY-K300/HPER-H391 “Statistical Techniques” (3)</td>
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<tr>
<td>Elective (3)</td>
<td>Professional Elective (3)</td>
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Total Credits: 15

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<tr>
<th>SUMMER AFTER JUNIOR YEAR</th>
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<tr>
<td>HPER-F442 “HDFS Internship” (6 credits)</td>
<td><em>The HDFS internship can also be completed the summer after senior year</em></td>
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<th>SENIOR YEAR-Fall Semester</th>
<th>SENIOR YEAR-Spring Semester</th>
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<tbody>
<tr>
<td>HPER-H494 “Research and Evaluation Methods” (3)</td>
<td>HPER-F458 “Family Law and Policy” (3)</td>
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<tr>
<td>HPER-F453 “Family Life Education” (3)</td>
<td>HPER-F417 “African American and Latino Families” (3)</td>
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<tr>
<td>Professional Elective (3)</td>
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<td>Elective (3)</td>
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Total Credits: 15

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

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.