



Human Development and Family Science

University of Missouri

Degree Requirements for:

FAMILIES AND LIFESPAN DEVELOPMENT

Students explore the theory and research about families and individuals across the lifespan. Coursework focuses on bio-psycho-social development, family functioning, and interpersonal relationships in relevant settings. Diversity is emphasized through an examination of multicultural families and diverse family structures and processes. Variations in individual development and relationships associated with factors such as gender, race, ethnicity, social class and health status are considered.

All courses that count toward the HDFS major requirements must be completed with a grade of C or better. Grades of C- or below will not be accepted. HDFS 1600 must be taken before HDFS 2300 or any 3000 or 4000-level HDFS course. Students who wish to seek the Certified Family Life Educator credential (CFLE) from the National Council on Family Relations (NCFR) should consult with the Families and Lifespan academic adviser for the most current requirements. In addition to the Mizzou General Education and HES College requirements, the following courses comprise the Families and Lifespan Development emphasis area.

Required Courses (47-53 hours)

- _____ HDFS 1600 Foundations of Family Science (3)
- _____ HDFS 2200 Research Methods in HDFS (3)
- _____ HDFS 2300 Multicultural Study of Children and Families (3)
- _____ HDFS 2400W Principles of Human Development (4)
- _____ HDFS 2450 Human Sexuality Across the Life Span (3)
- _____ HDFS 3050 Child Development: Birth to 3 (3)
- _____ HDFS 3150W Child Development 4-8 (3)
- _____ HDFS 3430 Adolescence and Young Adulthood (3)
- _____ HDFS 3440 Adulthood and Aging (3)
- _____ HDFS 3500 Infant-Toddler Practicum(6) **or**
 - HDFS 3700 Preschool Practicum (6) **or**
 - HDFS 3730 Field Training Practicum (3)
- _____ HDFS 4610 Stress and Resilience in Families (3) **or**
 - HDFS 4700 Children and Families in Poverty (3)
- _____ HDFS 4620 Family Interaction (3)
- _____ HDFS 4640 Interpersonal Relationships (3)
- _____ ⁴HDFS 4970W Families and Lifespan Develop. Capstone (4)
- _____ ³HDFS 4993 Internship in HDFS (3-6) check course prerequisites

Related Areas (12 hours)

- _____ PHIL 1100 Introduction to Ethics (3) **or**
 - PHIL 2440 Medical Ethics (3)
- _____ PSYCH 1000 Introduction to Psychology (3)
- _____ SOCIOL 1000 Introduction to Sociology (3) **or**
 - RU SOC 1000 Rural Sociology (3)
- _____ ²STAT 1200 Introductory Statistical Reasoning (3) **or**
 - STAT 1400 Elementary Statistics for Life Sciences (3) **or**
 - ESC PS 4170 Intro To Applied Statistics (3)

See page 2 for additional information.

¹ Service Learning course

² should be taken prior to HDFS 2200

³ instructor consent and senior standing required

⁴ Cannot be completed until successful completion of HDFS core courses and HDFS 3430, HDFS 3440 and 12 credits from HDFS 4610, HDFS 4620, HDFS 4630, HDFS 4640 and HDFS 4700 or consent of instructor. 3 credit hours of these 3000/4000-level courses can be concurrent with HDFS 4970. Instructor consent and senior standing required.

Related Electives (21 hours)

Choose from among the following courses:

- _____ HDFS 1610 Intimate Relationships & Marriage (3)
- _____ HDFS 3085 Problems (1-3) or HDFS 4085 (1-3)
- _____ HDFS 3090 Research Experience in HDFS (1-6)
- _____ HDFS 3500 Infant-Toddler Practicum (6) (only if not taken as a required course-- see page 1)
- _____ ¹HDFS 3600 Partnering with Parents and Families (3)
- _____ HDFS 3700 Preschool Practicum (6) (only if not taken as a required course-- see page 1)
- _____ HDFS 3730 Field Training Practicum (3) (only if not taken as a required course-- see page 1)
- _____ HDFS 3800 Children’s Play (3)
- _____ HDFS 4001 Topics (1-6)
- _____ HDFS 4090 Advanced Research Experience (1-6)
- _____ HDFS 4200 Latino/a Youth and Families (3)
- _____ HDFS 4300 Black Families (3)
- _____ HDFS 4420 Environmental Influences on Lifespan Cognition (3)
- _____ HDFS 4610 Stress and Resilience in Families (3) (if not taken as a required course-- see page 1)
- _____ HDFS 4630 The Process of Divorce (3)
- _____ HDFS 4680 Family Communication (3)
- _____ HDFS 4700 Children and Families in Poverty (3) (if not taken as a required course-- see page 1)
- _____ HDFS 4720 Child and Family Advocacy (3)

Other approved 3000+ level HDFS courses not listed above and not taken as a required course (1-6)

In addition, students may select up to 6 hours of advisor-approved courses from related disciplines such as Anthropology, Black Studies, Communication Studies, Educational, School and Counseling Psychology, Psychology, Sociology, and Women’s and Gender Studies.

These must be approved by the advisor prior to enrollment.

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Families and Lifespan Development

Sample Course Guide

FIRST YEAR - FALL SEMESTER

English 1000 Exposition & Argumentation	3
GN HES 1100 Intro to Human Envr Sciences	1
HDFS 1600 Foundations of Family Science	3
HES Foundation: NEP 1034 Intro to Human Nutrition, or NEP 2222 Landscape of Obesity	3
PSYCH 1000 General Psychology	3
Science	3
Total	16

SECOND YEAR - FALL SEMESTER

HDFS 2300 Multicultural Study of Children/Families	3
HDFS 3050 Child Development Birth to 3	3
COMMUN 1200 Intro Speech Communication	3
Philosophy 1100 or 2440	3
Statistics	3
Total	15

THIRD YEAR - FALL SEMESTER

HES Foundation: FINPLN 2183 Pers. & Family Finance	3
HDFS Related Elective	3
HDFS 3440 Adulthood & Aging	3
HDFS 3730 Field Training	3
General Elective	3
Total	15

FOURTH YEAR - FALL SEMESTER

HDFS 2450 Human Sexuality Across the Lifespan	3
HDFS 4640 Interpersonal Relationships	3
HDFS 4993 Internship in HDFS	3-6
HDFS Related Elective	3
Total	12-15

FIRST YEAR - SPRING SEMESTER

HDFS 2400W Principles of Human Development	4
HDFS Related Elective	3
Humanities	3
MATH 1100 College Algebra	3
SOC 1000 Intro to Sociology	3
Total	16

SECOND YEAR - SPRING SEMESTER

HDFS 2200 Research Methods in HDFS	3
HDFS 3150W Child Development 4 to 8	3
HDFS 3430 Adolescence & Young Adulthood	3
HDFS Related Elective	3
History or Political Sciences	3
Total	15

THIRD YEAR - SPRING SEMESTER

HDFS 4610 Stress and Resilience in Families	3
HDFS 4620 Family Interaction, or HDFS 4700 Children and Families in Poverty	3
HDFS Related Electives	6
Science w/lab	3-5
Total	15-17

FOURTH - SPRING SEMESTER

General Elective	0-3
HDFS 4970W Families and Lifespan Devel. Capstone	4
HDFS Related Electives	3
General Electives	6
Total	13-16

A minimum of 120 total hours required.