Degree Requirements for:

**FAMILIES AND LIFESPAN DEVELOPMENT**

**GENERAL EDUCATION**

*English: 9-10 hours*

- ENGLISH 1000: Exposition and Argumentation
  - Two Writing Intensive courses: One must be in the major.
  - Prerequisite: ENGLISH 1000
- HDFS 3150W Child Development 4-8 (3) **WI-1**
- HDFS 4970W Families and Lifespan Dev. Capstone (4) **WI-2**

*Mathematics: 6 hours*

- MATH 1100: College Algebra
  - Prerequisite: MATH 1100 with a grade in the C range.

American History or Government: 3 hours

- HIST 1100, 1200, 1400, 2210, 2440, 4000, 4220, 4230, or POL SC 1100, 1700, 2100

Distribution of Content: 27 hours

~ Courses approved for the Distribution of Content may be found at:
  http://generaleducation.missouri.edu/requirements/

~ Choose at least one course numbered 2000 or higher in two different areas of the distribution.

~ HES Foundation may not ‘double dip’ for both Gen Ed and HES Foundation credit.

Biological, Mathematical and Physical Sciences: 9 hours

At least one Biological or Physical Science and its related laboratory. Two different areas of science must be completed.

- ESC PS 4170 recommended (3)
- ________________________________ **MRP**
- ________________________________ **MRP**

Social and Behavioral Sciences: 9 hours

At least two different departments must be represented. American History or Government course may ‘double count’ here.

- Am History or Government
- PSYCH 1000 recommended (3)
- SOCIOL or RU SOC 1000 recommended (3)

Humanities and Fine Arts: 9 hours

At least one course from two different departments must be represented. COMMUN 1200 may ‘double count.’ (Foreign language is an exception.

A minimum of 12-13 hours of the same foreign language must be taken to fulfill the Humanities requirement.)

- PHIL 1100 Intro to Ethics recommended (3)
- ________________________________ **MRP**
- ________________________________ **MRP**

*Capstone Experience*

Completed during last two semesters of coursework.

- HDFS 4970 Families and Lifespan Development Capstone (4)

**HES COLLEGE**

Foundation Courses: 7 hours

- GN HES 1100 Intro to Human Environmental Sciences (1)

At least one course from two different departments must be represented.

- FINPLN 2183 Personal and Family Finance (MRP) (3), or FINPLN 4380 Assessing the American Dream (WI) (3)
- NEP 1034 Nutr Current Concepts and Controversies (3), or NEP 2222 Landscape of Obesity (3)

Communication: 3 hours

- Choose from COMMUN 1200, 3571, 3575
  (COMMUN 1200 can double count as a Humanities credit)
  (COMMUN 3571 may double count as an upper-level Beh Sci)

* Courses in these categories must be completed with a grade of C- or better.
Degree Program Requirements include General Education courses; HES College requirements; and Professional Program courses. Students must have a 2.50 MU Cum GPA on or before 60 hours are completed to be admitted to the HDFS professional program. 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.

**Required Courses (59-65 hours)**

1. HDFS 1600 Foundations of Family Science (3)
2. HDFS 2200 Research Methods in HDFS (3)
3. HDFS 2300 Multicultural Study of Children and Families (3)
4. HDFS 2400W Principles of Human Development (4)
5. HDFS 2450 Human Sexuality Across the Lifespan (3)
6. HDFS 3050 Child Development: Birth to 3 (3)
7. HDFS 3150W Child Development 4-8 (3)
8. HDFS 3430 Adolescence and Young Adulthood (3)
9. HDFS 3440 Adulthood and Aging (3)
10. HDFS 4610 Stress and Resilience in Families (3)
11. HDFS 4700 Children and Families in Poverty (3)
12. HDFS 4970W Families and Lifespan Develop. Capstone (4)
13. HDFS 4993 Internship in HDFS (3-6)

**Required Courses Notes:**
1. Must earn a 2.0 or better
2. Should be taken prior to HDFS 2200
3. Instructor consent and senior standing required
4. Service Learning course
5. 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:

1. HDFS 1610 Intimate Relationships & Marriage (3)
2. HDFS 3085 Problems (1-3) or HDFS 4085 (1-3)
3. HDFS 3900 Research Experience in HDFS (1-6)
4. HDFS 3500 Infant-Toddler Practicum (6) (only if not taken as a required course-- see left column)
5. HDFS 3600 Partnering with Parents and Families (3)
6. HDFS 3700 Preschool Practicum (6) (only if not taken as a required course-- see left column)
7. HDFS 3730 Field Training Practicum (3) (only if not taken as a required course-- see left column)
8. HDFS 3800 Children’s Play (3)
9. HDFS 4000 Topics (1-6)
10. HDFS 4090 Advanced Research Experience (1-6)
11. HDFS 4200 Latino/a Youth and Families (3)
12. HDFS 4300 Black Families (3)
13. HDFS 4420 Environmental Influences on Lifespan Cognition (3)
14. HDFS 4570 Develop. & Admin. of Child Services Programs (3)
15. HDFS 4610 Stress and Resilience in Families (3)
16. HDFS 4630 The Process of Divorce (3)
17. HDFS 4680 Family Communication (3)
18. HDFS 4700 Children and Families in Poverty (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. (0-6 credits). The student must obtain academic advisor approval prior to enrolling in these courses.

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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. (0-6 credits). The student must obtain academic advisor approval prior to enrolling in these courses.
# 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
- NEP 1034 Nutrition Concepts & Controversies 3
- PSYCH 1000 General Psychology 3
- Science 3

**Total 16**

## 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 - FALL SEMESTER
- HDFS 2300 Multicultural Study of Child 3
- HDFS 3050 Child Development Birth to 3
- COMMUN 1200 Intro Speech Communication 3
- Philosophy 1100 or 2440 3
- Statistics 3

**Total 15**

## 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 - FALL SEMESTER
- HDFS Related Elective 3
- FINPLN 2183 Personal & Family Finance 3
- HDFS 3440 Adulthood & Aging 3
- HDFS 3730 Field Training 3
- General Elective 3

**Total 15**

## THIRD YEAR - SPRING SEMESTER
- HDFS 4610 Stress and Resilience in Families 3
- HDFS 4620 Family Interaction 3
- HDFS Related Electives 6
- Science w/lab 3-5

**Total 15-17**

## 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**

## FOURTH - SPRING SEMESTER
- General Electives 6
- HDFS 4970W Families and Lifespan Devel. Capstone 4
- HDFS Related Electives 6

**Total 16**

A minimum of 120 total hours required.