

**College of Humanities and Social Sciences - Human Development and Family Science, BA
Concentration in Family Health and Well-Being**

		Catalog Year: 2019 - 2020	Grades		
Mason Core Requirements (31-37 credits)	Course Information	Credits	Earned	Needed	
Written Communication:	ENGH 101 (100)	3			
Oral Communication:		3			
Quantitative Reasoning		3			
Information Technology		3			
Arts		3			
Global Understanding	May be satisfied by Concentration course	0-3			
Literature		3			
Natural Science Overview		3			
Natural Science with Lab		4			
Social and Behavioral Sciences	May be satisfied by Concentration course	0-3			
Western Civilization/World History		3			
Written Communication:	ENGH 302	3			
Synthesis/Capstone	Satisfied by HDFS 400				
College Level Requirements for the BA Degree					
Philosophy or Religious Studies		3			
(PHIL 323, 324, 327, 393, 460 cannot be used to fulfill this requirement. PHIL 253 and RELI 235 cannot be used to fulfill both the PHIL/RELI requirement and the Mason Core literature requirement)					
Additional Social & Behavioral Sciences		3			
(The two courses used to fulfill the combined college and university requirements must be from different disciplines. This requirement may be fulfilled by completing any course in ANTH, CRIM, ECON, GOVT, HIST (except 100 or 125), LING, PSYC, or SOCI & these courses in GGS: 101, 103, 110, 301, 303, 304, 305, 306, 315, 316, 320, 325, 330, 357, 380)					
Foreign Language		0-12			
(Intermediate level in a single language by completing a course in a foreign language numbered 202 (or higher); or achieving a satisfactory score on an approved proficiency test; or by completing the following ASL three course sequence EDSE 115, 116, and EDSE 219; or students who are already proficient in a second language may be eligible for a waiver of this requirement)					
Non-Western Culture		3			
(Approved courses for this requirement may be found under Degree Requirements for the major listed within the University Catalog. The course used for this requirement may not simultaneously fulfill Mason Core Global Understanding)					
Major Requirements (48 credits) Minimum GPA of 2.00					
Major Requirements (33 credits)		Credits	Earned	Needed	
ECED 401 Developmental Pathways of Diverse Learners, Birth-Adolescence		3			
or PSYC 313 Child Development					
ECED 404 Engaging Families of Diverse Learners, Birth – Grade 6		3			
or INTS 321 Parent-Child Relations					
HDFS 200 Individual and Family Development		3			
HDFS 250 Family Financial Literacy and Resource Management		3			
HDFS 300 Individual and Family Services Delivery		3			
HDFS 400 Advanced Family Processes		3			
HDFS 401 Family Law and Public Policy		3			
HDFS 498 Internship & Analysis in Human Development and Family Science		3			
HDFS 499 Advanced Internship & Analysis in Human Dev & Family Science		3			
SOCI 303 Methods and Logic of Inquiry		3			
Select one from the following:		3			
PSYC 415	Psychological Factors in Aging				
HHS 432	Healthy Aging				
SOCI 341	Sociology of Aging				
Concentration in Family Health and Well-Being (15 credits): Select 5 courses from the following: COMM 334, EDUC 203, GCH 300, GCH 310, GCH 332, GCH 350, GCH 445, HAP 301, HAP 445, HEAL 110, HEAL 220, HEAL 310, HEAL 325, HEAL 327, HEAL 331, HEAL 351, HEAL 372, INTS 314, INTS 317, INTS 410, INTS 440, NUTR 422, PSYC 379, PSYC 418, PSYC 466, SOCI 308, SOCI 309, SOCI 355, SOCI 390, WMST 300.					
Degree Notes					
Approx. 14-23 remaining credits may be completed with electives to bring degree total to 120 with 45 of these credits at the 300/400 level.					

2019-2020

College of Education and Human Development and College of Humanities and Social Sciences
Bachelor of Arts in Human Development and Family Science
Family Health and Well-Being (FHW) Concentration



For advising, contact Monica Mak at hdfs@gmu.edu, visit us at hdfs.gmu.edu

❖ **Mason Core, 40 credits:** For current list of approved courses: <http://provost.gmu.edu/gened/approved-course-listing/>

- Oral Communication - 3 credits
- Written Communication (Lower Level) - 3 Credits (**ENGH 101**)
- Written Communication (Upper Level) - 3 Credits (**ENGH 302**)
- Information Technology and Computing - 3 Credits
- Quantitative Reasoning - 3 Credits
- Arts - 3 Credits
- Global Understanding - 3 Credits (**PSYC 379**)
- Literature - 3 Credits
- Natural Science - 7 Credits
- Social and Behavioral Sciences - 3 Credits (**SOCI 101**)
- Western Civilization or World History - 3 Credits
- Synthesis – 3 credits (**HDFS 400**)

❖ **College-Level Requirements, 9-18 credits** (follow CHSS college-level requirements)

- Philosophy or Religion - 3 credits
- Non-Western Culture - 3 credits (must be different from the course used to fulfill Global Understanding)
- Social and Behavioral Sciences - 3 credits (**HDFS 200**) (this is in addition to university wide requirement in social and behavioral sciences for a total of 6 credits)
- Foreign Language – 0-9 credits (must achieve proficiency in a foreign language through the intermediate level (through coursework or testing to determine proficiency))

❖ **HDFS major coursework, 33-34 credits**

- HDFS 200: Individual and Family Development (**Mason Core**)
- HDFS 250: Family Finance and Resource Management
- HDFS 300: Individual and Family Services Delivery
- HDFS 400: Advanced Family Processes (**Synthesis**)
- HDFS 401: Family Law & Public Policy (**Writing Intensive**)
- HDFS 498: Internship
- HDFS 499: Advanced Internship
- ECED 401: Develop Pathways of Diverse Learners, Birth-Adolescence **OR** PSYC 313: Child Development
- INTS 321: Parent-Child Relations **OR** ECED 404: Engaging Families of Diverse Young Learners
- PSYC 415: Psychological Factors in Aging **OR** SOCI 341: Sociology of Aging **OR** HHS 432: Healthy Aging
- SOCI 303: Methods and Logic of Inquiry **OR** PSYC 301: Research Methods in Psychology

❖ **Family Health and Well-Being Concentration (FHW) Electives, 15 credits** (Choose 15 credits from the list below or in consultation with your advisor*): This concentration prepares students for graduate education and careers in counseling, family and community health, human resources, and beyond.

- COMM 334: Family and Health Communication – 3 credits
- EDUC 203: Human Disabilities in American Culture – 3 credits
- GCH 300: Introduction to Public Health – 3 credits
- GCH 310: Health Behavior Theories – 3 credits
- GCH 332: Health and Disease – 3 credits
- GCH 350: Health Education – 3 credits
- GCH 445: Social Determinants of Health – 3 credits
- HAP 301: Healthcare Delivery in the US – 3 credits
- HAP 445: Intro to Health Services Research – 3 credits
- HEAL 110: Personal Health – 3 credits
- HEAL 220: Dimensions of Mental Health – 3 credits
- HEAL 230: Intro to Health Behavior – 3 credits
- HEAL 310: Drugs and Health – 3 credits
- HEAL 327: Women’s Health – 3 credits
- HEAL 325: Human Sexuality – 3 credits
- HEAL 331: Men’s Health – 3 credits
- HEAL 351: Relationship Health – 3 credits
- HEAL 372: Health Communication – 3 credits
- INTS 314: Conflict, Trauma and Healing – 6 credits
- INTS 317: Issues in Family Relationships – 4 credits
- INTS 410: Contemporary Health Issues – 3 credits
- INTS 440: Death, Dying, and Decision Making – 3 credits
- NUTR 422: Nutrition throughout the Life Cycle – 3 credits
- PSYC 379: Applied Cross-Cultural Psychology – 3 credits
- PSYC 418: Death, Dying and Grieving – 3 credits
- PSYC 466: Psychology of Intimate Relationships – 3 credits
- SOCI 308: Race and Ethnicity in a Changing World – 3 credits
- SOCI 309: Marriage, Families, and Intimate Life – 3 credits
- SOCI 355: Social Inequality – 3 credits
- SOCI 390: Sociology of Health, Illness, and Disability– 3 credits
- WMST 300: Current Issues in Women and Gender Studies – 1-6 credits
- WMST 302: Cultural Constructions of Sexualities
- WMST 303: Psychology of Women
- WMST 308: Intro to Lesbian, Gay, Bisexual, Transgender, Transsexual and Queer Studies

*Other courses of interest may be approved by the program coordinator

❖ **Electives, 13-23 credits**

Total: 120 Credits

Academic Requirements: 120 total credits; 45 Upper Level Credit Hours; 30 Hours (12 upper level) for GMU Residency Requirement; Completion of Mason Core courses; GPA of at least 2.0

Suggested Academic Plan (to be supplemented by Mason Core and Electives)

Semester	Course	Credits	Required Prerequisites
1 st Year Fall	HDFS 200: Individual and Family Development	3	
1 st Year Spring	HDFS 250: Family Finance and Resource Management	3	
2 nd Year Fall	FHW Concentration Elective #1	3	
2 nd Year Spring	HDFS 300: Individual and Family Services Delivery	3	
	FHW Concentration Elective #2	3	
3 rd Year Fall	ECED 401: Developmental Pathways of Diverse Learners OR PSYC 313: Child Development	3	
	INTS 321: Parent-Child Relations OR ECED 404: Engaging Families of Diverse Young Learners	3	
	SOCI 303: Sociological Research Methodology OR PSYC 301: Research Methods in Psychology	4	SOCI 101
3 rd Year Spring	PSYC 415: Psychological Factors in Aging OR SOCI 341: Sociology of Aging OR HHS 432: Healthy Aging	3	
	FHW Concentration Elective #3	3	
	FHW Concentration Elective #4	3	
4 th Year Fall	HDFS 498: Internship	3	HDFS 300
	FHW Concentration Elective #5	3	
	HDFS 400: Advanced Family Processes	3	
4 th Year Spring	HDFS 401: Family Law and Public Policy	3	
	HDFS 499: Advanced Internship	3	HDFS 498

Additional information regarding College-Level Requirements:

- One course (3 credits) in philosophy or religious studies: Fulfilled by any course in PHIL or RELI except PHIL 323, 324, 327, 393, 460. PHIL 253 cannot be used to fulfill both the philosophy/religious studies requirement and the Mason Core literature requirement.
- One course (3 credits) in social and behavioral science: 3 credits in addition to the university-wide requirement in social and behavioral science for a total of 6 credits. The two courses used to fulfill the combined college and university requirements must be from different disciplines in the social and behavioral sciences. The courses used to fulfill this requirement must be in addition to the course used to fulfill the university requirement in western civilization/world history. This requirement may be fulfilled by any course in ANTH, CRIM, ECON, GOVT, HIST (except 100 or 125), LING, PSYC, or SOCI and these courses in GGS: 101, 103, 110, 301, 303, 304, 305, 306, 315, 316, 320, 325, 330, 357, 380. HDFS 200 can count as 3 of the required 6 credits.
- One course (3 credits) in non-Western culture. For an approved list of courses: <http://chss.gmu.edu/general-education/non-western-culture> The same course cannot be used to fulfill this requirement and the Mason Core requirement in global understanding. Students who have attended high school in a non-Western country for four or more years may be eligible for a waiver of this requirement.
- Students can demonstrate language proficiency by completing an approved intermediate-level sequence in one foreign language. George Mason's intermediate-level language sequence is 101, 102, 201, 202 (all 3 credits each). The American Sign Language sequence is EDSE 115, 116, and 219 (all 4 credits each). Students can demonstrate language proficiency by achieving a satisfactory score on the placement test administered by the Department of Modern and Classical Languages. Students will be granted a waiver of the foreign language requirement if their test score places them beyond a course numbered 202. Students who are granted a waiver do not receive credit.