

2016-2017

## Bachelor of Arts in Human Development and Family Science Family Health and Well-Being (FHW) Concentration

A joint interdisciplinary degree program with the College of Humanities and Social Sciences



For advising, contact Bethany Letiecq at [bletiecq@gmu.edu](mailto:bletiecq@gmu.edu), visit us at [hdfs.gmu.edu](http://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 Ethics - 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 (**PSYC 100**)
- Western Civilization - 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 (**SOCI 101 or 102**) (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
- HDFS 250: Family Finance and Resource Management
- HDFS 300: Individual and Family Services Delivery
- HDFS 400: Advanced Family Processes
- 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
- EDUC 203: Human Disabilities in American Culture
- GCH 300: Introduction to Public Health
- GCH 310: Health Behavior Theories
- GCH 332: Health and Disease
- GCH 350: Health Education
- GCH 445: Social Determinants of Health
- HAP 301: Healthcare Delivery in the US
- HAP 445: Intro to Health Services Research
- HEAL 110: Personal Health
- HEAL 220: Dimensions of Mental Health
- HEAL 230: Intro to Health Behavior
- HEAL 310: Drugs and Health
- HEAL 327: Women's Health
- HEAL 325: Human Sexuality
- HEAL 331: Men's Health
- HEAL 351: Relationship Health
- HEAL 372: Health Communication
- INTS 314: Conflict, Trauma and Healing
- INTS 317: Issues in Family Relationships
- INTS 410: Contemporary Health Issues
- INTS 440: Death, Dying, and Decision Making
- NUTR 422: Nutrition throughout the Life Cycle
- PSYC 379: Applied Cross-Cultural Psychology
- PSYC 418: Death, Dying and Grieving
- PSYC 466: Psychology of Intimate Relationships
- SOCI 308: Race and Ethnicity in a Changing World
- SOCI 309: Marriage, Families, and Intimate Life
- SOCI 355: Social Inequality
- SOCI 390: Sociology of Health, Illness, and Disability
- WMST 300: Current Issues in Women and Gender Studies
- 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	Prerequisites
1 <sup>st</sup> Year Fall	HDFS 200: Individual and Family Development	3	
1 <sup>st</sup> Year Spring	HDFS 250: Family Finance and Resource Management	3	
2 <sup>nd</sup> Year Fall	FHW Concentration Elective #1	3	
2 <sup>nd</sup> Year Spring	HDFS 300: Individual and Family Services Delivery	3	<i>HDFS 200</i>
	FHW Concentration Elective #2	3	
3 <sup>rd</sup> Year Fall	ECED 401: Developmental Pathways of Diverse Learners	3	
	ECED 404: Engaging Families of Diverse Young Learners	3	
	SOCI 303: Sociological Research Methodology	4	<i>SOCI 101 or 102</i>
3 <sup>rd</sup> Year Spring	PSYC 415: Psychological Factors in Aging	3	<i>PSYC 100</i>
	FHW Concentration Elective #3	3	
	FHW Concentration Elective #4	3	
4 <sup>th</sup> Year Fall	HDFS 498: Internship	3	<i>HDFS 300</i>
	FHW Concentration Elective #5	3	
	HDFS 400: Advanced Family Processes	3	HDFS 200
4 <sup>th</sup> Year Spring	HDFS 401: Family Law and Public Policy	3	<i>HDFS 200</i>
	HDFS 499: Advanced Internship	3	<i>HDFS 498</i>