

## 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 Lynne Paraggio at [hdfs@gmu.edu](mailto:hdfs@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>

**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.
- 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 110 (6 credits) and 210 (3 credits). The Latin sequence is 101, 102, 201, 202 (all 3 credits). The American Sign Language sequence is EDSE 115, 116, and 219 (all 3 credits). 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 210 (202 for Latin). Students who are granted a waiver do not receive credit.