

HUMAN DEVELOPMENT AND FAMILY STUDIES, B.S. (HEALTH AND HUMAN DEVELOPMENT)

Begin Campus: Any Penn State Campus

End Campus: University Park, World Campus

Degree Requirements

For the Bachelor of Science degree in Human Development and Family Studies, a minimum of 120 credits is required:

Requirement	Credits
General Education	45
Electives	3-5
Requirements for the Major	73-76

3-4 of the 45 credits for General Education are included in the Requirements for the Major. This includes 3-4 credits of General Education GQ courses.

Per Senate Policy 83.80.5, the college dean or campus chancellor and program faculty may require up to 24 credits of coursework in the major to be taken at the location or in the college or program where the degree is earned. HDFS requires students to complete 24 credits for the major through courses taken at University Park. Courses taken at other Penn State campuses may not be counted toward this 24 credit minimum. For more information, check the Suggested Academic Plan for this major.

Requirements for the Major

To graduate, a student enrolled in the major must earn a grade of C or better in each course designated by the major as a C-required course, as specified by Senate Policy 82-44 (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#82-44>).

Common Requirements for the Major (All Options)

Code	Title	Credits
Prescribed Courses		
<i>Prescribed Courses: Require a grade of C or better</i>		
HDFS 129	Introduction to Human Development and Family Studies	3
HDFS 301	Values and Ethics in Health and Human Development Professions	3
HDFS 311	Human Development and Family Studies Interventions	3
HDFS 312W	Empirical Inquiry in Human Development	3
HDFS 315	Family Development ¹	3
HDFS 418	Family Relationships	3

Additional Courses

Additional Courses: Require a grade of C or better

STAT 200	Elementary Statistics	3-4
or EDPSY 101	Analysis and Interpretation of Statistical Data in Education	

Select 6 credits of the following: 6

HDFS 229 Infant and Child Development

HDFS 239 Adolescent Development

HDFS 249N Adult Development and Aging

Select 3 credits of United States Cultures ² 3

Requirements for the Option

Select an option 43-45

¹ This course fulfills the University's United States Cultures requirement.

² This course is in addition to the 6 credits of United States Cultures and International Cultures.

Requirements for the Option

Life Span Human Services Option (43-45 credits)

Available at the following campuses: Altoona, Brandywine, DuBois, Fayette, Harrisburg, Mont Alto, Scranton, Shenango, University Park, World Campus, York

Code	Title	Credits
Prescribed Courses		
<i>Prescribed Courses: Require a grade of C or better</i>		
HDFS 411	The Helping Relationship	3
HDFS 414	Resolving Human Development and Family Problems	3
HDFS 455	Development and Administration of Human Services Programs	3

Additional Courses

Additional Courses: Require a grade of C or better

Select 3 credits of the following:		3
HDFS 428	Infant Development	
HDFS 429	Advanced Child Development	
HDFS 433	Developmental Transition to Adulthood	
HDFS 445	Development Throughout Adulthood	
Select 6 credits from 300- or 400-level HDFS courses		6
Select 13-15 credits in one of the following:		13-15

Approved field practice in a human service setting:

HDFS 490 Professional Development and Preparation for Internship Experience

HDFS 495A Internship: Advanced Experience

HDFS 495B Internship: Advanced Project

Approved group project or field practice in human service setting:

HDFS 401 Project Planning, Implementation, and Evaluation in the Human Services

HDFS 402 Human Services Seminar

HDFS 495C Professional Practicum in Human Services

Supporting Courses and Related Areas

Select 12 credits (minimum of 6 credits at the 400 level) in consultation with adviser from University-wide offerings that develop competency in the option (a grade of C or better is required in any HDFS course taken to satisfy this requirement) 12

Life Span Developmental Science Option (45 credits)

Available at the following campuses: Altoona, Brandywine, DuBois, Fayette, Mont Alto, Scranton, Shenango, University Park, York

Code	Title	Credits
Prescribed Courses		
<i>Prescribed Courses: Require a grade of C or better</i>		
HDFS 494	Research Project	6
	or HDFS 494H Senior Honors Thesis	
Additional Courses		
<i>Additional Courses: Require a grade of C or better</i>		
Select 6 credits of the following:		6
HDFS 428	Infant Development	
HDFS 429	Advanced Child Development	
HDFS 433	Developmental Transition to Adulthood	
HDFS 445	Development Throughout Adulthood	
Select 15 credits (minimum of 9 credits at the 400-level) from HDFS courses		15
Supporting Courses and Related Areas		
Select 18 credits (minimum of 9 credits at the 400 level) in consultation with adviser from University-wide offerings that develop competency in option (a grade of C or better is required in any HDFS course taken to satisfy this requirement)		18

General Education

Connecting career and curiosity, the General Education curriculum provides the opportunity for students to acquire transferable skills necessary to be successful in the future and to thrive while living in interconnected contexts. General Education aids students in developing intellectual curiosity, a strengthened ability to think, and a deeper sense of aesthetic appreciation. These are requirements for all baccalaureate students and are often partially incorporated into the requirements of a program. For additional information, see the General Education Requirements (<https://bulletins.psu.edu/undergraduate/general-education/baccalaureate-degree-general-education-program/>) section of the Bulletin and consult your academic adviser.

The keystone symbol appears next to the title of any course that is designated as a General Education course. Program requirements may also satisfy General Education requirements and vary for each program.

Foundations (grade of C or better is required and Inter-Domain courses do not meet this requirement.)

- **Quantification (GQ):** 6 credits
- **Writing and Speaking (GWS):** 9 credits

Breadth in the Knowledge Domains (Inter-Domain courses do not meet this requirement.)

- **Arts (GA):** 3 credits
- **Health and Wellness (GHW):** 3 credits
- **Humanities (GH):** 3 credits
- **Social and Behavioral Sciences (GS):** 3 credits
- **Natural Sciences (GN):** 3 credits

Integrative Studies

- **Inter-Domain Courses (Inter-Domain):** 6 credits

Exploration

- **GN,** may be completed with Inter-Domain courses: 3 credits
- **GA, GH, GN, GS, Inter-Domain courses.** This may include 3 credits of World Language course work beyond the 12th credit level or the

requirements for the student's degree program, whichever is higher: 6 credits

University Degree Requirements

First Year Engagement

All students enrolled in a college or the Division of Undergraduate Studies at University Park, and the World Campus are required to take 1 to 3 credits of the First-Year Seminar, as specified by their college First-Year Engagement Plan.

Other Penn State colleges and campuses may require the First-Year Seminar; colleges and campuses that do not require a First-Year Seminar provide students with a first-year engagement experience.

First-year baccalaureate students entering Penn State should consult their academic adviser for these requirements.

Cultures Requirement

6 credits are required and may satisfy other requirements

- United States Cultures: 3 credits
- International Cultures: 3 credits

Writing Across the Curriculum

3 credits required from the college of graduation and likely prescribed as part of major requirements.

Total Minimum Credits

A minimum of 120 degree credits must be earned for a baccalaureate degree. The requirements for some programs may exceed 120 credits. Students should consult with their college or department adviser for information on specific credit requirements.

Quality of Work

Candidates must complete the degree requirements for their major and earn at least a 2.00 grade-point average for all courses completed within their degree program.

Limitations on Source and Time for Credit Acquisition

The college dean or campus chancellor and program faculty may require up to 24 credits of course work in the major to be taken at the location or in the college or program where the degree is earned. Credit used toward degree programs may need to be earned from a particular source or within time constraints (see Senate Policy 83-80 (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#83-80>)). For more information, check the Suggested Academic Plan for your intended program.