

Public Health and Health Education

Recommended Courses for HDFS Majors

HDFS students preparing for a career in public health may elect either the Child and Adolescent Development concentration or the Family Studies concentration, depending on their interests. They should also complete elective courses that will meet those requirements and enhance their professional skills. The following courses can help you prepare:

PSYC 238	Psychopathology and Problems of Living
CHLH 100	Contemporary Health
CHLH 101	Introduction to Public Health
CHLH 200	Mental Health
CHLH 206	Human Sexuality
CHLH 210	Community Health Organizations
CHLH 243	Drug Use and Abuse
CHLH 244	Health Statistics
CHLH 250	Health Care Systems
CHLH 274	Introduction to Epidemiology
CHLH 304	Foundations of Health Behavior

Sample Four-Year Plan for Child & Adolescent Development Concentration

[for students starting the HDFS major in or after Fall 2019]

The four-year plan below shows how to prepare for entry-level positions in a public health agency or for a Master of Public Health program while meeting graduation requirements in the HDFS child and adolescent development concentration. Use this plan only as a guide. Consult your academic advisor for suggestions for open electives suited for your career plans, and as you develop, modify and move through your own plan.

Year 1

Fall Semester	hours
ACES 101 – Contemporary Issues in ACES	2
HDFS 101 – Issues & Careers in HDFS	1
HDFS 105 – Intro to Human Development	3
RHET 105 – Writing for Research, or CMN 101 – Public Speaking, or CMN 111 – Oral & Written Comm I	3-4
PSYC 100 – Intro Psych	4
Open Elective	3
Spring Semester	hours
ACE 161 – Microcomputer Applications	3
CHLH 100 – Contemporary Health	3
HDFS 120 – Intro to Family Studies	3
RHET 105 – Writing for Research, or CMN 101 – Public Speaking, or CMN 112 – Oral & Written Comm II	3-4
Natural Science (General Education)	3

Year 2

Fall Semester	hours
CHLH 101 – Introduction to Public Health	3
CHLH 274 – Introduction to Epidemiology	3
Stat 100 – Intro to Statistics	3
HDFS 220 – Families in Global Perspective	3
Humanities (General Education)	3
Spring Semester	hours
HDFS 290 – Intro to Research Methods	4
SOC 100 – Introduction to Sociology	4
ACE 240 – Personal Financial Planning	3
Natural Science (General Education)	3
PSYC 238 – Psychopathology and Problems of Living	3

Year 3

Fall Semester	hours
HDFS 301 – Infancy & Early Childhood	4
HDFS Diversity Elective	3
HDFS Applied Elective	3-4
Humanities (General Education)	3
CHLH 200 – Mental Health	2
Spring Semester	hours
HDFS 405 – Adolescent Development	3
CHLH 243 – Drug Use and Abuse	2
CHLH 206 – Human Sexuality	2
CHLH 250 – Health Care Systems	3
U.S. Minority Cultural Studies (General Education)	3

Year 4

Fall Semester	hours
HDFS 401 – Socialization and Development	4
Western Cultural Studies (General Education)	3
HDFS 425 – Critical Family Transitions	4
CHLH 304 – Foundations of Health Behavior	4
Spring Semester	hours
HDFS 310 – Adult Development	3
HDFS 426 – Family Conflict Management	3
CHLH 244 – Health Statistics	3
CHLH 210 – Community Health Organizations	2
Open electives	6

Sample Four-Year Plan for Family Studies Concentration

[for students starting the HDFS major in or after Fall 2019]

The four-year plan below shows how to prepare for entry-level positions in a public health agency or for a Master of Public Health program while meeting graduation requirements in the HDFS family studies concentration. Use this plan only as a guide. Consult your academic advisor for suggestions for open electives suited for your career plans, and as you develop, modify and move through your own plan.

Year 1

Fall Semester	hours
ACES 101 – Contemporary Issues in ACES	2
HDFS 101 – Issues & Careers in HDFS	1
HDFS 105 – Intro to Human Development	3
RHET 105 – Writing for Research, or CMN 101 – Public Speaking, or CMN 111 – Oral & Written Comm I	3-4
PSYC 100 – Intro Psych	4
Open Elective	3

Spring Semester	hours
ACE 161 – Microcomputer Applications	3
CHLH 100 – Contemporary Health	3
HDFS 120 – Intro to Family Studies	3
RHET 105 – Writing for Research, or CMN 101 – Public Speaking, or CMN 112 – Oral & Written Comm II	3-4
HDFS 225 – Close Relationships	3

Year 2

Fall Semester	hours
CHLH 101 – Introduction to Public Health	3
CHLH 274 – Introduction to Epidemiology	3
Stat 100 – Intro to Statistics	3
HDFS 220 – Families in Global Perspective	3
Humanities (General Education)	3

Spring Semester	hours
HDFS 290 – Intro to Research Methods	4
SOC 100 – Introduction to Sociology	4
ACE 240 – Personal Financial Planning	3
Natural Science (General Education)	3
PSYC 238 – Psychopathology and Problems of Living	3

Year 3

Fall Semester	hours
HDFS 425 – Family Stress and Change	4
HDFS Diversity Elective	3
HDFS Applied Elective	3-4
Humanities (General Education)	3
CHLH 200 – Mental Health	2

Spring Semester	hours
HDFS 426 – Family Conflict Management	3
CHLH 243 – Drug Use and Abuse	2
CHLH 206 – Human Sexuality	2
CHLH 250 – Health Care Systems	3
U.S. Minority Cultural Studies (General Education)	3

Year 4

Fall Semester	hours
Western Cultural Studies (General Education)	3
HDFS 425 – Critical Family Transitions	4
CHLH 304 – Foundations of Health Behavior	4
Natural Science (General Education)	3
Open Elective	3

Spring Semester	hours
HDFS 420 – Inequality, Public Policy, US Families	3
CHLH 244 – Health Statistics	3
CHLH 210 – Community Health Organizations	2
Open Electives	6