

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

Seven Penn State campuses are scheduled for closure after Spring 2027: DuBois, Fayette, New Kensington, Mont Alto, Shenango, Wilkes-Barre, and York. New students are not being admitted at these campuses.

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	12-18
Requirements for the Major	60-67

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

Requirements for the Major

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

Common Requirements for the Major (All Options)

Code	Title	Credits
Prescribed Courses		
<i>Prescribed Courses: Require a grade of C or better</i>		
HDFS 216	Thoughtful Communication for Navigating Human Interactions and Relationships	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
Additional Courses		
<i>Additional Courses: Require a grade of C or better</i>		
Select 3 credits from the following courses in Introduction to Human Development and Family Science:		3
HDFS 129	Introduction to Human Development and Family Studies	
HDFS 101N	Helping People: Introduction to Understanding Social Problems & How to Help	

Select 6 credits from the following courses in Foundations of Lifespan Human Development: 6

HDFS 229	Infant and Child Development
HDFS 239	Adolescent Development
HDFS 249N	Adult Development and Aging

Select 3 credits from the following courses in Family Foundations: 3

HDFS 315	Family Development
HDFS 315Y	Family Development
SOC 30	Sociology of the Family

Select at least 3 credits from the following courses in Statistics/Quantitative Skills: 3-4

EDPSY 101	Analysis and Interpretation of Statistical Data in Education
HDFS 200	Quantitative Skills for Human Services
STAT 200	Elementary Statistics

For the Career Development and Experiential Learning Capstone, select 15 credits from one of the following pathways: 15

<i>Traditional Capstone Internship</i>	
HDFS 490	Professional Development and Preparation for Internship Experience
HDFS 495A	Internship: Advanced Experience (9 credits)
HDFS 495B	Internship: Advanced Project
<i>Modified Internship (Option only available with department approval)</i>	
HDFS 490	Professional Development and Preparation for Internship Experience
HDFS 495B	Internship: Advanced Project
HDFS 495C	Professional Practicum in Human Services (3 credits)

6 Additional Credits with Department Approval
Experiential Mix

HDFS 490	Professional Development and Preparation for Internship Experience
HDFS 495A	Internship: Advanced Experience (3-6 credits)
HDFS 495B	Internship: Advanced Project
3-6 Credits of 300-/400-Level Career-Related Course Work (with Department Approval)	
<i>Research Emphasis</i>	

HDFS 494	Research Project (6 credits)
or HDFS 494 Senior Honors Thesis	
or HDFS 496 Independent Studies	

3 Credits of 400-Level HDFS
6 Additional Credits of 300-/400-Level Research Credits (e.g. HDFS 300H, HDFS 310M, HDFS 494, HDFS 494H, HDFS 496) or 300-/400-Level Career-Related Course Work (with Department Approval)

Requirements for the Option

Requirements for the Option: Require a grade of C or better
Select an option 18-24

Requirements for the Option

Human Development and Family Science Option (18 credits)

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

Code	Title	Credits
Additional Courses		
<i>Additional Courses: Require a grade of C or better</i>		
Select 3 credits from the following courses in Advanced Development:		3
HDFS 405	Gender and Social Development	
HDFS 413	Developmental Problems in Adulthood	
HDFS 428	Infant Development	
HDFS 429	Advanced Child Development	
HDFS 432	Developmental Problems in Childhood and Adolescence	
HDFS 433	Developmental Transition to Adulthood	
HDFS 434	Perspectives on Aging	
HDFS 445	Development Throughout Adulthood	
HDFS 447	Issues in Gerontology	
Select 3 credits from the following courses in Advanced Family Topics:		3
HDFS 412	Adult-Child Relationships	
HDFS 415	Program Development in Family Relationships	
HDFS 416/ SOC 411	Racial and Ethnic Diversity and the American Family	
HDFS 417	Biocultural Studies of Family Organization	
HDFS 418	Family Relationships	
HDFS 424	Family Development in an Economic Context	
HDFS 431	Family Disorganization: Stress Points in the Contemporary Family	
HDFS 469U	Family Change in the Global Economy	
SOC 430	Family in Cross-Cultural Perspective	
Select 6 credits from the following courses in Professional Skills for HDFS Careers:		6
HDFS 410	Communities and Families	
HDFS 411	The Helping Relationship	
HDFS 414	Resolving Human Development and Family Problems	
HDFS 430	Experience in Preschool Groups	
HDFS 440	Family Policy	
HDFS 455	Development and Administration of Human Services Programs	
HDFS/CMAS 465	Child Maltreatment: Prevention and Treatment	

Supporting Courses and Related Areas

Supporting Courses and Related Areas: Require a grade of C or better

Diversity and Development: Select 6 credits from HDFS at any level or choose from approved list of University-wide offerings 6

Developmental Science for Health Professions Option (24 credits)

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

Code	Title	Credits
Additional Courses		
<i>Additional Courses: Require a grade of C or better</i>		
Select 3 credits from the following courses in Health and Society:		3
BBH 407	Global Health Equity	
SOC 451	Health, Disease & Society	

Select 6 credits from the following courses in Advanced Development:		6
HDFS 405	Gender and Social Development	
HDFS 413	Developmental Problems in Adulthood	
HDFS 428	Infant Development	
HDFS 429	Advanced Child Development	
HDFS 432	Developmental Problems in Childhood and Adolescence	
HDFS 433	Developmental Transition to Adulthood	
HDFS 434	Perspectives on Aging	
HDFS 445	Development Throughout Adulthood	
HDFS 447	Issues in Gerontology	

Supporting Courses and Related Areas

Supporting Courses and Related Areas: Require a grade of C or better

Diversity and Development: Select 3 credits from HDFS at any level or choose from approved list of University-wide offerings 3

Science and Health Foundations: Select 12 credits from approved list of University-wide offerings 12

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/students/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/>)). For more information, check the Suggested Academic Plan for your intended program.