

HUMAN DEVELOPMENT AND FAMILY SCIENCES - BS

The Bachelor of Science in Human Development and Family Sciences (HDFS) degree program will allow undergraduates to study how people develop physically, cognitively, emotionally, and socially across their life spans.

This program is geared towards individuals interested in careers that address the needs of youth ages 5-17 (grades K-12), adults, and the family unit. Upon graduation from the degree, students will be equipped to serve and optimize positive developmental outcomes and family well-being across civic, social, or educational sectors, including: family and community services, social or religious organizations, hospitals or non-profit organizations, private practice, or school systems.

Program Requirements

First Year

		Semester Credit Hours
Fall		
ENGL 103 or ENGL 104	Introduction to Rhetoric and Composition or Composition and Rhetoric	3
HIST 105	History of the United States	3
TEFB 273	Introduction to Culture, Community, Society and Schools ¹	3
Mathematics (https://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#mathematics)		3
Language, philosophy and culture (https://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#language-philosophy-culture)		3
Semester Credit Hours		15

Spring

HIST 106 or HIST 226	History of the United States or History of Texas	3
INST 222	Foundations of Education in a Multicultural Society ¹	3
Communication (https://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#communication)		3
Mathematics (https://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#mathematics)		3
Life and physical sciences (https://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#life-physical-sciences)		4
Semester Credit Hours		16

Second Year

Fall		
INST 210	Understanding Special Populations ¹	3
POLS 206	American National Government	3
Creative arts (https://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#creative-arts)		3

Life and physical sciences (https://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#life-physical-sciences)	4
Directed elective ^{1,2}	3

Semester Credit Hours 16

Spring		
EPFB 210	Family Engagement and Empowerment ¹	3
KINE 282	Culture of Wellness ¹	3
POLS 207	State and Local Government	3
Select one of the following: ^{1,3}		3
EPHY 284	Internship	
EPHY 285	Directed Studies	
EPHY 291	Research	
EPHY 459	Practicum in Educating the Gifted and Talented	
EPHY 484	Field Experiences	
EPHY 485	Directed Studies	
EPHY 491	Research	

Life and physical sciences (https://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#life-physical-sciences)	1
Directed elective ^{1,2}	3

Semester Credit Hours 16

Third Year		
Fall		
ALEC 370	Principles of Positive Youth Development ¹	3
EPSY 320	Child Development ¹	3
INST 301	Educational Psychology ¹	3
NUTR 222 or KINE 223	Nutrition for Health and Health Care ¹ or Introduction to the Science of Health and Fitness	3
SPED 321	Assessment of Students with Disabilities ¹	3

Semester Credit Hours 15

Spring		
EPSY 321	Adolescent Development ¹	3
EPSY 322	Adult Development and Aging ¹	3
EPSY 435	Educational Statistics ¹	3
PHLT 336	Health Disparities and Diversity in Society ¹	3
Select one of the following: ¹		3

ALEC 371	Skills and Techniques for Youth Development Professionals	
ALEC 372	Designing and Delivering Effective Youth Programs	
ALEC 375	Youth Development Programming in Sport and Physical Activities	
ALEC 377	Camp Management and Administration	

Semester Credit Hours 15

Fourth Year		
Fall		
ALEC 473	Diversity, Equity, and Inclusion in Youth Development Organizations ¹	3
EPSY 441	Family Development and Relationships ¹	3
EPSY 442	Parenting and Family Caregiving ¹	3
Select one of the following: ¹		3

ALEC 371	Skills and Techniques for Youth Development Professionals	
ALEC 372	Designing and Delivering Effective Youth Programs	
ALEC 375	Youth Development Programming in Sport and Physical Activities	
ALEC 377	Camp Management and Administration	
Directed elective ^{1,2}		3
Semester Credit Hours		15
Spring		
EPSY 443	Techniques of Coaching and Counseling ¹	3
EPSY 444	Professional Ethics in Decision-Making ¹	3
Select one of the following: ¹		3
ALEC 371	Skills and Techniques for Youth Development Professionals	
ALEC 372	Designing and Delivering Effective Youth Programs	
ALEC 375	Youth Development Programming in Sport and Physical Activities	
ALEC 377	Camp Management and Administration	
Select one of the following: ^{1,4}		3
EPSY 459	Practicum in Educating the Gifted and Talented	
EPSY 484	Field Experiences	
EPSY 485	Directed Studies	
EPSY 491	Research	
Semester Credit Hours		12
Total Semester Credit Hours		120

¹ Must make a grade of C or better.

² Select from HIST 458, KINE 214/HLTH 214, PBSI 107, PBSI 210/WGST 210, PHLT 302, PHLT 303, PHLT 304, POLS 304, SOCI 205, SPED 411, SPED 412, SPED 418.

³ Students must have completed a minimum of 45 credit hours prior to enrolling in this course.

⁴ Students must have completed a minimum of 90 credit hours prior to enrolling in this course.

A minimum of 2.25 GPA on all coursework completed at Texas A&M is required for this degree.