Human Development and Family Studies

The Department of Human Development and Family Studies offers majors in early childhood education (ECHS) and in human development and family studies (HDFS). Concentrations are provided in each major. In the ECHS major, one concentration in early childhood development is currently offered. In the HDFS major, four concentrations are offered: family studies, adolescent and youth development, general human development and family studies and child life.

In addition to selecting a major and concentration, a student may also select a minor to enhance his or her program of study and career opportunities. Other University of Alabama academic divisions offer many appropriate minors. Requirements for these minors are found in the sections of this catalog pertaining to those divisions. The student should select a concentration and/or minor in consultation with a departmental adviser to ensure that program requirements are fulfilled. The student should also consult the adviser before choosing elective courses. Students who plan to apply for graduate study should complete at least one elective course in undergraduate research methods and statistics.

All students with a major in human development and family studies must take the following courses as part of the University core requirements:

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BSC 114 Principles Of Biology I &amp; BSC 115 or and Laboratory Biology I</td>
<td>4</td>
</tr>
<tr>
<td>BSC 109 Intro Biology Non Maj II</td>
<td></td>
</tr>
<tr>
<td>HD 101 Life Span Human Development</td>
<td>3</td>
</tr>
<tr>
<td>PY 101 Intro To Psychology</td>
<td>3</td>
</tr>
</tbody>
</table>

In addition, please note that every student in the Department of Human Development and Family Studies is required to select an existing concentration or propose his or her own personalized concentration. In the event that a student wishes to propose a personalized concentration of courses, he or she must make application following a prescribed process. Students interested in this option should contact the chairperson of the department.

Human Development and Family Studies Major

The major in human development and family studies provides an understanding of growth and development throughout the lifespan. Following are descriptions of the concentrations available to HDFS majors, including courses required in each concentration. There are also recommended elective courses to enhance the various programs of study. A list of these courses is available from the student’s departmental advisor.

Concentration in Family Studies

The concentration in family studies provides an understanding of the development of the family system, the dynamics of family relationships and their bidirectional influence on family members. Students who earn a grade of C or better in each course in the program are eligible to apply for certification as a family life educator by the National Council on Family Relations. This concentration prepares students to plan and implement programs in parent education, relationship/marriage education and human sexuality education. Graduates work in a variety of settings, such as industry, family service agencies, mental health agencies, churches, nursing homes and schools. This concentration is also well-suited for students interested in pursuing a graduate degree in marriage and family therapy, as well as other fields that serve children and families.

Each student completing the family studies concentration must have a cumulative grade point average of 2.0 or higher in both HD and UA coursework before enrolling in HD 497. Most internship opportunities require a minimum cumulative and HD GPA of 2.5. Students should contact the internship coordinator for further information.

Required Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>CSM 201 Indiv Family Resourc Mgt</td>
<td>3</td>
</tr>
<tr>
<td>HD 202 Child Dev-Infancy/Todlr</td>
<td>3</td>
</tr>
<tr>
<td>HD 205 Child Dev-Preschool</td>
<td>3</td>
</tr>
<tr>
<td>HD 262 Marriage And Family</td>
<td>3</td>
</tr>
<tr>
<td>HD 302 Child Dev-Adolescence</td>
<td>3</td>
</tr>
<tr>
<td>HD 382 Parent And Family Devt</td>
<td>3</td>
</tr>
<tr>
<td>HD 462 Interpersonal Relationships</td>
<td>3</td>
</tr>
<tr>
<td>HD 472 Program Evaluation</td>
<td>3</td>
</tr>
<tr>
<td>HD 475 Human Sexuality Education</td>
<td>3</td>
</tr>
<tr>
<td>HD 483 Methods of Family Life Educaion</td>
<td>3</td>
</tr>
<tr>
<td>HD 488 Senior Seminar</td>
<td>2</td>
</tr>
</tbody>
</table>

Concentration in Adolescent and Youth Development

The adolescent and youth development concentration is planned for students who are interested in the growth and development of adolescents and youth within the family, peer and school contexts. The goal of this concentration is to prepare students for work in a variety of settings, including community-based programs, home-based programs and mental-health agencies. Additionally, this concentration provides the necessary background for students interested in pursuing graduate studies in adolescent and youth development. The curriculum consists of the HDFS core courses as well as specialty courses that highlight adolescent and youth issues.

Each student completing the adolescent and youth development concentration must have a grade point average of 2.0 or above in HD and UA coursework before enrolling in Adolescent Youth Devel Intern (HD 498). Many internship opportunities require a cumulative GPA of at least 2.5. Students should contact the internship coordinator for further information.

Required Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HD 202 Child Dev-Infancy/Todlr</td>
<td>3</td>
</tr>
<tr>
<td>HD 205 Child Dev-Preschool</td>
<td>3</td>
</tr>
<tr>
<td>HD 302 Child Dev-Adolescence</td>
<td>3</td>
</tr>
<tr>
<td>HD 382 Parent And Family Devt</td>
<td>3</td>
</tr>
<tr>
<td>HD 488 Senior Seminar</td>
<td>2</td>
</tr>
<tr>
<td>HD 497 Family Studies Internship</td>
<td>6</td>
</tr>
<tr>
<td>Choose one of the following:</td>
<td>3</td>
</tr>
<tr>
<td>CSM 430 or Family &amp; Consumer Law</td>
<td></td>
</tr>
<tr>
<td>HD 480 Children And Divorce</td>
<td></td>
</tr>
</tbody>
</table>

Total Hours 41

Concentration in General Human Development and Family Studies

The general HDFS concentration provides a flexible program for students interested in preparing for professional work or further study related to children and families through coursework only (there is no internship requirement). This program of study is especially relevant for students who would like to pursue advanced coursework in preparation for professional degrees (e.g., medical school). Other students who might find this option appropriate include students who wish to double major within four years or students who, for family or employment reasons, find a semester-long internship to be a particular hardship.

Required Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HD 101 Life Span Human Development</td>
<td>3</td>
</tr>
<tr>
<td>HD 202 Child Dev-Infancy/Todlr</td>
<td>3</td>
</tr>
<tr>
<td>HD 205 Child Dev-Preschool</td>
<td>3</td>
</tr>
<tr>
<td>HD 262 Marriage And Family</td>
<td>3</td>
</tr>
<tr>
<td>HD 302 Child Dev-Adolescence</td>
<td>3</td>
</tr>
<tr>
<td>HD 382 Parent And Family Devt</td>
<td>3</td>
</tr>
<tr>
<td>CJ 240 or Juvenile Delinquency</td>
<td>3</td>
</tr>
<tr>
<td>SW 208 Juvenile Delinquency:Causes, Control, and Services</td>
<td>3</td>
</tr>
<tr>
<td>HHE 378 Drug Awareness Education</td>
<td>3</td>
</tr>
<tr>
<td>PY 372 Social Psychology</td>
<td>3</td>
</tr>
</tbody>
</table>

Total Hours 38
Concentration in Child Life

The child life concentration is planned for students who wish to study and work with children and youth in health care settings. The curriculum consists of a comprehensive foundation of courses related to the growth and development of the healthy child as well as children with illnesses. Through specific courses, students participate in laboratory and practicum experiences with children. These experiences, along with the theoretical information, provide a foundation necessary for working with hospitalized children and their families. This curriculum enables a student to become a candidate for the national certification exam administered by the Child Life Certifying Committee of the National Child Life Council. Students must make application to the child life program after completion of 60–90 hours with at least 12 hours of HD courses. Acceptance and retention in the program are determined by:

- satisfactory recommendation by HD faculty committee
- cumulative grade point average (GPA) of at least 2.5 and a GPA of 2.0 or above in HD courses (each student enrolled in the child life concentration must have a GPA of 2.5 or higher in human development coursework before enrolling in HD 496 Child Life Internship)

### Concentration in Child Life

**Freshman Year**

- EN 101: English Composition
- & EN 102 or EN 103: Advanced English Composition
- HES 100: Freshman Compass Human Env Sci

Select one of the following:

- BSC 109: Intro Biology Non Maj II
- BSC 114/115: Principles Of Biology I

**Hours**

- Computer Science (C) or foreign language (FL): 3-4
- Math (MA): 3
- PY 101: Intro To Psychology
- History (H) and social and behavioral sciences (SB): 3

**Total Hours**: 28-32

**Sophomore Year**

- HD 202: Child Dev-Infancy/Todlr
- HD 205: Child Dev-Preschool
- Computer science (C) or foreign language (FL): 3-4

**Total Hours**: 28-32

### Sample Curriculum for the Human Development and Family Studies Major

- **Freshman Year**
  - EN 101: English Composition
  - & EN 102 or EN 103: Advanced English Composition
  - HES 100: Freshman Compass Human Env Sci

Select one of the following:

- BSC 109: Intro Biology Non Maj II
- BSC 114/115: Principles Of Biology I

**Hours**

- Computer Science (C) or foreign language (FL): 3-4
- Math (MA): 3
- PY 101: Intro To Psychology
- History (H) and social and behavioral sciences (SB): 3

**Total Hours**: 28-32

- **Sophomore Year**
  - HD 202: Child Dev-Infancy/Todlr
  - HD 205: Child Dev-Preschool
  - Computer science (C) or foreign language (FL): 3-4

**Total Hours**: 28-32

### Concentration in Child Life

- **Junior Year**
  - HD 302: Child Dev-Adolescence
  - HD 308: Parent And Family Devt
  - Human development electives: 6-9
  - Elective: 6
  - Concentration or minor: 12

**Total Hours**: 30-33

- **Senior Year**
  - HES 310: Issues Human Envir Sciences
  - HD internship, if applicable: 6-12
  - HD 472: Program Evaluation
  - HD 488: Senior Seminar
  - Concentration or minor: 9
  - Electives: 9

**Total Hours**: 32-38

### Human Development and Family Studies Minor

**Office**: 214 CDRC

#### Admission into the Minor

Students are expected to formally declare a minor. With the assistance of an adviser in the minor department, students should complete the Change of Major/Minor Application online under the Student tab of myBama before or during the third year of full-time enrollment.

#### Grade Point Average

A 2.0 grade point average in the minor is required for completion of the degree. The minor GPA is calculated based on all courses applicable to the minor the student has attempted at UA. Please see the Grade Point Average (GPA) section of this catalog for an explanation on grade point average calculations.

#### Minor Courses

The minor in human development and family studies requires the successful completion of the following 18 semester hours:

- HD 202: Child Dev-Infancy/Todlr
- HD 205: Child Dev-Preschool
- HD 302: Child Dev-Adolescence
- HD 382: Parent And Family Devt
- HD 462: Interpersonal Relationships

**Total Hours**: 18

### Addiction and Recovery Minor

**Office**: 214 CDRC

#### Admission into the Minor

Students are expected to formally declare a minor. With the assistance of an adviser in the minor department, Human Development and Family Studies, students should complete the Change of Major/Minor Application online under the Student tab of myBama before or during the third year of full-time enrollment.

#### Grade Point Average

A 2.0 grade point average in the minor is required for completion of the degree. Please see the Grade Point Average (GPA) section of this catalog for an explanation on grade point average calculations.
Minor Courses

The minor in Addiction and Recovery requires successful completion of the following 18 semester hours:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HD 210</td>
<td>Understanding Addiction</td>
<td>3</td>
</tr>
<tr>
<td>HD 302</td>
<td>Child Dev-Adolescence</td>
<td>3</td>
</tr>
<tr>
<td>HD 345</td>
<td>Addiction and the Family</td>
<td>3</td>
</tr>
<tr>
<td>HD 350</td>
<td>Addiction: Prevention, Treatment and Recovery</td>
<td>3</td>
</tr>
<tr>
<td>HHE 378 or</td>
<td>Drug Awareness Education</td>
<td>3</td>
</tr>
<tr>
<td>SW 414</td>
<td>Chemical Dependency</td>
<td>3</td>
</tr>
<tr>
<td>HD 405 or</td>
<td>Policy Issues: Family, Crime and Addictions or</td>
<td>3</td>
</tr>
<tr>
<td>CJ 240</td>
<td>Juvenile Delinquency</td>
<td></td>
</tr>
<tr>
<td>PY 358</td>
<td>Abnormal Psychology</td>
<td></td>
</tr>
<tr>
<td>CSM 204</td>
<td>Intro Personl Finan Plan</td>
<td></td>
</tr>
</tbody>
</table>

Total Hours: 18

Upper-level Residency

A minimum of six hours of 300- and 400-level courses in the minor must be earned on this campus.

Ancillary Courses

This minor does not require ancillary courses.

Additional Minor Requirements

Students are responsible for ensuring that they have met all University, college, major and minor requirements. However, each student must meet with an adviser in the major department for academic planning and to be cleared for registration each semester. College advisers are also available for additional assistance with minor, College and University requirements.

Early Childhood Education Major

The major in early childhood education (ECHS) is designed to provide students with an understanding of the growth and development of young children (conception through 8 years of age). Students in this major have a concentration in early childhood development (ECD). In this concentration, students learn to apply developmental principles in the design, implementation and evaluation of programs for young children. At present, no public school certification is associated with this degree.

Each student completing the early child development concentration must have a grade point average of 2.0 or higher in both HD and UA coursework before enrolling in HD 495 Early Childhood Devel Intern. Many internship opportunities require a cumulative and HD GPA of 2.5 or higher. Students should contact the department’s internship coordinator, Dr. Laura Bloom, for further information.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HD 201</td>
<td>Child Dev-Infancy/Tdlor</td>
<td>3</td>
</tr>
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<td>HD 205</td>
<td>Child Dev-Preschool</td>
<td>3</td>
</tr>
<tr>
<td>HD 302</td>
<td>Child Dev-Adolescence</td>
<td>3</td>
</tr>
<tr>
<td>HD 321</td>
<td>Conc Creat Exper Young Child</td>
<td>3</td>
</tr>
<tr>
<td>HD 322</td>
<td>Conc Creat Exper Yng Chld II</td>
<td>3</td>
</tr>
<tr>
<td>HD 382</td>
<td>Parent And Family Devt</td>
<td>3</td>
</tr>
<tr>
<td>HD 422</td>
<td>Admin Child Centers &amp; Programs</td>
<td>3</td>
</tr>
<tr>
<td>HD 472</td>
<td>Program Evaluation</td>
<td>3</td>
</tr>
<tr>
<td>HD 488</td>
<td>Senior Seminar</td>
<td>2</td>
</tr>
<tr>
<td>HD 495</td>
<td>Early Childhood Devel Intern</td>
<td>6</td>
</tr>
<tr>
<td>SPE 471</td>
<td>Dev Persp Young Child W/ Disab</td>
<td>3</td>
</tr>
</tbody>
</table>

Total Hours: 35

Courses

HD 101. Life Span Human Development. 3 sem. hrs.
An introductory survey of basic principles of human development across the life span. Developmental principles are studied within the framework of change and stability in the domains of the physical, cognitive, and psychosocial development. HD 101 counts toward the Social and Behavioral Sciences requirement of the UA Core.

HD 155. Freshman Seminar. 3 sem. hrs.
HD 155 is a freshman seminar class leading students to uncover the pathways for their future careers and to discover the skills and knowledge needed to build successful and fulfilling lives. This process begins with understanding, valuing, developing, and learning how to capitalize upon one’s own unique combination of talents. Through class exercises, projects, readings, and discussion, each student will acquire tools and skills necessary for success in the first year of college and will map out and begin pursuing a detailed, comprehensive action plan for achieving long-term personal, interpersonal, academic, and professional excellence.

The growth and development of the child from conception to three years of age are studied. Methods used in infant research, practical implications of research, and major theoretical issues and observational techniques are addressed. Three lecture hours, one laboratory hour per week. HD 202 and HD 205 cannot be taken in the same semester.

HD 203. Medical Terminology. 2 sem. hrs.
A study of medical language by exploring the structure, meaning and usage of terms frequently utilized in health care settings. A basic summary of the body systems is included. Prerequisite(s): BSC 109 or BSC 114/115 or BSC 118.

HD 205. Child Dev-Preschool. 3 sem. hrs.
The growth, development, and guidance of young children from three through eight years of age are studied. Practical implications of research and major theoretical issues and observational techniques are addressed. The importance of play in fostering a broad range of developmental goals for children is stressed. Three lecture hours, one laboratory hour per week. HD 202 and HD 205 cannot be taken in the same semester.

HD 210. Understanding Addiction. 3 sem. hrs.
This course is an examination of chemical addiction (e.g., drugs) and behavioral addiction (e.g., gambling). Theories of addiction, treatment of addiction, and current research on addiction will be discussed. Prerequisite(s): None.

HD 226. Introduction To Child Life. 3 sem. hrs.
Provides students with an introduction to the field of child life.

HD 262. Marriage And Family. 3 sem. hrs.
A study of marriage and family relationships from a combination of sociological and psychological perspectives.

HD 302. Child Dev-Adolescence. 3 sem. hrs.
Introduction to the theory of and research on development of children ages nine to the early twenties. Special attention is given to major transitions in the cognitive, social, and moral domains, as well as to psychological effects of physical maturation. Influences of the family, the schools, and peer relations on adolescent development are considered.
HD 321. Concp Creat Exper Young Child. 3 sem. hrs.
The principles underlying the selection, use, and value of experiences that appropriately foster concept development and creative expression in young children are examined. Students design and implement developmentally appropriate experiences for young children in a supervised laboratory setting. One-and-a-half lecture hours, one-and-a-half laboratory hours per week. For majors only. Prerequisite(s): HD 202 and HD 205.

HD 322. Conc Creat Exper Yng Chld II. 3 sem. hrs.
Second in the sequence in which students examine the principles underlying the selection, use, and value of experiences that foster concept development and creative expression in young children. Students design and implement developmentally appropriate experiences for young children in a supervised laboratory setting. One-and-a-half lecture hours, one-and-a-half laboratory hours per week. For majors only. Prerequisite(s): HD 202, HD 205 and HD 321.

HD 345. Addiction and the Family. 3 sem. hrs.
This course is an examination of the impact of substance abuse and addiction on the family as well as the influence of familial factors and family dynamics on addiction and the process of recovery.

HD 350. Addiction: Prevention, Treatment and Recovery. 3 sem. hrs.
This course will review evidence-based prevention models and treatment programs for addictive behaviors and the process of recovery from addiction.

HD 382. Parent And Family Devt. 3 sem. hrs.
Explores the changing nature and dynamics of parent-child relationships. Implications for parenting strategies and parent education are included.

HD 399. Prior Learng Human Development. 1-30 sem. hr.

HD 401. Cult Influ Child Yth Fam. 3 sem. hrs.
This course is designed to understand race and ethnicity in its political, social, and historical context. Since the culture in which we are raised as children and youth greatly influences our attitudes, beliefs, values and behaviors, it is important to gain an awareness of the cultural background of our own, as well as others' thoughts, feelings and acts. Writing proficiency within this discipline is required for a passing grade in this course. Prerequisite(s): HD 202 and HD 205. Lab: One-and-a-half lecture hours, one-and-a-half laboratory hours per week. For majors only. Most internship opportunities require a 2.5 GPA.

The impact of government policies on youth, adults, and families with addictions will be the focus of this course. The course will examine the intersection of addictions and crime, while exploring the policies and practices of specialty courts such as Juvenile Court, Family Court, Drug Courts and others. In addition, the students will review the current state of the family, family trends, and the implications for family policy. The varied effects that policies and programs can have on different types of families and different aspects of family functioning will be explored. The process of policy formation, implementation, evaluation and advocacy will be reviewed. Finally, we will examine current economic and political forces that influence federal and state governments in development and implementation of key areas of legislation, and the impact of such policy on citizens and their families. Prerequisite(s): None.

HD 412. Adult Development. 3 sem. hrs.
Theories of and research on social, emotional, cognitive, and physical development throughout adulthood: young adulthood, middle adult years, and older adult years. Writing proficiency within this discipline is required for a passing grade in this course.

HD 422. Admin Child Centers & Programs. 3 sem. hrs.
Children's centers and programs, including child development and child life programs, are examined and evaluated. Legislation, standards, program planning, and practical aspects of financing, administration, supervision, and management are explored. Writing proficiency within this discipline is required for a passing grade in this course.

This course is designed for students to understand, design, implement and evaluate appropriate curricular practices for preschool children. Developmental theories and current issues in early childhood education are examined.

HD 426. Hospitalized Child Youth. 3 sem. hrs.
Examination of the theoretical basis of the psychosocial care of children, youth, and families in health care settings. The etiology of childhood illness and disease, clinical procedures, communication techniques, and research literature are studied from a developmental perspective. 45 practicum hours are required.

HD 451. Loss And Bereavement. 3 sem. hrs.
Designed to give child life students opportunities for in-depth study of issues of grief and bereavement as they impact children and families. An emphasis is placed on theories of grief resolution and applications in health care settings. The class is conducted in a seminar format with out-of-class placements.

HD 462. Interpersonal Relationships. 3 sem. hrs.
The course examines the dynamics of interpersonal interaction related to the development and maintenance of relationships. Current issues and problems are explored and related to marital and family system characteristics.

HD 472. Program Evaluation. 3 sem. hrs.
Examines the principles and methods by which programs for children and families are empirically evaluated.

HD 475. Human Sexuality Sex Education. 3 sem. hrs.
Current scientific knowledge of physiological, sociological, and psychological factors influencing sexual development and relations.

HD 480. Children And Divorce. 3 sem. hrs.
Examines the effects of divorce on children's cognitive and social-personality development. Implications for helping children of divorce is included. Prerequisite(s): HD 101 or HD 262.

HD 483. Methods of Family Life Education. 3 sem. hrs.
Opportunities to observe, plan, implement, and evaluate family life education programs. Standards and criteria leading to certified family life educator are overviewed. Professional responsibilities and ethics are emphasized. Writing proficiency within this discipline is required for a passing grade in this course. Prerequisite(s): HD 382 and minimum of 90 semester hours.

HD 488. Senior Seminar. 2 sem. hrs.
Examines philosophy of programs for families and children as well as issues of professional identity and influences on professional and career choices.

HD 491. Direct Individ Study-Hd. 1-6 sem. hr.
Designed to enable students to pursue special needs and interests under supervision.

HD 492. Dir Ind Study Fam Rel. 1-3 sem. hr.
Designed to enable students to pursue special needs and interests under supervision.

HD 493. Directed Research. 1-6 sem. hr.

HD 495. Early Childhood Devel Intern. 6-12 sem. hrs.
Internship experience for students in the early childhood development concentration only. 2.0 GPA in both HD and UA coursework, fully executed HDFS Application for Internship form, and permission of the instructor. Prerequisite(s): HD 202 and HD 205 and HD 321 and HD 322.

HD 496. Child Life Internship. 12 sem. hrs.
Internship experience for students in the child life concentration only. 2.5 GPA in HD coursework, fully executed HDFS Application for Internship form and permission of the instructor. Prerequisite(s): HD 202 and HD 205 and HD 321 and HD 322 and HD 426.

HD 497. Family Studies Internship. 6-12 sem. hrs.
Internship experience for students in family studies concentration only. 2.0 GPA in both HD and UA coursework, fully executed HDFS Application for Internship form, and permission of the instructor. Most internship opportunities require a 2.5 GPA. Prerequisite(s): HD 483.

HD 498. Adolescent Youth Devel Intern. 6-12 sem. hrs.
Internship experience for students in the adolescent and youth development concentration only. 2.0 GPA in both HD and UA coursework, fully executed HDFS Application for Internship form, and permission of the instructor. Prerequisite(s): HD 302.