

# BS IN FAMILY STUDIES AND HUMAN DEVELOPMENT

Units required for Major: 51  
Total units required for BS: 120

## Program Description

The major prepares students for careers in various human service fields. The program emphasizes an asset-based approach to understanding lifespan human development, family systems, and family diversity in cultural context. The major is approved by the National Council on Family Relations (NCFR) for academic programs in Family Life Education. (Also see certificate program in Family Life Education.)

### Career Possibilities

Child Life Specialist · Community-Based Social Service Provider · Community Educator · Consumer and Family Resource Specialist · Early Childhood Educator · Family Life Educator · Family Planning Provider · Family Support Services Provider · Government and Public Policy Specialist · Health Care and Family Wellness Provider · Marriage and Family Enrichment Provider · Parent Educator · Prenatal and Maternity Service Provider · Preschool and Adult Day Care Director · Resource and Referral Services Specialist · Sexuality Educator · Youth Advisor

### Requirements for BS in Family Studies and Human Development:

- 120 units minimum with 40 upper division units
- General Education requirements including 9 upper division General Education units

## Program Requirements

Code	Title	Units
<b>Required Core Courses (21 Units)</b>		
FSHD 50	The Family and Social Issues 🗳️	3
NUFD 10	Nutrition And Wellness <sup>1</sup>	3
SOC 8	Sense and Nonsense in Social Issues and Research <sup>2</sup>	3
or STAT 1	Introduction to Statistics	
FACS 100	Research: Methods and Application in Family and Consumer Sciences	3
FACS 140	Family Resource Management	3
FACS 141	Family Finance	3
FACS 168	Senior Seminar	3
<b>Required Lower Division Courses (3 Units)</b>		
FSHD 52	The Child In The Family	3
<b>Required Upper Division Courses (24 Units)</b>		
FSHD 108	Family Communication	3
FSHD 150	Family Stress and Coping: Multicultural Focus 🗳️🗳️	3
FSHD 152	Adolescent Development	3
FSHD 154	Issues in Parenting	3
FSHD 155	Family Life Education	3
FSHD 159	Adulthood and Aging in Human Development	3
FSHD 162	Family Support Services	3
PUBH 134	Understanding Human Sexuality	3

<b>Elective to be selected from the following OR other elective with advisor approval</b>		<b>3</b>
CHAD 157	Infant and Toddler: Development and Care	
FACS 156	Child Life and Family-Centered Care	
FACS 195C	Internship	
FSHD 195F	Practicum in Family Life Education	
FASH 137	Clothing, Society, and Culture	
NUFD 107	Nutrition Education, Communication, and Counseling	
NUFD 114	Cultural and Social Aspects of Food	

**Total Units** **51**

- <sup>1</sup> Child, Family, and Society will be accepted as an alternative to comply with the CSU Lower Division Transfer Pattern.
- <sup>2</sup> Course also satisfies General Education (GE)/Graduation Requirement.

## General Education Requirements <sup>1</sup>

Code	Title	Units
<b>Area A: Basic Subjects (6-9 Units)</b>		
A1	Oral Communication	3
A2	Written Communication	3
A3	Critical Thinking <sup>2,3</sup>	0-3
<b>Area B: Physical Universe and Its Life Forms (10-13 Units)</b>		
B1	Physical Science	3
B2	Life Forms	3
B3	Lab (Note: Lab experience to be taken with one of the following: B1, B2 or B5)	1
B4	Math Concepts <sup>2,3</sup>	0-3
B5	Additional Course (Any B to reach 12 units) - Take upper-division course to complete Area & upper division requirements.	3
<b>Area C: Arts and Humanities (12 Units)</b>		
C1	Arts	3
C2	Humanities	3
C1/C2	Area Course C	3
C1/C2	Area C Course - Take upper-division course to complete Area & upper division requirements.	3
<b>Area D: The Individual and Society (3 Units)</b>		
	Area D Course	3
	Area D Course <sup>2</sup>	0
	Area D Course - Take upper-division course to complete Area & upper division requirements.	0
<b>Area E: Understanding Personal Development</b>		
	Area E Course <sup>2</sup>	0
<b>Area F: Ethnic Studies</b>		
	Area F Course	
<b>Total Units</b>		<b>31-37</b>

- <sup>1</sup> To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<http://catalog.csus.edu/colleges/academic-affairs/general-education/>).  
**Note:** There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (<http://www.csus.edu/acad/>), by phone (916) 278-1000, or email ([advising@csus.edu](mailto:advising@csus.edu)).
- <sup>2</sup> Required in Major; also satisfies GE.
- <sup>3</sup> Department offers students an "OR" option for SOC 8 and STAT 1:
- If student chooses to take SOC 8, they will meet Area A3 and will still be required to complete an Area B4 course.
  - If student chooses to take STAT 1, they will meet Area B4 and will still be required to complete an Area A3 course.

## Graduation Requirements <sup>1</sup>

Code	Title	Units
<b>Graduation Requirements (required by CSU) (6 Units)</b>		
	American Institutions: U.S. History	3
	American Institutions: U.S. Constitution & CA Government	3
	Writing Intensive (WI) <sup>2</sup>	0
<b>Graduation Requirements (required by Sacramento State) (9 Units)</b>		
	English Composition II	3
	Race and Ethnicity in American Society (RE) <sup>2</sup>	0
	Foreign Language Proficiency Requirement <sup>3</sup>	6

- <sup>1</sup> To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<http://catalog.csus.edu/colleges/academic-affairs/general-education/>).  
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- <sup>2</sup> Required in Major; also satisfies Graduation Requirement.
- <sup>3</sup> If not satisfied before entering Sacramento State, it may be satisfied in General Education Area C2 (Humanities). "C- or better required." The alternative methods for satisfying the Foreign Language Proficiency Requirement are described here: <https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html> (<https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html>)