

MAJOR IN HUMAN DEVELOPMENT AND FAMILY STUDIES, PRE-NURSING CONCENTRATION

Many students pursuing a degree in Human Development and Family Studies (HDFS) plan to apply to nursing school, and this concentration is designed to prepare them for post-baccalaureate nursing programs, including accelerated Bachelor of Nursing programs. The coursework within this concentration covers common nursing school prerequisites (<https://hp.colostate.edu/nurse/>) and is tailored to equip students with skills relevant to working with individuals of all ages, and their families, who experience a range of physical and mental conditions and disabilities. Students in this concentration are strongly encouraged to consult with their academic advisor and the Health Professions Advising Team (<https://hp.colostate.edu/>) to ensure they meet the specific prerequisites for their targeted nursing schools.

This concentration also serves as a pathway to CSU's 3+2 Dual Degree Direct Entry Nursing Program, offered in partnership with Colorado State University Pueblo School of Nursing on the Fort Collins campus. Students interested in the 3+2 Dual Degree Nursing Program must begin in the Pre-Nursing Concentration and apply to the 3+2 Dual Degree Nursing Program during the fall semester of their second year (third semester). Specific prerequisites are required for eligibility to apply. Students are strongly encouraged to consult with their academic advisor to ensure they meet the requirements to apply to the 3+2 Dual Degree Nursing Program. If admitted, students will transition from this concentration to the Major in HDFS, Nursing Concentration (<https://catalog.colostate.edu/general-catalog/colleges/health-human-sciences/human-development-family-studies/human-development-family-studies-major-nursing-concentration/>). Students who are not admitted will remain in the Pre-Nursing Concentration to complete the nursing prerequisite coursework and earn their Bachelor of Science degree in HDFS (<https://catalog.colostate.edu/general-catalog/colleges/health-human-sciences/>).

human-development-family-studies/human-development-family-studies-major/), after which they can apply to accelerated Bachelor of Nursing programs.

Learning Objectives

Upon successful completion of this concentration, students will be able to:

1. Demonstrate content knowledge and understanding of theory, research, and practice relevant to optimizing the development, health and well-being of individuals and families across the lifespan in the context of the larger social environment.
2. Access, critically evaluate, and apply multiple forms of information related to individuals and families.
3. Demonstrate effective written and oral communication skills appropriate to the field of human development and family studies.
4. Demonstrate professional and leadership skills with individuals and families, including ethical and culturally sensitive standards of conduct.

Requirements Effective Fall 2026

Students must have an cumulative 2.0 GPA in all AUCC courses and a grade of C (2.0) or better in all HDFS Core and concentration courses, as well as any course substitutions fulfilling these requirements. If students would like to apply to the 3+2 Master's of Nursing and the corresponding HDFS Nursing Concentration, all coursework in Semesters 1-4 must be completed with a grade of C or better. Additionally, a maximum of 6 credits of required courses may also count toward department certificates (Youth Mentoring with Campus Connections, Disability & Neurodiversity, and Infant and Early Childhood Mental Health) and the Gerontology Interdisciplinary Minor. Concentration courses may not double count for more than one HDFS concentration or as the required Diversity Equity, Inclusion & Justice Course. Students double majoring must have a minimum of 27 credits that are unique to the second major.

Freshman

		AUCC	Credits
CHEM 107	Fundamentals of Chemistry (GT-SC2)	3A	4
CHEM 108	Fundamentals of Chemistry Laboratory (GT-SC1)	3A	1
CO 150	College Composition (GT-CO2)	1A	3
HDFS 101	Lifespan Development (GT-SS3)	3C	3
HDFS 277	Introductory Seminar in HDFS		1
HES 145	Health and Wellness for Everyone (GT-SS3)	1C	3
MATH 117	College Algebra in Context I (GT-MA1)	1B	1
PSY 100	General Psychology (GT-SS3)	3C	3
SPCM 200	Public Speaking		3
Select one group from the following:			4
Group A:			
BZ 110	Principles of Animal Biology (GT-SC2)	3A	
BZ 111	Animal Biology Laboratory (GT-SC1)	3A	
Group B:			
LIFE 102	Attributes of Living Systems (GT-SC1)	3A	

Arts and Humanities (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)		3B	6
Historical Perspectives (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)		3D	3
Total Credits			35
Sophomore			
HDFS 310	Infant and Child Development		3
HDFS 311	Adolescent and Emerging Adult Development		3
HDFS 312	Adult Development and Aging		3
HDFS 334	Family and Parenthood Across the Lifespan		3
HDFS 375	Lifespan Intervention and Prevention Science		3
LIFE 205	Microbial Biology		3
LIFE 206	Microbial Biology Laboratory		2
STAT 201	General Statistics (GT-MA1)	1B	3
Select one course from the following:			4
BMS 300	Principles of Human Physiology		
HES 300	Physiology for Clinical Health Professions		
Select one course from the following:			3
CO 300	Writing Arguments (GT-CO3)	2	
CO 301B	Writing in the Disciplines: Sciences (GT-CO3)	2	
CO 301C	Writing in the Disciplines: Social Sciences (GT-CO3)	2	
Diversity, Equity, Inclusion, & Justice Course (See list below) ¹			3
Total Credits			33
Junior			
BMS 301	Human Gross Anatomy		5
FSHN 150	Introduction to Human Nutrition		3
HDFS 250	Introduction to Research Methods		3
HDFS 350	Applied Research Methods	4A	3
HDFS 402	Couple and Family Dynamics	4A	3
HDFS 412	Mental and Physical Health in Adulthood	4B	3
Select one course from the following: ²			1
HDFS 477A	Professional Preparation: Local Internship Placements		
HDFS 477B	Professional Preparation: Distance Internship Placements		
HDFS 478	HDFS Professional Development		
Pre-Nursing Concentration Courses (see list below)			6
Total Credits			27
Senior			
HDFS 434	Risk and Resilience Across the Lifespan	4B	3
HDFS 488C	Internship: Pre-Health		4-6
HDFS 492	Capstone—Evidence-Based Program Proposals	4C	3
HES 310	Human Pathophysiology		3
Pre-Nursing Concentration Course (see list below)			3
Electives ³			7-9
Total Credits			25
Program Total Credits:			120

Pre-Nursing Concentration Courses

Of the 15 credits of concentration courses, 3 credits of HDFS 412 and 3 credits of HES 310 are required (as noted above). Of the remaining 9 credits, a minimum of 6 credits must be HDFS courses and a minimum

of 6 credits must be upper-division (300- to 400-level). Courses from this list may not double-count for more than one HDFS concentration or as the required Diversity Equity, Inclusion & Justice Course.

Code	Title	Credits			
BC 351	Principles of Biochemistry	4	HDFS 315	Disability Across the Lifespan and Culture	3
CHEM 245	Fundamentals of Organic Chemistry	4	HDFS 317	Disabilities in Early Childhood Education	3
FSHN 115	Health Equity (GT-SS3)	3	IE 470	Women and Development	3
FSHN 220	Intro to Nutrition for Sports and Fitness	3	PHIL 350	Social and Political Philosophy	3
FSHN 340	Food as Medicine	3	PHIL 353	Feminist Philosophies	3
FSHN 350	Human Nutrition	3	PSY 437	Psychology of Gender	3
FSHN 361	Global Nutrition	2	SOC 330	Social Inequality	3
FSHN 444	Nutrition and Aging	1	SOC 333	Gender and Society	3
HDFS 201	Current Topics in Healthy Aging	3	SOC 334	Sociology of Intersectionality	3
HDFS 275	Foundational Helping Skills	3	SOC 357	Women, Crime, and Victimization	3
HDFS 286C	Practicum: Pre-Health Professions	3	SPCM 334	Communication Across Difference	3
HDFS 315	Disability Across the Lifespan and Culture	3	SPCM 335	Gender and Communication	3
HDFS 317	Disabilities in Early Childhood Education	3	SPCM 357	Film and Social Change	3
HDFS 332	Death, Dying, and Grief	3	SPCM 401	Rhetoric in Social Movements	3
HDFS 372/AGED 372	Inclusive Mentoring for Neurodiverse Peers	2-4	SPCM 434	International and Intercultural Communication	3
HDFS 404	Child Life Theory and Practice	3	WS 340	Race and Sexuality	3
HDFS 445/FSHN 445	Early Childhood Health, Safety, and Nutrition	3	WS 375	Intersectionality--Theory, Method, Practice	3
HES 202	Introduction to Exercise Physiology (GT-SC2)	3			
HES 207	Anatomical Kinesiology	4			
HES 300	Physiology for Clinical Health Professions	4			
HES 345	Population Health and Disease Prevention	3			
HES 354	Theory of Health Behavior	3			
HES 434	Physical Activity Throughout the Lifespan	3			
PBHL 200	Introduction to Public Health (GT-SS3)	3			
PSY 320	Psychopathology	3			
SOC 344	Health, Medicine, and Society	3			

Diversity, Equity, Inclusion, & Justice Courses¹

Select 3 upper-division credits from the following list. Selected course may not double-count as a concentration course.

Code	Title	Credits
ANTH 317	Anthropology of Human Rights	3
ANTH 333	Anthropology of Sex and Reproduction	3
ANTH 338	Gender and Anthropology	3
ANTH 416	Gender, Culture, and Health	3
ANTH 423	Cultural Psychiatry	3
ANTH 472	Human Biology	3
ANTH 479/IE 479	International Development Theory and Practice	3
E 352	Study Abroad: Reading and Writing the Zambia Experience	3
ETST 300	Queer Studies and Women of Color	3
ETST 310	African American Studies	3
ETST 332	Contemporary Chicanx Issues	3
ETST 342	Queer Indigenous Studies	3
ETST 354	Black Cinema and Media	3
ETST 362/WS 362	Indigenous Consciousness and Gender	3
ETST 365	Global Environmental Justice Movements	3
ETST 438/E 438	Native American Literature	3

¹ Other 300 and 400 level courses related to Diversity, Equity, Inclusion, and Justice are subject to advisor approval.

² Students with substantial concentration-specific work experience may petition the Director of Undergraduate Advising in HDFS to replace HDFS 488C with additional coursework and complete HDFS 478 instead of HDFS 477A or HDFS 477B.

³ Select enough elective credits to bring the program to a minimum of 120 credits, of which at least 42 must be upper-division (300- to 400-level).

Major Completion Map

Distinctive Requirements for Degree Program:

Human Development and Family Studies is an open-entry major for freshmen. For sophomores and above, students must complete and/or be enrolled in HDFS 101, PSY 100 or SOC 100 in order to declare HDFS. HDFS subject code courses and concentration courses must be completed with a grade of C (2.000) or higher.

Background check required prior to participating in the internship course (HDFS 488C) during the senior year. Students will complete a graduation contract with an HDFS Academic Advisor during the first two weeks of the semester in which they are graduating.

Freshman

Semester 1	Critical	Recommended	Additional	Credits
HDFS 101 Lifespan Development (GT-SS3)	X	3C		3
HDFS 277 Introductory Seminar in HDFS	X			1
HES 145 Health and Wellness for Everyone (GT-SS3)	X	1C		3
MATH 110 College Algebra in Context I (GT-MA1)	X	1B		1
Select one group from the following:	X			4
Group A:				
BZ 110 Principles of Animal Biology (GT-SC2)		3A		

BZ 111 Animal Biology Laboratory (GT-SC1)	3A				LIFE 205 Microbial Biology	X			3
Group B:					LIFE 206 Microbial Biology Laboratory	X			2
LIFE 102 Attributes of Living Systems (GT-SC1)	3A				Diversity, Equity, Inclusion, & Justice Course (see list on Concentration requirements tab)				3
Arts and Humanities (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)	3B			3	Total Credits				17
Historical Perspectives (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)	3D			3	Junior				
Total Credits				18	Semester 5	Critical	Recommendation	Grade	Credits
Semester 2					FSHN 150 Introduction to Human Nutrition				3
CHEM 101 Fundamentals of Chemistry (GT-SC2)	X		3A	4	HDFS 250 Introduction to Research Methods	X			3
CHEM 103 Fundamentals of Chemistry Laboratory (GT-SC1)	X		3A	1	HDFS 402 Couple and Family Dynamics	X		4A	3
CO 150 College Composition (GT-CO2)			1A	3	HDFS 412 Mental and Physical Health in Adulthood	X		4B	3
PSY 100 General Psychology (GT-SS3)			3C	3	Pre-Nursing Concentration Course (See list on Concentration Requirements tab)				3
SPCM 200 Public Speaking	X			3	Total Credits				15
Arts and Humanities (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			3B	3	Semester 6	Critical	Recommendation	Grade	Credits
Total Credits				17	BMS 301 Human Gross Anatomy	X			5
Sophomore					HDFS 350 Applied Research Methods	X		4A	3
Semester 3					Select one course from the following:	X			1
HDFS 310 Infant and Child Development	X			3	HDFS 477A Professional Preparation: Local Internship Placements				
HDFS 312 Adolescent and Emerging Adult Development	X			3	HDFS 477B Professional Preparation: Distance Internship Placements				
STAT 201 General Statistics (GT-MA1)			1B	3	HDFS 477C Professional Development				
Select one course from the following:				4	Pre-Nursing Concentration Course (see list on Concentration Requirements tab)			X	3
BMS 300 Principles of Human Physiology	X				Total Credits				12
HES 300 Physiology for Clinical Health Professions	X				Senior				
Select one course from the following:	X			3	Semester 7	Critical	Recommendation	Grade	Credits
CO 300 Writing Arguments (GT-CO3)			2		HDFS 430 Risk and Resilience Across the Lifespan	X		4B	3
CO 301 Writing in the Disciplines: Sciences (GT-CO3)			2		HDFS 480 Internship: Pre-Health	X			4-6
CO 302 Writing in the Disciplines: Social Sciences (GT-CO3)			2		Pre-Nursing Concentration Course (see list on Concentration Requirements tab)			X	3
Total Credits				16	Elective			X	1-3
Semester 4					Total Credits				13
HDFS 312 Adult Development and Aging	X			3	Semester 8	Critical	Recommendation	Grade	Credits
HDFS 330 Family and Parenthood Across the Lifespan	X			3	HDFS 492 Capstone--Evidence-Based Program Proposals	X		4C	3
HDFS 375 Lifespan Intervention and Prevention Science	X			3	HES 310 Human Pathophysiology				3
					Electives	X			6

The benchmark courses for the 8th semester are the remaining courses in the entire program of study.

X

Total Credits	12
Program Total Credits:	120