

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

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)			6
Historical Perspectives (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)			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
CHEM 245	Fundamentals of Organic Chemistry	4
FSHN 115	Health Equity (GT-SS3)	3
FSHN 220	Intro to Nutrition for Sports and Fitness	3
FSHN 340	Food as Medicine	3
FSHN 350	Human Nutrition	3
FSHN 361	Global Nutrition	2
FSHN 444	Nutrition and Aging	1
HDFS 201	Current Topics in Healthy Aging	3
HDFS 275	Foundational Helping Skills	3
HDFS 286C	Practicum: Pre-Health Professions	3
HDFS 315	Disability Across the Lifespan and Culture	3
HDFS 317	Disabilities in Early Childhood Education	3
HDFS 332	Death, Dying, and Grief	3
HDFS 372/AGED 372	Inclusive Mentoring for Neurodiverse Peers	2-4
HDFS 404	Child Life Theory and Practice	3

HDFS 445/FSHN 445	Early Childhood Health, Safety, and Nutrition	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
HDFS 315	Disability Across the Lifespan and Culture	3
HDFS 317	Disabilities in Early Childhood Education	3
IE 470	Women and Development	3
PHIL 350	Social and Political Philosophy	3
PHIL 353	Feminist Philosophies	3
PSY 437	Psychology of Gender	3
SOC 330	Social Inequality	3
SOC 333	Gender and Society	3
SOC 334	Sociology of Intersectionality	3
SOC 357	Women, Crime, and Victimization	3
SPCM 334	Communication Across Difference	3
SPCM 335	Gender and Communication	3
SPCM 357	Film and Social Change	3
SPCM 401	Rhetoric in Social Movements	3
SPCM 434	International and Intercultural Communication	3
WS 340	Race and Sexuality	3
WS 375	Intersectionality--Theory, Method, Practice	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).