

MAJOR IN SOCIAL WORK, HOLISTIC CARE CONCENTRATION

The Holistic Care Concentration will provide students opportunities to research and engage with focus areas of choice such as animal assisted interventions, school systems, and positive impact of nature on human health. Students will develop advanced understanding of the interconnectedness between Systems Theory, Person-in-Environment Theory, and specialized theories applicable to the courses selected in completing the concentration.

Learning Objectives

Program objectives are the competency outcomes required for accreditation by the Council on Social Work Accreditation. This concentration will support the following competencies:

1. Demonstrate Ethical and Professional Behavior.
2. Advance Human Rights and Social, Racial, Economic, and Environmental Justice.
3. Engage Anti-Racism, Diversity, Equity, and Inclusion (ADEI) in Practice.

4. Engage in Practice-Informed Research and Research-Informed Practice.
5. Engage in Policy Practice.
6. Engage with Individuals, Families, Groups, Organizations, and Communities.
7. Assess Individuals, Families, Groups, Organizations, and Communities.
8. Intervene with Individuals, Families, Groups, Organizations, and Communities.
9. Evaluate Practice with Individuals, Families, Groups, Organizations, and Communities.
10. Engage in practices that advance human rights to promote, social, racial, economic, and environmental justice.

Requirements Effective Fall 2025

Students must have a C (2.000) or better in the following courses: HDFS 101, PSY 100, SOC 100 or SOC 105, and SOWK 150. Students must maintain a grade of C in all required courses for the concentration,

A grade of C (2.000) or above is required in each SOWK course required for the major; a 2.500 overall GPA in all SOWK courses is required for the major.

Freshman

		AUCC	Credits
CO 150	College Composition (GT-CO2)	1A	3
HDFS 101	Lifespan Development (GT-SS3)	3C	3
PSY 100	General Psychology (GT-SS3)	3C	3
SOWK 120	Academic and Career Success		1
SOWK 130	Identity, Power, and Social Justice (GT-SS3)	1C	3
SOWK 150	Introduction to Social Work		3
Select one course from the following:			3-4
ANTH 120	Human Origins and Variation (GT-SC2)	3A	
BZ 101	Humans and Other Animals (GT-SC2)	3A	
BZ 110	Principles of Animal Biology (GT-SC2)	3A	
LIFE 102	Attributes of Living Systems (GT-SC1)	3A	
Select one course from the following:			3
SOC 100	Introduction to Sociology (GT-SS3)	3C	
SOC 105	Social Problems (GT-SS3)	3C	
Select one course from the following:			3
SOWK 371A	Fields of Practice: Child Protection		
SOWK 371B	Fields of Practice: Juvenile Justice		
SOWK 371C	Fields of Practice: Criminal Justice		
SOWK 371E	Fields of Practice: Social Gerontology		
1B (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#aucc)		1B	3
Arts and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)		3B	3

Total Credits

31-32

Sophomore

SOWK 330	Intersectionality and Identity		3
SOWK 340	Generalist Practice with Individuals		3
SOWK 371G	Fields of Practice: Training Canine Animal Assisted Interventions		3
Select two courses from the following:			6
SOWK 352/ETST 352	Indigenous Women, Children, and Tribes		
SOWK 371A	Fields of Practice: Child Protection		
SOWK 371B	Fields of Practice: Juvenile Justice		
SOWK 371C	Fields of Practice: Criminal Justice		
SOWK 371E	Fields of Practice: Social Gerontology		
Select one course from the following: ¹			0-3
SOC 210	The Power of Numbers--Statistics in Sociology		
STAT 100	Statistical Literacy (GT-MA1)	1B	
STAT 201	General Statistics (GT-MA1)	1B	
STAT 301	Introduction to Applied Statistical Methods		
Economic, Environmental, and Social Justice (see list below)			3
Health and Wellness (see list below)			2-3
Holistic Care Concentration Course (see list below)			3
Biological and Physical Sciences (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#biological-physical-sciences)		3A	3-4
Electives ²			0-4
Total Credits			30-31

Junior

SOWK 300	Translational Social Work Research		3
SOWK 341	Generalist Practice with Groups		3
SOWK 344	Social Work Practice--Partners and Families		3
SOWK 425	Prep and Essential Skills for Internship		1
Select one course from the following:			3
CO 300	Writing Arguments (GT-CO3)	2	
CO 301C	Writing in the Disciplines: Social Sciences (GT-CO3)	2	
Select one course from the following:			3
POLS 101	American Government and Politics (GT-SS1)	3C	
POLS 103	State and Local Government and Politics (GT-SS1)	3C	
Select one course from the following:			3
SOWK 352/ETST 352	Indigenous Women, Children, and Tribes		
SOWK 371A	Fields of Practice: Child Protection		
SOWK 371B	Fields of Practice: Juvenile Justice		
SOWK 371C	Fields of Practice: Criminal Justice		
SOWK 371E	Fields of Practice: Social Gerontology		
Holistic Care Concentration Courses (see list below)			6
Arts and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)		3B	3
Historical Perspectives (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)		3D	3
Total Credits			31

Senior

SOWK 400	Generalist Practice-Organizations/Communities	4B	3
SOWK 410	Social Welfare--Policy, Issues, and Advocacy	4A	3
SOWK 488	Practice-Based Learning		9
SOWK 492A	Capstone Seminar: I Engagement and Reflection	4C	1

SOWK 492B	Capstone Seminar: II Demonstrating Social Work Practice Skills	4C	2
Holistic Care Concentration Courses (see list below)			3
Upper-Division Social and Behavioral Sciences (see list below)			6
Total Credits			27
Program Total Credits:			120

Economic, Environmental, and Social Justice Course List

Code	Title	AUCC	Credits
AGRI 270/IE 270	World Interdependence-Population and Food (GT-SS3)	1C	3
ANTH 100	Introductory Cultural Anthropology (GT-SS3)	3C	3
ANTH 200	Cultures and the Global System (GT-SS3)	1C	3
ANTH 235	Indigenous Peoples of North America		3
ANTH 310	Peoples and Cultures of Africa		3
ANTH 312	Modern Indian Culture and Society		3
ANTH 314	Southeast Asian Cultures and Societies		3
ANTH 335	Language and Culture		3
ANTH 338	Gender and Anthropology		3
AREC 202	Agricultural and Resource Economics (GT-SS1)	3C	3
BUS 210	Critical Perspectives of Workplace Culture (GT-AH3)	1C	3
E 142	Reading Without Borders (GT-AH2)	1C	3
E 422	African-American Literature		3
ECON 101	Economics of Social Issues (GT-SS1)	3C	3
ECON 211	Gender in the Economy (GT-SS1)	1C	3
ECON 212	Racial Inequality and Discrimination (GT-SS1)	1C	3
ECON 310	Poverty and the Welfare State		3
ETST 100	Introduction to Ethnic Studies (GT-SS3)	1C	3
ETST 201	Introduction to Queer Studies		3
ETST 205	Ethnicity and the Media (GT-SS3)	1C	3
ETST 234/E 234	Introduction to Native American Literature		3
ETST 239/E 239	Introduction to Chicano Literature		3
ETST 240	Introduction to Indigenous Studies (GT-AH2)	3B	3
ETST 250/HIST 250	African American History (GT-HI1)	3D	3
ETST 252/HIST 252	Asian American History (GT-HI1)	3D	3
ETST 253	Chicanx History and Culture (GT-HI1)	3D	3
ETST 254	La Chicana in Society		3
ETST 255/HIST 255	Native American History (GT-HI1)	3D	3
ETST 256	Border Crossings--People/Politics/Culture (GT-SS3)	1C	3
ETST 300	Queer Studies and Women of Color		3
ETST 305	Ethnicity, Class, and Gender in the U.S.		3

ETST 310	African American Studies		3
ETST 320	Ethnicity and Film--Asian-American Experience		3
ETST 324	Asian-Pacific Americans and the Law		3
ETST 330	African American Resistance and Self-Creation		3
ETST 332	Contemporary Chicanx Issues		3
ETST 352/SOWK 352	Indigenous Women, Children, and Tribes		3
ETST 354	Black Cinema and Media		3
ETST 364/HIST 364	Asian American Social Movements, 1945-Present		3
ETST 365	Global Environmental Justice Movements		3
ETST 370	Caribbean Identities		3
ETST 371	The Modern Caribbean		3
ETST 382/LGEN 382	Italian Ethnic Identity, Culture, and Gender		3
ETST 404	Race Formation in the United States		3
ETST 410	Advanced Topics in African American Studies		3
ETST 411	Black Feminism(s)		3
ETST 412	Africa and African Diaspora		3
ETST 413	Queer Creative Expressions		3
ETST 425	Indigenous Film and Video		3
ETST 430	Latinx Creative Expression		3
ETST 432	Latinx Routes to Empowerment		3
ETST 438/E 438	Native American Literature		3
ETST 444/SOC 444	Federal Indian Law and Policy		3
ETST 454/SPCM 454	Chicanx Film and Video		3
GES 101	Foundations of Environmental Sustainability		3
GES 450	Global Sustainability and Health		3
HIST 115	The Islamic World: Late Antiquity to 1500	3D	3
HIST 120	Asian Civilizations I (GT-HI1)	3D	3
HIST 121	Asian Civilizations II (GT-HI1)	3D	3
HORT 171/SOCR 171	Environmental Issues in Agriculture (GT-SS3)	1C	3
IE 179	Globalization: Exploring Our Global Village (GT-SS3)	1C	3
NR 130	Global Environmental Systems (GT-SC2)	3A	3
POLS 131	Current World Problems (GT-SS1)	1C	3
POLS 309	Urban Politics		3
POLS 331	Politics and Society Along Mexican Border		3
POLS 361	U.S. Environmental Politics and Policy		3
POLS 405	Race and Ethnicity in U.S. Politics		3
POLS 409	Urban and Regional Politics		3
POLS 413	U.S. Civil Rights and Liberties		3
POLS 442	Environmental Politics in Developing World		3

POLS 443	Comparative Social Movements		3
POLS 444	Comparative African Politics		3
POLS 445	Comparative Asian Politics		3
POLS 446	Latin American Politics		3
POLS 447	Politics in Mexico, Central America, Caribbean		3
POLS 448	Comparative Racial/Ethnic Politics		3
POLS 449	Middle East Politics		3
POLS 463	Urban Policy and Management		3
SOC 205	Sociology of Race and Racism (GT-SS3)	1C	3
SOC 220	Environment, Food, and Social Justice (GT-SS3)	1C	3
SOC 322	Environmental Justice		3
SOC 344	Health, Medicine, and Society		3
WS 200	Introduction to Women's Studies	3C	3
WS 269	Women of Color in the United States		3
WS 270	Feminist Theory		3

Health/Wellness Course List

Code	Title	AUCC	Credits
ERHS 220	Introduction to Environmental Public Health (GT-SC2)	3A	3
ERHS 430	Human Disease and the Environment		3
FSHN 125	Food and Nutrition in Health and Disease		2
FSHN 150	Introduction to Human Nutrition		3
HES 145	Health and Wellness for Everyone (GT-SS3)	1C	3
HES 345	Population Health and Disease Prevention		3
MIP 101	Introduction to Human Disease and Immunity (GT-SC2)	3A	3
MIP 149	The Microbial World		3
PSY 328	Psychology of Human Sexuality		3

Holistic Care Course List

Code	Title	AUCC	Credits
EDUC 265/ETST 265	Culture of Care in Schools		3
NRRT 320	International Issues-Recreation and Tourism		3
SOC 330	Social Inequality		3
SOC 334	Sociology of Intersectionality		3
SOC 344	Health, Medicine, and Society		3
SOC 364	Food, Agriculture and Global Society		3
SOWK 371G	Fields of Practice: Training Canine Animal Assisted Interventions		3

Upper-Division Social and Behavioral Sciences Course List (select 6 credits with approval of advisor)

Code	Title	AUCC	Credits
ANTH 3XX or ANTH 4XX			
ECON 3XX or ECON 4XX			
ETST 3XX or ETST 4XX			
HDFS 3XX or HDFS 4XX			
HIST 3XX or HIST 4XX			
POLS 3XX or POLS 4XX			
PSY 3XX or PSY 4XX			
SOC 3XX or SOC 4XX			

¹ A statistics course is required if STAT 100 or STAT 201 was not taken to satisfy Quantitative Reasoning (AUCC 1B).

² Select enough elective credits to bring the program total 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:

A grade of C (2.000) or above is required in each SOWK course required for the major; a 2.5000 overall GPA in all SOWK courses is required for the major. STAT 100 or STAT 201 are recommended.

Freshman

Semester 1		Critical	Recommended	AUCC	Credits
CO 150	College Composition (GT-CO2)	X		1A	3
HDFS 101	Lifespan Development (GT-SS3)	X		3C	3
PSY 100	General Psychology (GT-SS3)	X		3C	3
SOWK 120	Academic and Career Success	X			1
SOWK 130	Identity, Power, and Social Justice (GT-SS3)	X		1C	3
1B (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#aucc)		X		1B	3
Total Credits					16

Semester 2		Critical	Recommended	AUCC	Credits
SOWK 150	Introduction to Social Work	X			3
Select one course from the following:		X			3-4
ANTH 120	Human Origins and Variation (GT-SC2)			3A	
BZ 101	Humans and Other Animals (GT-SC2)			3A	
BZ 110	Principles of Animal Biology (GT-SC2)			3A	
LIFE 102	Attributes of Living Systems (GT-SC1)			3A	
Select one course from the following:		X			3
SOC 100	Introduction to Sociology (GT-SS3)			3C	
SOC 105	Social Problems (GT-SS3)			3C	
Select one course from the following:		X			3
SOWK 371A	Fields of Practice: Child Protection				
SOWK 371B	Fields of Practice: Juvenile Justice				
SOWK 371C	Fields of Practice: Criminal Justice				
SOWK 371E	Fields of Practice: Social Gerontology				
Art and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			X	3B	3
CO 150, PSY 100, and SOC 100 or SOC 105 must be completed by the end of Semester 2.		X			
Progression to the Major is strongly recommended by the end of Semester 2.		X			
Total Credits					15-16

Sophomore

Semester 3		Critical	Recommended	AUCC	Credits
SOWK 330	Intersectionality and Identity	X			3
SOWK 340	Generalist Practice with Individuals	X			3

Select one course from the following:		X			0-3
SOC 210	The Power of Numbers--Statistics in Sociology				
STAT 100	Statistical Literacy (GT-MA1)			1B	
STAT 201	General Statistics (GT-MA1)			1B	
STAT 301	Introduction to Applied Statistical Methods				
Holistic Care Concentration Course (see list on Program Requirements tab)		X			3
Biological and Physical Sciences (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#biological-physical-sciences)			X	3A	3-4
Electives					0-4
Total Credits					16
Semester 4		Critical	Recommended	AUCC	Credits
SOWK 371G	Fields of Practice: Training Canine Animal Assisted Interventions	X			3
Select two courses from the following:		X			6
SOWK 352/ETST 352	Indigenous Women, Children, and Tribes				
SOWK 371A	Fields of Practice: Child Protection				
SOWK 371B	Fields of Practice: Juvenile Justice				
SOWK 371C	Fields of Practice: Criminal Justice				
SOWK 371E	Fields of Practice: Social Gerontology				
Economic, Environmental, and Social Justice (see list on Program Requirements Tab)			X		3
Health/Wellness (see list on Program Requirements Tab)			X		2-3
Total Credits					14-15
Junior					
Semester 5		Critical	Recommended	AUCC	Credits
SOWK 300	Translational Social Work Research	X			3
SOWK 341	Generalist Practice with Groups	X			3
SOWK 425	Prep and Essential Skills for Internship	X			1
Select one course from the following:		X			3
CO 300	Writing Arguments (GT-CO3)			2	
CO 301C	Writing in the Disciplines: Social Sciences (GT-CO3)			2	
Select one course from the following:		X			3
POLS 101	American Government and Politics (GT-SS1)			3C	
POLS 103	State and Local Government and Politics (GT-SS1)			3C	
Art and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			X	3B	3
Total Credits					16
Semester 6		Critical	Recommended	AUCC	Credits
SOWK 344	Social Work Practice--Partners and Families	X			3
Select one course from the following:		X			3
SOWK 352/ETST 352	Indigenous Women, Children, and Tribes				
SOWK 371A	Fields of Practice: Child Protection				
SOWK 371B	Fields of Practice: Juvenile Justice				
SOWK 371C	Fields of Practice: Criminal Justice				
SOWK 371E	Fields of Practice: Social Gerontology				
Holistic Care Concentration Course (see list on Program Requirements tab)			X		6
Historical Perspectives (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)			X	3D	3
Total Credits					15

Senior

Semester 7		Critical	Recommended	AUCC	Credits
SOWK 400	Generalist Practice-Organizations/Communities	X		4B	3
SOWK 410	Social Welfare--Policy, Issues, and Advocacy	X		4A	3
SOWK 488	Practice-Based Learning	X			4
SOWK 492A	Capstone Seminar: I Engagement and Reflection	X		4C	1
Holistic Care Concentration Course (see list on Program Requirements tab)		X			3
Total Credits					14
Semester 8		Critical	Recommended	AUCC	Credits
SOWK 488	Practice-Based Learning	X			5
SOWK 492B	Capstone Seminar: II Demonstrating Social Work Practice Skills	X		4C	2
Upper Division Social and Behavioral Sciences (see list on Program Requirements Tab)		X			6
The benchmark courses for the 8th semester are the remaining courses in the entire program of study.		X			
Total Credits					13
Program Total Credits:					120