



Springfield College Sequencing Guide

Health/Family and Consumer Science Major (HFCS) ▼ 2020-2021

If you entered Springfield College in 2020-2021, use this guide for sequencing your courses. Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress, and always confirm your plans with your advisor.

GenEd Requirements, Electives, and College Requirements

In addition to the major requirements listed below, you will need to fill the following General Education (GenEd) categories:

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| <ul style="list-style-type: none"> • WLPL 100, Exploring Movement & Wellness (1 cr) • 300-level Wellness & Physical (1cr) | <ul style="list-style-type: none"> • Literary Studies (3 cr) • Spiritual and Ethical (3 cr) | <ul style="list-style-type: none"> • Aesthetic Expression (3 cr) • Historical and Social (3 cr) |
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This major typically requires 81 credits to complete. In addition to the GenEd and major requirements listed, you must complete:

- **16 elective credits or more** (depending on GenEds selected) to total at least 120 credits
- **The residency requirement**—45 credits taken at Springfield College (including 15 of your last 30)

HFCS Major Requirements – Typical First-Year Schedule

Fall:

SCSM 101, Springfield College Seminar (GenEd requirement – 3 cr)
 ENGL 113, College Writing I (GenEd requirement – 3 cr)
 BIOL 130, Anatomy and Physiology Concepts I (3 cr – also fills Natural Sciences GenEd)
 BIOL 132, Anatomy and Physiology Concepts I Lab (1 cr – also fills Natural Sciences GenEd)
 HLTH 210, Consumer and Environmental Health (3 cr)
 Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total 15 credits

Spring:

ENGL 114, College Writing II (GenEd requirement – 3 cr)
 BIOL 131, Anatomy and Physiology Concepts II (3 cr; C or better required)
 BIOL 133, Anatomy and Physiology Concepts II Lab (1 cr; C or better required)
 MOSK 201, Outdoor Pursuits (1 cr – also partially fills Wellness & Physical Gen Ed)
 HLTH 101, Physical Health and Wellness (3 cr)
 Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total 15 credits

HFCS Major Requirements – Typical Second-Year Schedule

Fall or Spring:

AEXS 313, Physiology of Exercise (3 cr)
 AEXS 315, Physiology of Exercise Lab (0 cr)
 EDUC 162, Exceptional Children (3 cr)
 EDUC 234, Curriculum, Methods, and Organization for Secondary Teachers (3 cr)
 EDUC 237, Foundations of Multicultural Education (3 cr – also fills Themed Exploration and a WAC requirement)
 EDUC 238, Pre-Practicum in Special Education (PreK-8) - (1 cr)
 HLTH 260, Drugs and Society (3 cr)
 NUSC 261, Introduction to Nutrition (3 cr)
 Plus GenEds, major requirements with flexible timing, or electives (as applicable) to total 30 credits for the year

HFCS Major Requirements – Typical Third-Year Schedule

Fall or Spring:

HLTH 304, Health Education Methods and Pre-Practicum: PreK-12 (3 cr; C or better required- Offered only in the Fall)
EDUC 328, Sheltered English Immersion (3 cr – concurrent with Practicum HLTH 386 or HLTH 387)
HLTH 343, Community Health Practices (3 cr – offered only in the Spring)
HLTH 355, Human Sexuality (3 cr)
HLTH 360, Violence Prevention and Psychosocial Health (3 cr)
HLTH 365, Family and Group Dynamics in Health Education (3 cr)
HLTH 386, Pre-Practicum in Health/Family Consumer Science PreK-8 (2 cr; B or better required)
 or HLTH 387, Pre-Practicum in Health/Family and Consumer Science 5-12 (2 cr; B or better required)

Plus GenEds, major requirements with flexible timing, or electives (as applicable) to total 33-36 credits for the year

HFCS Major Requirements – Typical Fourth-Year Schedule

Fall or Spring:

Select a total of **12 credits** from:

HLTH 484, Health/Family and Consumer Science (PreK-8) Practicum and Seminar (6 cr)
HLTH 485, Health/Family and Consumer Science (5-12) Practicum and Seminar (6 cr)

Plus any outstanding major requirements, GenEds, or electives to total a minimum of 120 credits for your career

Additional HFCS Major Requirements – Flexible Timing

Note: In general, 100-level courses can be taken any year. 200- or 300-level courses can be taken 2nd or 3rd year. 400-level courses should be taken 3rd year if offered, or 4th year.

CISC 150, Introduction to Computer Science (3 cr)
EDUC 250, Childhood and Adolescent Development in Educational Settings (3 cr)
HLTH 425, Human Disease and Health Promotion (3 cr)
MATH 115, College Algebra (3 cr – also fills Quantitative Reasoning GenEd; or MATH 125, 131, or 140)
SOC 220, Families in Society (3 cr – also fills a WAC requirement)

HFCS Major – Program Standards

Program standards for this program include, but are not limited to:

- Earn a minimum cumulative GPA of 2.750 for all designated licensure courses (see degree audit for more information)
- Earn a minimum cumulative GPA of 2.500
- Receive a passing score on the Communication and Literacy Skills Test (reading and writing) of the Massachusetts Test for Education Licensure (MTEL)
- Receive passing scores on the appropriate MTEL Subject Test
- Earn minimum grades specified for designated courses
- Be recommended for admission to the teacher licensure program by the PEHE department chair

For more information about these and other program standards, contact your advisor or the PEHE department chair.