



Springfield College Sequencing Guide

Health/Family and Consumer Science Major (HFCS) ▼ 2019-2020

If you entered Springfield College in 2019-2020, 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:

- Computing and Technology
- Literary Studies
- Visual and Performing Arts
- Spiritual and Ethical
- Historical/Cultural
- Behavioral/Social Sciences
- Int'l/Global subcategory

This major typically requires 80 credits to complete. In addition to the GenEd and major requirements listed, you must complete:

- **13 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:

ENGL 113, College Writing I (3 cr – also fills half College Writing GenEd)
 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)
 Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total 15 credits

Spring:

ENGL 114, College Writing II (3 cr – also fills half College Writing GenEd)
 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 101, Outdoor Pursuits (1 cr – also partially fills Physical Activity GenEd)
 Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total 15 credits

Fall or Spring:

HLTH 101, Physical Health and Wellness (3 cr – also fills Health and Wellness GenEd)

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 Social Justice GenEd. Multicultural component of the International/Multicultural GenEd, 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)
HLTH 343, Community Health Education (3 cr)
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:

EDUC 328, Sheltered English Immersion (3 cr – concurrent with Practicum)

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.

EDUC 250, Childhood and Adolescent Development in Educational Settings (3 cr)
HLTH 210, Consumer and Environmental Health (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)
PEPC 100, Fitness for Life (1 cr – also partially fills Physical Activity GenEd)
SOC 220, Families in Society (3 cr – also fills a WAC requirement)

Select 2 courses (1 credit) from the following wellness selectives (also completes your 3 credits of Physical Activity GenEd):

PEAC 103, In-Line Skating (.5 cr)
PEAC 104, Swimming (.5 cr)
PEAC 108, Adapted Sport I (.5 cr)
PEAC 109, Adapted Sport II (.5 cr)
PEAC 113, Resistance Training (.5 cr)
PEAC 115, Fitness Swimming (.5 cr)
PEAC 121, Tai Chi Chuan (.5 cr)
PEAC 126, Orienteering (.5 cr)
PEAC 128, Outdoor Adventure (.5 cr)
PEAC 129, Rock Climbing (.5 cr)
PEAC 145, Yoga (.5 cr)
PEAC 179, Self-Defense I (.5 cr)
PEAC 279, Self Defense II (.5 cr)

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 you advisor or the PEHE department chair.