



## Springfield College Sequencing Guide

### Health/Family and Consumer Science Major (HFCS) ▼ 2023-2024

Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress with your advisor.

#### Core Curriculum Requirements, Electives, and College Requirements

In addition to the major requirements listed below, you will need to fill the following Core Curriculum categories:

- 100-level Wellness & Physical (1 cr)
- Literature (3 cr)
- Aesthetic Expression (3 cr)
- 300-level Wellness & Physical (1 cr)
- Spiritual and Ethical (3 cr)
- Historical and Social (3 cr)

This major typically requires 85 credits to complete. In addition to the Core Curriculum and major requirements listed, you must complete:

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

#### Wellness Passport Stamps

All students must complete **24 stamps** upon successful completion of a WLPL 300-level course. Students must complete a minimum of 8 stamps in each of the following domains:

- Mental Wellness     Physical Wellness     Meaning and Purpose Wellness

#### HFCS Major Requirements – Typical First-Year Schedule

##### Fall:

SCSM 101, Springfield College Seminar (Core requirement – 3 cr)  
ENGL 113, College Writing I (Core requirement – 3 cr)  
BIOL 130, Anatomy and Physiology Concepts I (3 cr – also fills Scientific Reasoning Core)  
BIOL 132, Anatomy and Physiology Concepts I Lab (1 cr – also fills Scientific Reasoning Core)  
HLTH 210, Consumer and Environmental Health (3 cr)  
Plus other Core and major requirements, or electives to total 15 credits

##### Spring:

ENGL 114, College Writing II (Core 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)  
WLPL 201, Outdoor Pursuits (1 cr –fills 200-level Wellness & Physical Core)  
HLTH 101, Physical Health and Wellness (3 cr)  
Plus other Core and major requirements, or electives to total 15 credits

#### HFCS Major Requirements – Typical Second-Year Schedule

##### Fall or Spring:

AEXS 313, Physiology of Exercise (3 cr – fills WAC requirement)  
AEXS 315, Physiology of Exercise Lab (0 cr)  
EDUC 162, Exceptional Children (3 cr) **AND** EDUC 238, Pre-Practicum in Elementary/Special/Early Childhood Education Fieldwork and Seminar - (1 cr)  
EDUC 234, Curriculum, Methods, and Organization for Secondary Teachers (3 cr)  
EDUC 237, Foundations of Multicultural Education (3 cr – also fills Themed Exploration Core)  
HLTH 260, Drugs and Society (3 cr)  
NUSC 261, Introduction to Nutrition (3 cr)  
Plus Core and major requirements, or electives 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 - also fills Themed Exploration Core)

HLTH 343, Community Health Practices (3 cr – offered only in the Spring)

HLTH 355, Human Sexuality (3 cr)

HLTH 360, Violence and Bullying/Prevention and Intervention (3 cr – fills WAC requirement)

HLTH 365, The Dynamics of PsychoSocial Health Issues (3 cr)

HLTH 386, Pre-Practicum in Health/Family Consumer Science PreK-8 (4 cr; B or better required)

or HLTH 387, Pre-Practicum in Health/Family and Consumer Science 5-12 (4 cr; B or better required)

Plus Core and major requirements, or electives to total 33-36 credits for the year

### HFCS Major Requirements – Typical Fourth-Year Schedule

#### Fall or Spring:

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, Core, 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 2<sup>nd</sup> or 3<sup>rd</sup> year. 400-level courses should be taken 3<sup>rd</sup> year if offered, or 4<sup>th</sup> year.*

CISC 150, Computing and Digital Literacy (3 cr – also fills Themed Exploration Core)

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 Core; or MATH 125, 131, or 140)

PEPC 100, Fitness for Life (1 cr)

SOCI 220, Families in Society (3 cr)

Select **two courses** (1.0 credit) from the following wellness skills courses:

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 your advisor or the PEHE department chair.