General Human Environmental Sciences (HESC)

Faculty
Cheryl Leigh Southward, Associate Professor
Leigh Southward
Associate Professor
212 Home Economics Building
479-575-4311

The general human environmental sciences curriculum serves students seeking a background in all of the subject-matter areas of human environmental sciences. The general curriculum prepares students for careers in social services, business, and the Cooperative Extension Service. Liberal elective hours allow students to select courses and programs to meet individual needs.

Students may be certified by the Arkansas State Board of Education to teach family and consumer sciences in Arkansas public schools by combining the pre-professional education courses as electives and completing the Master of Arts in Teaching (M.A.T.) degree requirements under College Academic Regulations. At the beginning of the sophomore year, students should consult with their advisers to schedule the general education and pre-professional education courses.

Requirements for a Major in General Human Environmental Sciences (HESC)
State minimum core and discipline specific general education requirements: (Course work that meets state minimum core requirements is in bold)

<table>
<thead>
<tr>
<th>Communications</th>
<th>3-9</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 1013</td>
<td>Composition I (ACTS Equivalency = ENGL 1013) (Sp, Su, Fa) (unless exempt)</td>
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<tr>
<td>ENGL 1023</td>
<td>Composition II (ACTS Equivalency = ENGL 1023) (Sp, Su, Fa) (unless exempt)</td>
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<tr>
<td>COMM 1313</td>
<td>Public Speaking (ACTS Equivalency = SPCH 1003) (Sp, Su, Fa)</td>
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<thead>
<tr>
<th>History and Government</th>
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<tbody>
<tr>
<td>Choose from U.S. History and Government Core courses</td>
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<thead>
<tr>
<th>Mathematics and Computers</th>
<th>6-7</th>
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<tbody>
<tr>
<td>Choose MATH Core course</td>
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</tr>
<tr>
<td>CIED 1003</td>
<td>Introduction to Technology in Education (Sp, Su, Fa)</td>
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<thead>
<tr>
<th>Science</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Select one of the following:</td>
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</tr>
<tr>
<td>CHEM 1073</td>
<td>Fundamentals of Chemistry (ACTS Equivalency = CHEM 1071 &amp; CHEM 1214 Lecture) (Sp, Fa) and Fundamentals of Chemistry Laboratory (ACTS Equivalency = CHEM 1214 Lab) (Fa)</td>
</tr>
</tbody>
</table>

or CHEM 11/University Chemistry I (ACTS Equivalency = CHEM 1101 Lecture) (Sp, Fa) and University Chemistry I Laboratory (ACTS Equivalency = CHEM 1101 Lab) (Sp, Fa)

Choose from Science Core courses with lab

<table>
<thead>
<tr>
<th>Fine Arts and Humanities</th>
<th>6</th>
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</thead>
<tbody>
<tr>
<td>Choose from Fine Arts, Humanities Core courses</td>
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<tr>
<th>Social Sciences</th>
<th>9</th>
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<tbody>
<tr>
<td>PSYC 2003</td>
<td>General Psychology (ACTS Equivalency = PSYC 1103) (Sp, Su, Fa)</td>
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Choose Social Sciences Core courses

<table>
<thead>
<tr>
<th>Health/Technical Education</th>
<th>6</th>
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<tbody>
<tr>
<td>PBHL 1103</td>
<td>Personal Health and Safety (Sp, Fa)</td>
</tr>
<tr>
<td>CATE 4803</td>
<td>Problems in Career &amp; Technical Education (Sp, Su, Fa)</td>
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<tr>
<th>GHES Requirements</th>
<th>44</th>
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<tbody>
<tr>
<td>AMPD 1013</td>
<td>Introduction to Clothing Concepts (Sp, Fa)</td>
</tr>
<tr>
<td>AMPD 1023</td>
<td>Introduction to Apparel Production (Sp, Fa)</td>
</tr>
<tr>
<td>NUTR 1213</td>
<td>Fundamentals of Nutrition (Sp, Fa)</td>
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<tr>
<td>HESC 1403</td>
<td>Life Span Development (Sp, Fa)</td>
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<tr>
<td>HESC 1501</td>
<td>Issues and Trends in Human Environmental Sciences (Sp, Fa)</td>
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<tr>
<td>HOSP 1603</td>
<td>Introduction to Hospitality Management (Sp, Fa)</td>
</tr>
<tr>
<td>AMPD 2053</td>
<td>Introduction to Textile Science (Sp, Fa)</td>
</tr>
<tr>
<td>NUTR 2112</td>
<td>Principles of Foods (Sp, Fa)</td>
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<tr>
<td>NUTR 2111L &amp; Principles of Foods Laboratory (Sp, Fa)</td>
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<tr>
<td>NUTR 2203</td>
<td>Sports Nutrition (Sp, Fa)</td>
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<tr>
<td>HESC 2413</td>
<td>Family Relations (Sp, Fa)</td>
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<tr>
<td>HDFS 2433</td>
<td>Child Development (Sp, Fa)</td>
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<tr>
<td>HDFS 2473</td>
<td>Child Guidance (Sp, Fa)</td>
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<tr>
<td>HDFS 2471L &amp; Child Guidance Laboratory (Sp, Fa)</td>
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<tr>
<td>HDFS 3423</td>
<td>Adolescent Development (Odd years, Sp)</td>
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<tr>
<td>HDFS 3453</td>
<td>Parenting and Family Dynamics (Sp, Fa)</td>
</tr>
<tr>
<td>HDFS 2483</td>
<td>Family Financial Management (Sp, Fa)</td>
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General Electives (27 hours must be 3000- or 4000-level) 28-35

Total Hours 120

General Human Environmental Sciences B.S.H.E.S.

Eight-Semester Degree Program
Students wishing to follow the degree plan should go to the Eight-Semester Degree Policy (http://catalog.uark.edu/undergraduatecatalog/academicregulations/eightsemesterdegreecompletionpolicy) for university requirements of the program.

First Year

<table>
<thead>
<tr>
<th>Units</th>
<th>Fall</th>
<th>Spring</th>
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<tbody>
<tr>
<td>HESC 1403 Life Span Development (Sp, Fa)</td>
<td>3</td>
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<tr>
<td>HESC 1501 Issues and Trends in Human Environmental Sciences (Sp, Fa)</td>
<td>1</td>
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<tr>
<td>ENGL 1013 Composition I (ACTS Equivalency = ENGL 1013) (Sp, Su, Fa) (unless exempt)</td>
<td>3</td>
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</tbody>
</table>
MATH 1203 College Algebra (ACTS Equivalency = MATH 1103) (Sp, Su, Fa) (or higher level math) or MATH 1204 College Algebra with Review (ACTS Equivalency = MATH 1103) (Sp, Su, Fa)  
CIED 1003 Introduction to Technology in Education (Sp, Su, Fa)  
Fine Arts Core Elective (category "a")  
General Elective  
PSYC 2003 General Psychology (ACTS Equivalency = PSYC 1103) (Sp, Su, Fa)  
ENGL 1023 Composition II (ACTS Equivalency = ENGL 1023) (Sp, Su, Fa) (unless exempt)  
AMPD 1013 Introduction to Clothing Concepts (Sp, Fa)  
HESC 2413 Family Relations (Sp, Fa)  
Year Total: 15  

Second Year  

Units  

<table>
<thead>
<tr>
<th>Fall</th>
<th>Spring</th>
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<tbody>
<tr>
<td>AMPD 1023 Introduction to Apparel Production (Sp, Fa)</td>
<td>3</td>
</tr>
</tbody>
</table>
| Select one of the following:  
CHEM 1073 Fundamentals of Chemistry (ACTS Equivalency = CHEM 1214 Lecture) (Su, Fa) & CHEM 1071L Fundamentals of Chemistry Laboratory (ACTS Equivalency = CHEM 1214 Lab) (Fa)  
or CHEM 1103 and CHEM 1101L  
HOSP 1603 Introduction to Hospitality Management (Sp, Fa)  
COMM 1313 Public Speaking (ACTS Equivalency = SPCH 1003) (Sp, Su, Fa)  
PBHL 1103 Personal Health and Safety (Sp, Fa)  
AMPD 2053 Introduction to Textile Science (Sp, Fa)  
Social Science Core Elective  
HDFS 2473 Child Guidance (Sp, Fa) & HDFS 2471L Child Guidance Laboratory (Sp, Fa)  
HDFS 3423 Adolescent Development (Odd years, Sp)  
Humanities Core Elective (category "b")  
Year Total: 16 | 16 |

Third Year  

Units  

<table>
<thead>
<tr>
<th>Fall</th>
<th>Spring</th>
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<tbody>
<tr>
<td>HDFS 2433 Child Development (Sp, Fa)</td>
<td>3</td>
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</tbody>
</table>
| Social Science Core Elective (Select one of the following:)  
ANTH 1023 Introduction to Cultural Anthropology (ACTS Equivalency = ANTH 2013) (Sp, Su, Fa)  
or SOCI 2013 General Sociology (ACTS Equivalency = SOCI 1013) (Sp, Su, Fa)  
NUTR 1213 Fundamentals of Nutrition (Sp, Fa)  
Science Core Elective with Lab | 3 |  
| NUTR 2112 Principles of Foods (Sp, Fa) & NUTR 2111L Principles of Foods Laboratory (Sp, Fa)  
NUTR 2203 Sports Nutrition (Sp, Fa)  
CATE 4803 Problems in Career & Technical Education (Sp, Su, Fa)  
General Electives - upper division  
General Electives | 6 | 3  
| Year Total: 15 | 11 |

Total Units in Sequence: 120  

Human Development and Family Sciences Courses  

HDFS 1423. Observation and Foundations for Teaching Young Children (Fa). 3 Hours. Designed to acquaint students with the historical importance of early childhood education, the recognized standards for practice, the variety of program models, and career opportunities available. Emphasis will be placed on theories, evidence-based practice, ethics, diversity, and professional preparation for this knowledge-based, skill-driven field. Students will also obtain knowledge of state and federal laws pertaining to the care and education of young children.  

HDFS 2401L. Infant and Toddler Development Laboratory (Sp, Fa). 1 Hour. Introduction to infant and toddler development. Focus on observation and applied experience with children 0-3 documenting cognitive, emotional, language, physical, and social development, and demonstrating developmentally appropriate practice. Corequisite: HDFS 2403. Prerequisite: HDFSBS majors or HDFS minors or CATEBS-FCSE majors or instructor consent.  

HDFS 2403. Infant and Toddler Development (Sp, Fa). 3 Hours. Infant and toddler development from conception through toddlerhood with emphasis on physical, emotional, social, language, and cognitive domains. Theoretical and research-based information will be applied to developmentally appropriate practice. Historical and future perspectives will be explored as will the expanding opportunities for professional work with infants and toddlers. Observations in care centers will be assigned. Corequisite: HDFS 2401L. Prerequisite: HDFSBS majors or HDFS minors or CATEBS-FCSE majors or by instructor consent.  

HDFS 2433. Child Development (Sp, Fa). 3 Hours. Theory, research, and application in physical, cognitive, social, and emotional development of the child, studied in the biocultural context. Begins with prenatal development and continues through adolescence, with special emphasis on early and middle childhood. Prerequisite: HDFS 1403 or PSYC 2003.
HDFS 2443. The Hospitalized Child: Child Life Programming (Sp). 3 Hours.
Introduces child life programming in health care settings. Topics include: roles and expectations of a Child Life Specialist, importance of play, coping techniques, family advocacy, administration and professionalism. Lecture 3 hours per week.

HDFS 2471L. Child Guidance Laboratory (Sp, Fa). 1 Hour.
Introduction to the guidance system. Focus on discipline techniques that are positive and age/stage appropriate for children ages 3-8. Lecture 3 hours per week plus 1 hour demonstration. Corequisite: HDFS 2471L. Prerequisite: HDFS 2433.

HDFS 2473. Child Guidance (Sp, Fa). 3 Hours.
Introduction to the guidance system. Focus on discipline techniques that are positive and age/stage appropriate for children ages 3-8. Lecture 3 hours per week plus 1 hour demonstration. Corequisite: HDFS 2471L. Prerequisite: HDFS 2433.

HDFS 2483. Family Financial Management (Sp, Fa). 3 Hours.
Economic considerations of the family in a rapidly changing society. Family finance and consumer problems are emphasized.

HDFS 3333. Language and Literacy Pedagogy for Birth through Kindergarten Educators (Fa). 3 Hours.
This course combines theory on emergent language and literacy development with research-based pedagogy for birth through kindergarten classrooms. Topics include: language and literacy development and exceptionalities, English Language Learners, environmental influences, best practice pedagogy, identifying language and literacy delays, and intervention strategies. This course includes a service learning component. Prerequisite: HDFS 2433, HDFS 2403 and HDFS 2401L.

HDFS 3423. Adolescent Development (Odd years, Sp). 3 Hours.
Physiological and psychological development of the older child and youth, from pre-adolescence to adulthood. Theories of adolescent development. Cross-cultural studies. Peer group influences. Some attention to pathological behaviors. Prerequisite: HDFS 1403 or PSYC 2003.

HDFS 3443. Families in Crisis (Fa). 3 Hours.
An interdisciplinary perspective on internal and external crises faced by contemporary families, including substance abuse, natural disasters and other crisis events. Students will explore the family processes during such experiences and develop strategies for stress management, coping, and recovery. Lecture 3 hours per week.

HDFS 3443H. Honors Families in Crisis (Fa). 3 Hours.
An interdisciplinary perspective on internal and external crises faced by contemporary families, including substance abuse, natural disasters and other crisis events. Students will explore the family processes during such experiences and develop strategies for stress management, coping, and recovery. Lecture 3 hours per week. Prerequisite: Honors standing.
This course is equivalent to HDFS 3443.

HDFS 3453. Parenting and Family Dynamics (Sp, Fa). 3 Hours.
Focus is on influence of parenting and family dynamics on individual development, especially factors in family life which contribute to normal psychological development. Topics include family values, the psychology of sex and pregnancy, the transition to parenthood, childbirthing techniques, family influences on cognitive and social development, and changes in family relationships during the life cycle. Prerequisite: HDFS majors or HDFS minors or CATEBS-FCSE majors and (HDFS 1403 or PSYC 2003) and COMM 1313.

HDFS 4313. Building Family and Community Relationships (Sp). 3 Hours.
This course will help students interested in early childhood to value the role parents play in schools and the role schools play in a community. Various models of parent involvement will be explored. Students will plan a school-community collaborative which values diverse cultures. Prerequisite: HDFS majors or HDFS minors, or instructor consent.

HDFS 4332. Curriculum and Assessment: Birth to Three Years (Sp). 2 Hours.
The course will introduce students to curriculum planning and assessment in programs serving children from birth to three years of age. Emphasis will be on responsive relationships and curriculum focused on routines and activities. Corequisite: HDFS 4332L. Prerequisite: HDFS 2403 and HDFS 2401L.

HDFS 4332L. Curriculum and Assessment: Birth to Three Years Laboratory (Sp), 2 Hours.
Laboratory. Corequisite: HDFS 4332. Prerequisite: HDFS 2403 and HDFS 2401L.

HDFS 4342. Curriculum and Assessment: Three Years through Kindergarten (Fa). 2 Hours.
Students will plan curriculum and assessment for children three years of age through kindergarten. Emphasis will be on professionalism, philosophy and a code of ethics. Students will interact with young children and facilitate learning and assessment experiences in a program for young children. Corequisite: HDFS 4342L. Prerequisite: HDFS 2473 and HDFS 2471L.

HDFS 4342L. Curriculum and Assessment: Three Years through Kindergarten (Fa). 2 Hours.
Laboratory. Corequisite: HDFS 4342. Prerequisite: HDFS 2433.

HDFS 4373. Field Experience in Birth through Kindergarten Programs (Sp). 3 Hours.
This course provides the student with interactive and observational experiences with young children in community-based early childhood programs. Prerequisite: HDFS 4332, HDFS 4332L, HDFS 4342, and HDFS 4342L.

HDFS 4383. Field Experience in Birth through Kindergarten Program II (Sp). 3 Hours.
This course provides students with advanced interactive and observational experiences with young children in community-based early childhood programs. Prerequisite: HDFS 4332 and HDFS 4332L and HDFS 4342 and HDFS 4342L.

HDFS 4413. Infancy: Brain, Learning and Social Cognition (Even years, Sp). 3 Hours.
Investigation into how brain mechanisms interact with experience to provide the basis for learning and social cognition. Topics include face perception, motor cognition, imitation, joint attention and shared experience, empathy and altruism, theory of mind, social and moral cognition, language, memory, number, geometry and navigation, object representation, and executive function. Prerequisite: HDFS 2433 or PSYC 3093.

HDFS 4463. Administration and Leadership in the Helping Professions (Fa). 3 Hours.
Planning, developing, operating, and evaluating programs in the helping professions, including child care and family-related agencies. Emphasis will be on administrators' roles as leaders in organizations. Topics include facilities, budget, staff development, and policy manuals. Prerequisite: HESC or HDFS majors or HDFS minors, or departmental consent.

HDFS 4473. Multicultural Families (Fa). 3 Hours.
The course provides students with opportunities to gain awareness of their own cultures and families, reflect on families from a diverse array of cultures, and develop critical thinking skills needed to effectively engage with people and families from cultures different than their own. Prerequisite: HDFS 2413.

HDFS 4483. Internship in Human Development and Family Studies (Sp, Su, Fa). 3 Hours.
The internship experience provides practical experience for students in settings that are designed to serve the needs of individuals and/or families across the life span. Students must work a minimum of 60 hours per credit hour in the setting. Must be taken no sooner than the summer following completion of junior year. May be taken for an additional 3 hours of elective credit if second experience is distinctly different from first internship. Prerequisite: GPA Greater or Equal to 2.75. May be repeated for up to 3 hours of degree credit.
HDFS 4493. Public Policy Advocacy for Children and Families (Fa). 3 Hours.
Public policy advocacy as related to children and family issues. Strategies for advocacy will be emphasized. Lecture three hours per week. Prerequisite: HDFS 2603 or SOCI 2013.

HDFS 4603. Environmental Sociology (Fa). 3 Hours.
The course provides a social perspective on environmental issues. It examines the linkage between society, ecological systems and the physical environment. It provides conceptual framework(s) for analyzing environmental issues, considers the role of humans in environmental issues, and enhances understanding the complexity of the relationship between societal organization and environmental change. This course is cross-listed with SOCI 4603, SUST 4603.

HDFS 4763. Analytical Approaches to Research in Human Development and Family Sciences I (Fa). 3 Hours.
This course is an introduction to analytical approaches to research in human environmental sciences and will examine the principles and practices underlying the development of knowledge in the field. Emphases in this course will be on conducting and evaluating research relevant to human development and family science majors. Students will become critical consumers of research and develop basic skills to design and interpret their own studies. Prerequisite: HDFS major.

HDFS 4773. Analytical Approaches to Research in Human Development & Family Sciences II (Sp). 3 Hours.
This course is an introduction to analytical approaches to research in human development and family sciences and will examine the principles and practices underlying the development of knowledge in the field. Emphases in this course will be on conducting and evaluating data analyses relevant to human environmental sciences majors. Students will become critical consumers of data and develop basic skills to analyze and interpret their own data. Prerequisite: HDFS major and HDFS 4763.

Human Environmental Sciences Courses

HESC 1403. Life Span Development (Sp, Fa). 3 Hours.
A broad overview of the physical, psychological, and social development of the individual from conception until death. Emphasis is on individual development in a family context. Lecture 3 hours per week.

HESC 1403H. Honors Life Span Development (Sp, Fa). 3 Hours.
A broad overview of the physical, psychological, and social development of the individual from conception until death. Emphasis is on individual development in a family context. Lecture 3 hours per week.

HESC 1501. Issues and Trends in Human Environmental Sciences (Sp, Fa). 1 Hour.
History of human environmental sciences and breadth of its professional opportunities. Prerequisite: AMPD, HESC, HOSP, NUTR, HDFS majors only or departmental consent.

HESC 2413. Family Relations (Sp, Fa). 3 Hours.
Courtship, marriage, and parenthood in the United States, with attention to cultural and psychological factors which affect relations among family members. Lecture 3 hours per week.

HESC 2413H. Honors Family Relations (Sp, Fa). 3 Hours.
Courtship, marriage, and parenthood in the United States, with attention to cultural and psychological factors which affect relations among family members. Lecture 3 hours per week.
This course is equivalent to HESC 2413.

HESC 255V. Special Topics (Irregular). 1-6 Hour.
Topics not covered in other courses or a more intensive study of specific topics in the specializations of human environmental sciences. May be repeated for degree credit.

HESC 2603. Rural Families and Communities (Sp). 3 Hours.
Meaning of sociology and sociological concepts with reference to rural society, families and communities; interdependence of rural and urban population in ecological areas; institutions; social change and adjustment.

HESC 2603H. Honors Rural Families and Communities (Sp). 3 Hours.
Meaning of sociology and sociological concepts with reference to rural society, families and communities; interdependence of rural and urban population in ecological areas; institutions; social change and adjustment. Prerequisite: Honors standing.
This course is equivalent to HESC 2603.

HESC 400V. Special Problems (Sp, Su, Fa). 1-6 Hour.
May be repeated for up to 6 hours of degree credit.

HESC 4233. Childhood Obesity: Context and Preventions (Su). 3 Hours.
A multidisciplinary course that focuses on the context and prevention of childhood obesity. Directed readings and discussion will center on an ecological approach: identifying the problem(s) and behavioral and environmental factors and their interactions, as well as predisposing, enabling, and reinforcing factors, and action plan(s). The issue is addressed from a multidisciplinary perspective, including economics, marketing, child development, nutrition, and health behavior.

HESC 4233H. Honors Childhood Obesity: Context and Preventions (Su). 3 Hours.
A multidisciplinary course that focuses on the context and prevention of childhood obesity. Directed readings and discussion will center on an ecological approach: identifying the problem(s) and behavioral and environmental factors and their interactions, as well as predisposing, enabling, and reinforcing factors, and action plan(s). The issue is addressed from a multidisciplinary perspective, including economics, marketing, child development, nutrition, and health behavior.
This course is equivalent to HESC 4233.

HESC 4423. Adult Development (Fa). 3 Hours.
Examine individual development beginning with the transition adulthood through middle age; approximate age ranges are 18-60 years. Content focuses on physical, cognitive, psychological, and social changes that occur throughout this period of the life span. The impact of love, work, and family on men’s and women’s movement through the transitions that comprise adulthood are emphasized. Prerequisite: HESC 1403 or PSYC 2003 and junior standing.

HESC 455V. Special Topics (Irregular). 1-6 Hour.
Topics not covered in other courses, a focused study of specific topics in the students’ areas of concentration. May be repeated for up to 6 hours of degree credit.

HESC 455VH. Honors Special Topics (Irregular). 1-6 Hour.
Topics not covered in other courses, a focused study of specific topics in the students’ areas of concentration. Prerequisite: Honors standing. May be repeated for up to 6 hours of degree credit.