

Human Development and Family Sciences (HDFS)

Courses

HDFS 50803. Foundations in Integrative Aging Studies. 3 Hours.

This course introduces foundational concepts to the interdisciplinary field of gerontology and aging studies, including: core theories of aging, how to be critical consumers of aging research, developing writing and other professional skills, and exploring career options in aging. Prerequisite: Graduate Standing. (Typically offered: Irregular)

HDFS 54003. Family Theories and Methods. 3 Hours.

this course is an introduction to graduate study in families. The course focuses on historical and contemporary family theories and research methods that have influenced research on families. Prerequisite: Graduate standing. (Typically offered: Spring)

HDFS 54103. Adult Development. 3 Hours.

The course covers physical, cognitive, social, and personal dimensions of adult development. The information is presented from a lifespan developmental framework which encompasses (a) a multidisciplinary perspective, (b) consideration of the impact of prior development on late life as well as socio-historical influences (c) recognition of individual differences among older persons, and (d) concern for promoting optimal functioning. Prerequisite: Graduate standing. (Typically offered: Spring)

HDFS 54203. Theories of Human Development. 3 Hours.

Classic and contemporary theories and theoretical issues concerning human development across the life span. Prerequisite: Graduate standing. (Typically offered: Fall Even Years)

HDFS 54303. Advanced Studies in Child Development. 3 Hours.

An in-depth examination of issues in development during infancy, early, and middle childhood. Developmental theory and accomplishments/milestones are studied in the biocultural context. Emphasis is on review and analysis of classic and recent research literature and on evaluation of theoretical perspectives based on research evidence. Prerequisite: Graduate standing. (Typically offered: Spring)

HDFS 54503. Aging in the Family. 3 Hours.

This course considers theories and research on personal and family transitions and experiences in mid to late life that impact individuals and their family relationships. Applied assignments address these same issues. Prerequisite: Graduate standing. (Typically offered: Spring)

HDFS 54703. Cognitive Health. 3 Hours.

Cognitive skills form the foundation for functioning in everyday life and these skills take on added importance in older adulthood. This course focuses on selected theoretical approaches and current research related to cognitive aging. We will review normative and non-normative cognitive changes, assessment techniques, and prevention/intervention efforts. Throughout the course we will keep the role of environment and lifespan implications in the forefront of our discussion. Prerequisite: Graduate standing. (Typically offered: Summer Odd Years)

HDFS 54803. Creativity and Aging. 3 Hours.

What happens to creativity as a person ages? This unique class will help students to understand developmental and pathological changes in the brain that can lead to changes in creative output over time. Through hands-on experiences and direct association with older adults, students will grow an appreciation for creativity produced and inspired by older people. This course is intended to provide experiences that will help the student to be able to create art programs for older adults. Prerequisite: Graduate standing. (Typically offered: Summer)

HDFS 54903. Environments and Aging. 3 Hours.

Designing for aging is big business. The older population of the U.S. is increasing in numbers, and lives in more varied kinds of housing, from single family homes to specially designed residential units for people experiencing dementia. This course uses interdisciplinary perspectives in an on-line web-based format to explore the preferences and needs of older adults and the attributes of various physical environments that enhance their lives. Students apply this knowledge to the design and management of housing, institutional facilities, neighborhoods, and communities. Prerequisite: Graduate standing. (Typically offered: Spring)

HDFS 55903. Public Policy Advocacy for Children and Families. 3 Hours.

Public policy advocacy as related to children and family issues. Strategies for advocacy will be emphasized. Lecture three hours per week. Graduate degree credit will not be given for HDFS 44903 and HDFS 55903. (Typically offered: Fall)

HDFS 57703. Advanced Studies in Family Science. 3 Hours.

An in-depth examination of patterns and trends in families; adaptive responses in families in light of environmental, economic, political, social and technological changes. Emphasis is on the evaluation of classic, recent and emergent research literature. Prerequisite: Graduate Standing. (Typically offered: Fall)

HDFS 58203. Mental Health and Aging. 3 Hours.

This is an advanced level course in Mental Health and Aging. The student will be introduced to the range of issues involved in this subject utilizing several theoretical perspectives within an overall systems framework. The major emotional, mental, and psychiatric problems encountered in old age will be examined along with the normal processes of the aging individual's personality, mental and brain functions. Common interventions and treatments available will be explored, as well as the consequences of no or inappropriate services. Challenges and barriers on the macro and micro systems levels will be presented with implications for the future of this field. Prerequisite: Graduate standing. (Typically offered: Spring)

HDFS 58303. Physical Health, Wellness, and Active Aging. 3 Hours.

Normative biological and physiological changes due to aging are identified with a focus on how environmental factors such as physical activity and nutrition can support healthy aging and prevention of frailty and age-related diseases. Multiple facets of active aging that can augment quality of life will be examined. Resources for implementation of inclusive programs for diverse groups of aging adults will be explored. Prerequisite: Graduate Standing. (Typically offered: Fall and Spring)

HDFS 58403. Physical Health and Nutrition in Aging. 3 Hours.

This course identifies the basic physiological changes during aging and their impacts in health and disease. The focus will be on successful aging with special emphasis on physical activity and nutrition. Practical application to community settings is addressed. Prerequisite: Graduate standing. (Typically offered: Fall)

HDFS 58503. Policy and Aging. 3 Hours.

This course introduces much of the history behind the policies and programs targeted at aging individuals. Provides overview of the factors that impact economic well-being in late life, as well as an overview of community resources available to older adults. Prerequisite: Graduate standing. (Typically offered: Fall)

HDFS 58603. Socioemotional and Cognitive Well-being Throughout Adulthood. 3 Hours.

This course addresses cognitive, social, and emotional health in adulthood and later life including typical and atypical changes such as wisdom, dementia, coping, and depression. Contrasting theoretical frameworks and considering positions of access and resilience, students will examine personality, mental health, and cognitive and brain functioning during adulthood and review methods to enhance psychological health. Prerequisite: Graduate Standing. (Typically offered: Spring Odd Years)

HDFS 58703. Seminar in Long Term Care- 3 Hours.

This course provides valuable information to the person interested in a leadership role in long-term care, but is also useful to persons who think their careers might intersect with senior living organizations or for those students who have a potential interest in long-term care options for their own parents or loved ones. The class is designed to benefit from a very successful intercession course taught each December/January intercession by adjunct professor, Steve Shields. Steve had been CEO at Meadowlark Hills Retirement Community from 1994 until 2010. He is nationally known for his ability to motivate change in long-term care settings. Taped lectures and presentations from the intercession course will provide some of the content for this class. Prerequisite: Graduate standing. (Typically offered: Fall Odd Years)

HDFS 59003. Implementation of Community Programs for Adults. 3 Hours.

This course addresses theoretical and practical aspects of community-based efforts to influence the well-being of older adults. Examines literature from gerontological, prevention science, human sciences, and community health approaches. Provides an overview of the program development, implementation, evaluation, and management of aging-related programs. Prerequisite: Graduate Standing. (Typically offered: Fall)

HDFS 59103. Applied Research Methods and Evaluation of Aging Programs. 3 Hours.

This course will familiarize students to applied research methods as they apply to aging programs, such as: needs assessment, formative research, process evaluation, and impact assessment. Students will learn theories and concepts of evidence-informed practice and program evaluation, perform the skills to conduct methodologically sound program evaluation research, and gain practical experience and strategies for application. (Typically offered: Fall Odd Years)