

FAMILY HEALTH MAJOR

Undergraduate Program Manager and Academic Advisor: Anna Lacy

The Department of Family Science promotes the physical, mental, and social well-being of all families in order to eliminate the burden of disease and health disparities, and to foster resilience and social justice. As one of the only Family Science departments in a school of public health in the US, the undergraduate program is uniquely positioned to train students in the study of family health. Faculty bring the synergies of multiple disciplines, including family science, couple and family therapy, human development, maternal and child health, psychology, epidemiology, and economics, to enhance family health and well-being.

The Family Health major curriculum focuses on individual and family development over the life course, examining social, cultural, economic, and historical trends that affect family functioning, and their physical and mental health. Students learn to describe, explain, and improve the quality of family life through education, applied research, legal and policy analysis, and human services program management. The major offers excellent training in scientific methods, including data analyses, application, and communication. Required coursework examines challenges to family health, diverse families, mental health and trauma, global health, child/family development, maternal and child health, sexual and reproductive health, social inequality and health disparities, sexual and gender diversity, family law and economics, work and family issues, family crises, research methods, and the delivery of human services to families. As part of the required research course, all students design a study, collect data, prepare, and present an empirical research project prior to graduation.

Family Health graduates are the next generation of investigators, practitioners, and policy leaders who can tackle the complex health challenges facing families. The major prepares students for many career paths including family therapy, public health, family life education, social work, law, policy analysis, human services, nursing, and family mediation. A wide variety of employment opportunities exist for Family Health graduates in direct service and management positions in government, non-profit, and private agencies. The major also provides excellent preparation for graduate study in family science, public health, marriage and family therapy, social work, professional schools such as medicine, nursing, dentistry and law, psychology, human resource management, and other social science disciplines.

Courses offered by this department are listed under the acronym **FMSC**.

Admission to the Major

Upper-level students who wish to change or declare a major in Family Science can only do so through a Change of Major Workshop. To register for a workshop, visit the School of Public Health website (<https://sph.umd.edu/academics/advising-resources/undergraduate-center-academic-success-and-achievement/casa-advising/casa-declare-sph-major/>). Students must register in advance in order to attend a Change of Major Workshop. Freshman or admitted high school seniors may declare the FMSC major at orientation.

Program Learning Outcomes

1. Students evaluate policy and programmatic interventions to address social and behavioral factors that influence family well-being.

2. Students demonstrate the principles of cultural competence that shape the experiences and disparities of vulnerable families and populations.
3. Students create a hypothesis, conduct research, prepare data and present a research project that addresses a significant issue of family well-being.
4. Students demonstrate basic knowledge of family theories and apply the knowledge to diverse contexts, including experientially in the required workshop.
5. Students analyze and critique the range of social structures and systems including health, legal, and economic that affect family well-being.

REQUIREMENTS

All students must earn a grade of "C-" or better in all courses applied toward completion of the major.

Course	Title	Credits
Required Courses - Major Subject Area (45 Credits)		
SPHL100	Foundations of Public Health	3
FMSC110	Families and Global Health	3
FMSC260	Couples, Marriage, and Families: Intimate Relationship Across the Life Course	3
FMSC302	Research Methods in Family Science	3
FMSC310	Maternal, Child and Family Health	3
FMSC330	Family Health: Health Happens in Families	3
FMSC332	Children in Families	3
FMSC340	Mental Health and Healing in Families	3
FMSC374	Working with Diverse Families in Public Health Services	3
FMSC381	Family Inequality	3
FMSC383	Health and Human Services Delivery and Evaluation	3
FMSC432	Adult Development and Aging in Families	3
FMSC477	Internship and Analysis in Family Science	3
FMSC487	Family Law	3
FMSC431	Family Crises, Emergencies and Interventions	3
or FMSC460	Violence in Families	
Required Courses - Department Electives		12
Two (2) 100-200 level FMSC courses (6 credits)		
Two (2) 300-400 level FMSC courses (6 credits)		
Additional Courses Required of All Majors		
Select one of the following social sciences general courses:		3
PSYC100	Introduction to Psychology	
SOCY100	Introduction to Sociology	
SOCY105	Understanding Contemporary Social Problems - Frameworks for Critical Thinking and Strategies for Solutions	
Select one of the following statistics general courses:		3
EDMS451	Introduction to Educational Statistics	
STAT100	Elementary Statistics and Probability	
Select one of the following communication general courses:		3
COMM107	Oral Communication: Principles and Practices	
COMM200	Critical Thinking and Speaking	
INAG110	Oral Communication	

Select one of the following economics general courses:	3
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FMSC290	Family Economics
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ECON200	Principles of Microeconomics
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ECON201	Principles of Macroeconomics
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Total Credits	69
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GRADUATION PLANS

Click here (<http://sph.umd.edu/content/four-year-plans/>) for roadmaps for graduation plans in the School of Public Health.

Additional information on developing a graduation plan can be found on the following pages:

- <http://4yearplans.umd.edu>
- the Student Academic Success-Degree Completion Policy (<https://academiccatalog.umd.edu/undergraduate/registration-academic-requirements-regulations/academic-advising/#success>) section of this catalog