CERTIFICATE IN HEALTHY AGING

Requirements
Effective Fall 2026

Additional coursework may be required due to prerequisites.

A minimum of 9 credits must be upper division. Some elective courses are restricted to majors or honors students. Other related courses may be substituted upon approval of the certificate advisor. Students may not earn both this certificate and the Gerontology Interdisciplinary Minor. Additionally, students may double-count a maximum of 6 credits towards this certificate from any of the following programs of study: the HDFS Minor, the HDFS Major, and the Certificate in Disability & Neurodiversity.

Code	Title	Credits
Foundational/Required Courses		
HDFS 201	Current Topics in Healthy Aging	3
HDFS 312	Adult Development and Aging	3
HDFS 412	Mental and Physical Health in Adulthood	3
Elective Course		**1-3**
FSHN 444	Nutrition and Aging	
FSHN 459	Nutrition in the Life Cycle	
HDFS 315	Disability Across the Lifespan and Culture	
HDFS 332	Death, Dying, and Grief	
HDFS 375	Lifespan Intervention and Prevention Science	
HES 345	Population Health and Disease Prevention	
HES 354	Theory of Health Behavior	
HES 434	Physical Activity Throughout the Lifespan	
MU 241	Introduction to Music Therapy [1]	
OT 355	The Disability Experience in Society	
SOC 344	Health, Medicine, and Society	
PSY 352	Learning and Memory	
PSY 452	Cognitive Psychology	
SOWK 371E	Fields of Practice: Social Gerontology	
Select a minimum of 3 credits directly related to aging from the following [2]		**3**
AHS 487B	Human Services Internship: Gerontology	
HDFS 286A	Practicum: Human Development and Family Studies [2]	
HDFS 286C	Practicum: Pre-Health Professions [2]	
HDFS 286D	Practicum: Prevention and Intervention Sciences [2]	
HDFS 286E	Practicum: Leadership and Advocacy [2]	
HDFS 488A	Internship: Human Development and Family Studies [2,3]	
HDFS 488C	Internship: Pre-Health [2,3]	
HDFS 488D	Internship: Prevention/Intervention Science [2,3]	
HDFS 488E	Internship: Leadership [2,3]	
HDFS 498A	Research: Human Development [2]	
HDFS 498B	Research: Family Studies [2]	
HES 386	Practicum–Adult Fitness [2,3]	
HONR 499	Senior Honors Thesis [2,4]	
SOWK 488	Practice-Based Learning [2,3]	
Program Total Credits:		**13-15**

1. Restricted to music therapy majors only.
2. Only practica, internships, research assistantships, and theses focused on healthy aging and/or adult development and aging are eligible and must be verified by the HDFS department.
3. Restricted to majors only.
4. Restricted to honors students only.