

# GERONTOLOGY INTERDISCIPLINARY MINOR

Office in Behavioral Sciences Building, Room A116  
(970) 491-4947

Department of Human Development and Family Studies

The Gerontology Interdisciplinary Minor is a cooperative effort among faculty from different departments and colleges of CSU who share a common interest in gerontology, the study of human aging. The primary purpose of the interdisciplinary minor is to provide students with background academic knowledge and practicum/ internship experience to work effectively with and for older adults in a variety of settings, and to enter professions in which there is a need to combine insight and skills derived from their major with knowledge about older individuals and the aging process.

Please visit the Department of Human Development and Family Studies website (<https://www.chhs.colostate.edu/hdfs/programs-and-degrees/gerontology-interdisciplinary-minor/>) to learn more about and/or declare the minor, or contact Dr. Christine Fruhauf, Gerontology Interdisciplinary Minor Coordinator, at [christine.fruhauf@colostate.edu](mailto:christine.fruhauf@colostate.edu) or 970-491-1118.

## Requirements Effective Fall 2025

A grade of C (2.000) or better is required in each course that is a core requirement for the interdisciplinary minor. Minors and interdisciplinary minors require 12 or more upper-division (300- & 400-level) credits. Additional courses may be required due to prerequisites. A maximum of 6 credits may double-count with the HDFS Concentrations, the ECE Major, the HDFS Minor, or the Certificates in Disability and Neurodiversity, Youth Mentoring with Campus Connections, or Infant and Early Childhood Mental Health.

Code	Title	Credits
<b>Core Requirements</b>		
FSHN 444 or FSHN 459	Nutrition and Aging Nutrition in the Life Cycle	1-3
HDFS 201	Perspectives in Gerontology	3
HDFS 312	Adult Development-Middle Age and Aging	3
HES 434	Physical Activity Throughout the Lifespan	3
SOWK 371E	Fields of Practice: Social Gerontology	3
Select a minimum of 3 credits internship/field placement directly related to aging from the following:		3
AHS 487B	Human Services Internship: Gerontology	
HDFS 488A	Internship: Human Development and Family Studies	
HDFS 488C	Internship: Pre-Health	
HDFS 488D	Internship: Prevention/Intervention Science	
HDFS 488E	Internship: Leadership	
SOWK 488	Practice-Based Learning	
<b>Elective Courses</b>		<b>3-5</b>
BMS 300	Principles of Human Physiology	
BZ 433	Behavioral Genetics	
FSHN 451	Community Nutrition	

HDFS 315	Disability Across the Lifespan and Culture	
HDFS 332	Death, Dying, and Grief	
HDFS 402	Couple and Family Studies	
HDFS 403	Families in the Legal Environment	
HDFS 412	Mental and Physical Health in Adulthood	
HES 345	Population Health and Disease Prevention	
HES 354	Theory of Health Behavior	
HES 386	Practicum–Adult Fitness	
LIFE 201A or LIFE 201B	Introductory Genetics: Applied/Population/ Conservation/Ecological (GT-SC2) Introductory Genetics: Molecular/Immunological/ Developmental (GT-SC2)	
MU 241	Introduction to Music Therapy	
OT 355	The Disability Experience in Society	
PSY 296	Group Study	
PSY 320	Psychopathology	
PSY 452	Cognitive Psychology	
PSY 496A or PSY 496B or PSY 496C or PSY 496D or PSY 496E or PSY 496F	Group Study: Applied Social Psychology Group Study: Cognitive Psychology Group Study: Counseling/Clinical Psychology Group Study: Industrial/Organizational Psychology Group Study: Perceptual and Brain Sciences Group Study: Special Topics in Psychology	
SOC 330	Social Inequality	
SOC 344	Health, Medicine, and Society	
SOWK 370	Addictions - A Social Work Perspective	
SOWK 371C	Fields of Practice: Criminal Justice	
SOWK 410	Social Welfare–Policy, Issues, and Advocacy	
<b>Program Total Credits</b>		<b>21</b>