

# HEALTH, DEVELOPMENT AND AGING

This Curriculum Guide **is not** a major or minor plan; it is a list of recommended courses for students interested in studying health psychology, public health, aging and development, and other health related disciplines (e.g. medicine, nursing).

**Note on Pre-requisites:** Many of these courses have pre-requisites. Please refer to the current LSA Course Guide for information regarding which courses are required. It is important that pre-requisites are taken early in a student's academic career so that they will be completed in time to take the desired course.

**All of the Psychology courses below are included in the Psychology major plan. Courses in italics are also included in the Biopsychology, Cognition and Neuroscience major plan.** To determine which requirement a course fulfills, view the major worksheets at [www.myumi.ch/6OvRe](http://www.myumi.ch/6OvRe).

## BREADTH/GATEWAY COURSES

These courses are recommended to be taken early in the student's major plan as they serve as prerequisites to many upper division courses.

- *PSYCH 230 Intro to Behavioral Neuroscience*
- *PSYCH 240 Intro to Cognitive Psychology*
- *PSYCH 250 Intro to Developmental Psychology*
- *PSYCH 270 Intro to Abnormal Psychology*

## LAB/RESEARCH COURSES

The following courses may be used to satisfy a major lab requirement.

- PSYCH 211 Project Outreach- Section 005 Health Psychology
- *PSYCH 331 Research Methods in Brain, Behavior, and Cognitive Science*
- *PSYCH 341 Advanced Laboratory in Cognitive Psychology*
- PSYCH 351 Advanced Laboratory in Developmental Psychology
- *PSYCH 451 Advanced Research in Adolescent Psychology*

## UPPER LEVEL ELECTIVES/ADVANCED COURSES

Students are advised to take as many upper-division courses as possible to fulfill major credit hours. Most students wishing to specialize in this area are advised to take more than the minimum 32 credits required.

**\*\*Courses below not in italics may be used to satisfy the BCN cognate requirement.\*\***

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|---|---|
| • PSYCH 316 The World of the Black Child                          | • <i>PSYCH 358 Psychology of Adolescence</i>                              |
| • <i>PSYCH 336 Drugs of Abuse, Brain, and Behavior</i>            | • <i>PSYCH 359 Psychology of Aging</i>                                    |
| • <i>PSYCH 340 Topics in Cognition and Cognitive Neuroscience</i> | • <i>PSYCH 431 Advanced Topics in Behavioral Neuroscience</i>             |
| • <i>PSYCH 345 Intro to Human Neuropsychology</i>                 | • <i>PSYCH 440 Advanced Topics in Cognitive Neuroscience</i>              |
| • <i>PSYCH 346 Learning and Memory</i>                            | • <i>PSYCH 447 Current Topics in Cognition and Cognitive Neuroscience</i> |
| • <i>PSYCH 347 Perception</i>                                     | • <i>PSYCH 449 Decision Processes</i>                                     |
| • <i>PSYCH 348 Psychology of Thinking</i>                         | • <i>PSYCH 454 Developmental Cognitive Neuroscience</i>                   |
| • <i>PSYCH 349 Talking Minds</i>                                  | • <i>PSYCH 456 Human Infancy</i>  |
| • <i>PSYCH 352 Development of Language and Thought</i>            | • PSYCH 457 Current Topics in Developmental Psychology                    |
| • PSYCH 353 Social Development                                    | • PSYCH 478 Clinical Psychology   |
| • <i>PSYCH 355 Cognitive Development</i>                          |   |
| • <i>PSYCH 375 Health Psychology</i>                              |   |

## INTERDISCIPLINARY COURSES

These courses found across the university are recommended to give students a broad, interdisciplinary background in the area of cognitive development and aging. Students should consider how these courses may be used to satisfy other degree requirements (e.g. Area Distribution credit, Race and Ethnicity, Quantitative Reasoning, and Upper Level Writing Requirements).

- AMCULT 399 Race, Racism, and Ethnicity
- ANTHRCUL 344 Medical Anthropology
- ANTHRCUL 347 Race and Ethnicity
- BIOLOGY 105 Biology of Human Nutrition
- BIOLOGY 118 AIDS and Other Health Crises
- BIOLOGY 305 Genetics
- COGSCI 209 Language and Human Mind
- COMM 482 Children and the Media
- ECON 325 Economics of Education
- ENVIRON 315/ EEB 315 The Ecology and Evolution of Infectious Diseases
- HISTORY 284 Sickness and Health in Society: 1492 to the Present
- HISTORY 355/CAAS 355 Health and Illness in African Worlds
- \*IOE 536 Cognitive Ergonomics and Human Systems Integration
- LING 344 Cognitive Linguistics
- \*MOVESCI 424 Human Movement & Aging: Changes in Sensorimotor Control
- \*MOVESCI 433 Human Movement & Aging: Functional Ability
- \*MOVESCI 443 Human Movement and Aging: Hormones and Nutrition
- \*NURSING 305 Perspectives on Human Sexuality in Wellness and Illness
- \*NURSING 403 Societal Health Issues
- \*PHARM 210 Pharmacology & Therapeutics for Nursing
- PHIL 340 Minds and Machines
- PHIL 356 Issues in Bioethics
- \*PHYSED 425 Motor Behavior and Developmental Disabilities
- \*PHYSED 473 School Health Programs
- \*PHYSED 475 HIV/AIDS, Other Communicable Diseases, and the Immune System
- \*PHYSED 310 Applied Human Anatomy and Physiology
- \*PHYSED 326 Personal Training
- \*PHYSED 373 Issues in Health and Wellness
- POLSCI 332 Politics of America's Economic Inequality
- SOC 345 Sociology of Sexuality
- SOC 430 World Population Dynamics
- SOC 475 Introduction to Medical Sociology
- \*SPTMGMT 307 Psychological Aspects of Sport and Exercise
- WOMENSTD 220 Perspectives in Women's Health
- WOMENSTD 300 Men's Health
- WOMENSTD 324 Childbirth & Culture
- WOMENSTD 400 Women's Reproductive Health

\*Courses not offered through the college of Literature, Science and Arts (LS&A). These courses may have special restrictions and students may need to contact the department or instructor about requirements to elect the course.

# CO-CURRICULAR GUIDE

NOT AN EXHAUSTIVE LIST

- **A Lot Stronger Together** - <https://alstogether.com/>
- **Adaptive Gymnastics** - <https://www.facebook.com/AdaptiveGymnastics/>
- **American Cancer Society's Relay For Life at the University of Michigan** - [http://main.acsevents.org/site/TR/RelayForLife/RFLCY19NCR?pg=entry&fr\\_id=90780](http://main.acsevents.org/site/TR/RelayForLife/RFLCY19NCR?pg=entry&fr_id=90780)
- **American Geriatrics Society Student Chapter** - <https://www.americangeriatrics.org/membership/benefits/student-membership>
- **American Sign Language Club** - <http://www.umich.edu/~signclub/>
- **Be The Match** - <https://bethematch.org/about-us/>
- **Best Buddies** - <https://www.bestbuddies.org/michigan/>
- **Birthing Project USA - UM Chapter** - <https://www.birthingprojectusa.org/index.html>
- **Black Student Psychological Association** - <https://sites.lsa.umich.edu/bspa/>
- **Blood Drives United** - <http://www.umich.edu/~bloodbat/index.html>
- **Books for a Benefit** - <http://booksforabenefit.org/>
- **Camp Kesem** - <https://campkesem.org/michigan/>
- **Care About Rare** - <https://maizepages.umich.edu/organization/careaboutrare>
- **Changing Health, Attitudes, and Actions to Recreate Girl** - <https://chaarg.com/about/>
- **Child Welfare Student Association** - [https://maizepages.umich.edu/organization/cwsa\\_ssw](https://maizepages.umich.edu/organization/cwsa_ssw)
- **Circle K at the University of Michigan** - <https://mcirclek.org/ck/>
- **Companions Through the Ages** - <https://www.facebook.com/companionsthroughtheages/>
- **Creative Introspections** - <https://maizepages.umich.edu/organization/creativeintrospections>
- **Dance Marathon at the University of Michigan** - <http://dmum.org/>
- **Days for Girls- Ann Arbor Team** - <https://www.daysforgirls.org/dfg-our-approach>
- **Detroit Education Society at the University of Michigan Chapter** - <http://detroiteducation.org/>
- **Do Random Acts of Kindness** - <http://dorak.weebly.com/>
- **Doors of Opportunity** - <https://www.facebook.com/DOPPumich/>
- **Dream Corps International at the University of Michigan** - <https://www.facebook.com/DreamCorpsUM/>
- **Effective Altruism at the University of Michigan** - <https://www.facebook.com/pg/EAUMICH/posts/>
- **FeelGood at the University of Michigan** - <https://feelgoodumich.wordpress.com/>
- **Fighting Obstacles Knowing Ultimate Success** - <https://www.guidestar.org/profile/20-3150641>
- **Fleece and Thank You at the University of Michigan** - <https://fleeceandthankyou.org/?v=7516fd43adaa>
- **Girl Up Michigan** - <https://girlup.wixsite.com/umich>
- **Goodness Day** - <http://dorak.weebly.com/goodness-day.html>
- **Habitat for Humanity at the University of Michigan** - <https://maizepages.umich.edu/organization/habitatum>
- **Heal-Move-Shift** - <http://www.healmoveshift.org/>
- **Hoops for Hope** - <https://www.facebook.com/hoops4hopesk/>
- **Humanity First** - <http://usa.humanityfirst.org/>
- **K-Grams (Kids' Programs)** - <http://umich.edu/~smile/#/>
- **Kids Are Scientists Too at The University of Michigan** - <https://kast.org/about-us/>
- **Kids' Kitchen** - <https://maizepages.umich.edu/organization/kidskitchen>
- **Lions Club International** - <http://lionsofmi.com/>
- **Love Your Melon** - <https://maizepages.umich.edu/organization/LoveYourMelon>
- **Maize and Blue Games** - <https://maizepages.umich.edu/organization/maizeandbluegames>
- **Making Masterpieces, an Art Therapy Project at the University of Michigan** - [https://www.facebook.com/makingmasterpieces.umich/?modal=admin\\_todo\\_tour](https://www.facebook.com/makingmasterpieces.umich/?modal=admin_todo_tour)
- **March of Dimes** - <https://www.marchforbabies.org/>
- **MDraw Club** - <http://artsatmichigan.umich.edu/studentarts/directory/view.php?id=57>
- **MERIT** - <https://www.merit.edu/>

# CO-CURRICULAR GUIDE CONT'D

- **Michigan GIVERs** - <https://www.facebook.com/MichiganGIVERs/>
- **Michigan Students for Disability Awareness** - <https://www.facebook.com/MichiganDisabilityAwareness/>
- **Motley Crew** - <http://motleycrew-umich.weebly.com/>
- **MStars for the Make-A-Wish Foundation of Michigan** - <http://umich.edu/~umstars/about.html>
- **One Love at Michigan** - <https://maizepages.umich.edu/organization/onelove>
- **Opportunities to Educate Children** - <https://www.oec.studentorgs.umich.edu/>
- **Project SOAR** - <https://maizepages.umich.edu/organization/projectsoar>
- **Prison Birth Project** - <https://www.umpbp.org/>
- **Sister 2 Sister** - <https://mesa.umich.edu/article/sister-2-sister>
- **Seven Mile** - <https://maizepages.umich.edu/organization/sevenmilemusic>
- **Special Youth Outreach** - <https://www.facebook.com/AnnArbor1Special2Youth3Outreach/>
- **Students for Sunrise** - <https://maizepages.umich.edu/organization/studentsforsunrise>
- **TEDx Foundation** - <https://www.tedxuofm.com/>
- **THE AMERICAN RED CROSS CLUB** - <http://umich.edu/~redcross/16about/index.html>
- **The Detroit Partnership** - <https://detroit.umich.edu/engagement-projects/featured-projects/the-detroit-partnership/>
- **The Dot Org** - <https://studentvoices.bli.lsa.umich.edu/2017/12/17/the-dot-org-go-with-the-flow-stop-menstrual-stigmas/>
- **The Friends for St. Jude Committee** - <https://maizepages.umich.edu/organization/friendsforstjude>
- **The Pearl Project** - <https://pearlproject.ca/>
- **The Quito Project** - <https://maizepages.umich.edu/organization/thequitoproject>
- **Undergraduate Psychology Society** - <https://umichups.weebly.com/>
- **UNICEF at the University of Michigan** - <https://www.law.umich.edu/curriculum/externshipsandindependentstudy/Pages/UNICEF.aspx>
- **WE READ** - <http://www.umich.edu/~wewead/>
- **Wigs 4 Kids** - <https://www.wigs4kids.org/donate-hair.html>
- **Will Work For Food** - <https://michiganhillel.org/will-work-for-food/>
- **Wolverine Disaster Relief** - <https://ross.campusgroups.com/wdr/home/>