

# AGING & ADULT DEVELOPMENT, MINOR

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## College of Agricultural & Environmental Sciences

The Department of Human Ecology offers two minors: Aging & Adult Development & Human Development (<https://catalog.ucdavis.edu/departments-programs-degrees/human-ecology/human-development-minor/>).

## Minor Advisor

Lisa Miller

Code	Title	Units
Choose three:		12-14
HDE 100C	Adulthood & Aging	
HDE/ENT 117	Longevity	
HDE 143	Field Studies of the Elderly	
HDE 160	Social Aspects of Aging	
HDE 161	Technology Use, Health, & Aging	
HDE 163	Cognitive Neuropsychology in Adulthood & Aging	
Choose two:		6-8
HDE 110	Families in Communities	
or HDE 110V	Families in Communities	
HDE 111	Family Stress & Resilience	
HDE 112	Social Relationships Across the Lifespan	
HDE 131	Thriving Across the Lifespan	
HDE 133	Stress, Adversity & Resilience	
or HDE 133V	Stress, Adversity & Resilience	
HDE 134	Disparities & Inequalities in Health & Wellbeing (Pending Approval)	
HDE 135	Health Behaviors Across the Lifespan	
HDE 137	Contextual Determinants of Health	
EXB 117	Exercise & Aging in Health & Disease	
PSC 123/NPB 152	Hormones & Behavior	
PSC 126	Health Psychology	
<b>Total Units</b>		<b>18-22</b>