

FAMILY AND CONSUMER SCIENCES (FCS)

FCS 100 - Family Dynamics (3.0 hours)

Core Curriculum: SB

Examine relationships within family systems across the life span, and their reciprocal relationship with cultural and societal dynamics. Strengthen skills necessary for healthy relationships, including problem solving, communication, conflict resolution, decision-making, time- and stress management. Explore and integrate research and theories in family studies.

FCS 101 - Strategies for Life (1.0 hour)

Managing life's challenges and improving overall wellbeing through practical skills such as decision-making, goal setting, evaluating information, and self-advocacy.

Prerequisite: FCS major

FCS 102 - Profession of Dietetics (1.0 hour)

An introduction to the profession of dietetics including history of the profession, career opportunities, role in a healthcare team, scope of practice, code of ethics, and professional associations.

Prerequisite: Nutrition and Dietetics major or consent of instructor.

FCS 103 - Food Resource Management (3.0 hours)

Application of concepts related to decision-making, planning and budgeting, and preparation of food.

Prerequisite: FCS major or consent of instructor.

FCS 120 - Foundations in Public Health Education (1.0 hour)

Introduction to public health education including historical, philosophical, and ethical foundations, core concepts and values. Covers professional roles and responsibilities of public health educators.

Prerequisite: Public Health Education major or instructor consent

FCS 131 - The Fashion Industry (3.0 hours)

Exploration of the structure and scope of the fashion industry and related careers.

FCS 133 - Apparel Production (3.0 hours)

Study of garment manufacturing and decision making involved in producing apparel. Includes laboratory.

FCS 170 - Introduction to the Hospitality Industry (3.0 hours)

Introduction to the history, growth, and development of global tourism and the hospitality industry including the leadership, ownership, management, organization, and structure of hotels and food service operations, and the many diverse hospitality venues; professional associations; hospitality labor trends; promotional practices; and best practices in hospitality.

FCS 171 - Sanitation, Health, and Safety (1.0 hour)

Sanitation and safety principles and regulations as related to the hospitality industry including Hazard Analysis Critical Control Point (HACCP) principles and procedures, safety and security issues and procedures, and associated health issues related to sanitation and safety in the hospitality industry. Students must take an ANSI-CFP accredited food safety sanitation certification examination to receive credit.

FCS 173 - Lodging Operations (3.0 hours)

Core Curriculum: EL

Discover and apply information about lodging operations, such as front office procedures, guest relations, reservations, selling strategies, handling guest inquiries, night audit functions, and computer applications.

FCS 200 - Introduction to Research Methods (3.0 hours)

Principles of research including ethical considerations, study designs, quantitative and qualitative methods, use of statistics, and reporting findings.

Prerequisite: FCS major

FCS 202 - Food and Nutrition (3.0 hours)

Core Curriculum: NS

An overview of the science of nutrition including macronutrients and micronutrients. Primarily focuses on the relationship between dietary intake and health. Examines current issues in human nutrition.

FCS 203 - School Health Promotion (2.0 hours)

Concepts of promoting health of K-12 and college students. Emphasis on skills-based health education, components of coordinated school health, school wellness policies, and teaching strategies for meeting health needs of learners in group settings.

FCS 204 - Family Programs Across the Life Span (3.0 hours)

Exploration of local, state, and national level programs, services, and policies for families from a life span perspective.

Prerequisite: FCS majors or consent of instructor

FCS 220 - Consumer Issues in Health Care (3.0 hours)

Evaluating consumer health information and resources, including an overview of health care systems and health services across the life span. Cross listed as HS 220.

Prerequisite: HS 110 or FCS major, and sophomore standing; or instructor consent.

FCS 221 - Introduction to Community and Public Health (3.0 hours)

Overview of principles and concepts of community and public health including determinants of health, community health needs among diverse populations, and health agencies and organizations.

FCS 231 - Pattern Making (3.0 hours)

Principles of flat pattern method; pattern alteration; original pattern design; completed garment.

Prerequisite: FCS 133 or consent of instructor.

FCS 233 - Consumer Textiles (3.0 hours)

Consumer-oriented study of textiles emphasizing fibers, yarns, fabric constructions, and finishes.

FCS 237 - Sustainability in the Apparel Industry (3.0 hours)

Core Curriculum: GPGS

Environmental, economical, and ethical sustainability practices of the apparel industry from the raw material to disposal.

FCS 270 - Special Event Planning (3.0 hours)

Study of event planning, implementation, and evaluation.

FCS 271 - Food & World Cultures (3.0 hours)

Core Curriculum: GPWC

This course is an exploration of a variety of foods and cultures that demonstrate the influences of demography, geography, history, social traditions, religious beliefs, and other environmental considerations on food, its preparation, service, and symbolism/meaning.

FCS 272 - Hospitality Facilities Management (3.0 hours)

A comprehensive introduction to hospitality-related facility services and establishment of departments, examination of the associated functions, and the interdependent relationship among departments. Facilities and property management concepts introduced.

FCS 300 - Consumer Issues in America (3.0 hours)

Core Curriculum: SB

Personal finance, consumer credit, durable and non-durable goods and services, and consumer protection in the marketplace.

FCS 302 - Nutrition Across the Lifespan (2.0 hours)

Examines nutritional needs, concerns, and disease prevention throughout the lifespan.

Prerequisite: Grade of B or better in FCS 202

FCS 304 - Sports and Exercise Nutrition (3.0 hours)

Design of approximate diets for exercise and sports to enhance utilization and maximize performance. An integrative, case study approach.

Prerequisite: FCS 202, FCS 301 or FCS 303; junior standing.

FCS 305 - Experimental Foods (1.0 hour)

Scientific principles of food composition, preparation, and preservation.

Prerequisite: FCS 103 or 104, FCS 171 or ANSI-CFP accredited Food Protection Manager Certification, and FCS 202.

FCS 310 - Community Program Planning (2.0 hours)

Core Curriculum: WI

Assessing and prioritizing community health needs, principles of program planning including use of comprehensive planning models, development of goals and objectives, incorporating health behavior theory, and gaining community support.

Prerequisite: FCS 200 or consent of instructor

FCS 311 - Program Evaluation (1.0 hour)

Core Curriculum: EL

Methods of monitoring, evaluating, and assessing impact of health education programs, emphasis on selecting valid and reliable measures, use of statistics, and communicating outcomes to stakeholders.

Prerequisite: FCS 310 or consent of instructor

FCS 320 - Public Health Intervention Strategies (2.0 hours)

Methods including health communication, education, policy and advocacy, environmental change, and community services to promote and protect health.

Prerequisite: FCS 200 or instructor consent

FCS 321 - Sustainable Health (3.0 hours)

Examines international health issues including their determinants, with emphasis on sustainable health promotion practices and interventions.

Prerequisite: FCS 220 or consent of instructor

FCS 330 - Fashion Merchandising (3.0 hours)

Merchandising: organization, operation, and interrelationship of major facets of textile and clothing industry.

Prerequisite: FCS 131

FCS 331 - Fashion Merchandising Laboratory (1.0 hour)

Experimental work related to fashion merchandising.

Prerequisite: FCS 131; concurrent enrollment in FCS 330.

FCS 333 - Apparel Product Development and Quality Assurance (3.0 hours)

Examines the processes of apparel product development and quality assurance. Emphasis is placed on apparel design elements in relation to appearance, performance, quality, and cost.

Prerequisite: FCS 233

FCS 334 - Visual Merchandising (1.0 hour)

The investigation and application of various areas and methods of merchandise presentation to maximize the salability of merchandise.

Prerequisite: FCS 131 or consent of instructor

FCS 335 - Survey of Fashion Designers (3.0 hours)

A cultural and historical study of fashion and fashion designers from the mid-nineteenth century to the present.

Prerequisite: Junior standing or consent of instructor

FCS 336 - History of Fashion (3.0 hours)

Survey of dress history from antiquity through the mid-nineteenth century; examines broad changes in Western dress and connections to culture, society, and technology.

FCS 337 - Clothing and Human Behavior (3.0 hours)

Core Curriculum: WI

Interdisciplinary study of cultural, social, psychological, economic, and aesthetic relationship of clothing to today's society.

FCS 340 - Parent Education (3.0 hours)

Core Curriculum: WI

Examines how parents teach, guide, and influence children/adolescents across the lifespan. Principles of family life education with an emphasis on parent education programs.

Prerequisite: FCS 100 or FCS 341 or equivalent, or consent of instructor

FCS 341 - Human Development Through the Lifespan (3.0 hours)

Physical, cognitive, emotional and social growth and development throughout the human lifespan. Not open to students with credit in PSY 303 or PSY 350.

FCS 342 - Child Development in the Family (3.0 hours)

Normal growth and development of children from birth to young adulthood using a family systems perspective.

FCS 346 - FCS Resource Management (3.0 hours)

Application of resource management concepts within a service learning project. Students perform needs assessment, program design, and evaluation relying on basic research methods.

Prerequisite: FCS 100 and FCS major; or consent of instructor.

FCS 350 - Matters of Life and Death (3.0 hours)

Core Curriculum: MI

How do you "prepare" for death? How do we make sense of death? What is a "good" death? How is death portrayed in art, media, and literature?

Through an interdisciplinary examination of the process and meaning of death, dying, and grieving, students will be able to develop their own perspectives on life, death, and the afterlife.

Prerequisite: Junior standing or consent of instructor

FCS 357 - Housing and Interior Design Concepts (3.0 hours)

Basic concepts of housing and interior design; emphasis on historic periods and their relationship to contemporary housing and furnishings.

FCS 376 - Professional Development Seminar (1.0 hour)

Discussion-based exploration of employee empowerment, leadership in the workplace, and quality measurement in FCS organizations.

Prerequisite: Junior standing or consent of instructor.

FCS 400 - Human Metabolism (3.0 hours)

Biochemistry of energy and nutrient utilization in relation to human biological functions, performance, disease prevention, and health. Cross-listed with FCS 500.

Prerequisite: BIO 232; CHM 116 or CHM 162; Grade of B or better in FCS 202 or FCS 303

FCS 401 - Readings in Family and Consumer Sciences (1.0-3.0 hours)

Individual readings in specialized areas of family and consumer sciences for qualified students, under faculty supervision.

Prerequisite: consent of department chair.

FCS 402 - Problems in Family and Consumer Sciences (1.0-3.0 hours)

Independent study in family and consumer sciences for qualified students, under faculty supervision.

Prerequisite: consent of department chair.

FCS 403 - Supervised Research (0.0-3.0 hours)

Independent student research in family and consumer sciences, under faculty supervision. May be repeated for a maximum of 6 hours. Satisfactory/Unsatisfactory.
Prerequisite: FCS major, junior standing, and consent of department chair.

FCS 405 - Food Service Systems (2.0-3.0 hours)

Exploration of food service systems concepts, organization of food service operations, menu planning, food production and procurement, quantitative evaluations of food service operations, and laboratory experiences.
Prerequisite: FCS 103 or 104; FCS 171 or ANSI-CFP accredited Food Protection Manager Certification

FCS 408 - Management in Food Service (3.0 hours)

Application of theories, principles, and functions of management to a food service system operation. Emphasis on qualitative and quantitative evaluation of operational, financial, sales, inventory, and procurement data. Cross-listed with FCS 508.

FCS 411 - Medical Nutrition Therapy I (3.0 hours)

Biochemical and physiological principles underlying dietary modification in the prevention and treatment of various conditions; diet design; nutrigenomics; pharmaceuticals; complementary and integrative therapies; emphasis on applications and case studies to foster critical thinking and problem-solving.
Prerequisite: Grade of C or better in FCS 400 or FCS 410.

FCS 412 - Medical Nutrition Therapy II (3.0 hours)

Biochemical and pathophysiological rationale, therapeutic dietary modifications for various disease conditions; nutrition support in malnutrition and hypermetabolic conditions; emphasis on evidence-based practice applications and case studies to foster critical thinking and problem-solving.
Prerequisite: Grade of C or better in FCS 411

FCS 420 - Public Health Policy (2.0 hours)

Core Curriculum: WI
Analysis of policies including laws, regulations, and decisions by government and other organizations influencing public health.
Prerequisite: FCS 220 and 320; or instructor consent

FCS 421 - Public Health Education Seminar (1.0 hour)

Exploration of selected contemporary issues within the public health profession.
Prerequisite: Senior standing and Public Health Education major; or instructor consent

FCS 422 - Health Promotion at Work (2.0 hours)

Impact of employee wellness on the workplace, approaches to worksite wellness initiatives and programs, developing sustainable health policies and practices.
Prerequisite: FCS 310 or consent of instructor

FCS 433 - Issues and Trends in Apparel and Textiles (3.0 hours)

Topics of special interest which may vary each time course is offered. Topic stated in current Schedule of Classes. Course may be repeated for a maximum of 6 hours credit.
Prerequisite: FCS 130 or 233 or consent of instructor.

FCS 438 - Global Issues in Textiles and Apparel (3.0 hours)

Evaluation of key issues facing textile and apparel business in global markets including economic, political, and professional implications; theoretical foundation of global sourcing.
Prerequisite: Junior Standing

FCS 442 - Problems in FCS (2.0 hours)

Review of theoretical, philosophical, ethical, and historical foundations of FCS; includes analysis, critique, and discussion of FCS literature. Emphasizes the integrative and applied nature of the discipline.
Prerequisite: FCS major and junior standing; or consent of instructor

FCS 450 - Foundations Play (3.0 hours)

Theories of play and the importance of play in child development from birth to 18 years. Examination of play environments on children's play and therapeutic play sessions. Cross-listed with FCS 550.
Prerequisite: ETE 210 or FCS 342, or equivalent

FCS 451 - Child Life Profession (3.0 hours)

Capstone course to integrate coursework and fundamental skills needed by Child Life Specialists, including theoretical foundations of Child Life, helping children and families cope with the stress of a healthcare experience, scope of practice, the impact of illness on children and families, and therapeutic play interventions.
Prerequisite: FCS 100 and ETE 210, FCS 342 or PSY 350

FCS 462 - Public Health Education Practicum I (3.0 hours)

Field-oriented, supervised learning activities outside the college classroom, including a preplanned assessment of the experience. Course registration for the experience is required and a postevaluation with the instructor will be conducted.
Prerequisite: Senior standing and public health education major; or consent of instructor

FCS 463 - Public Health Education Practicum II (1.0-6.0 hours)

Field-oriented, supervised learning activities outside the college classroom that including a preplanned assessment of the experience. Course registration for the experience is required and a postevaluation with the instructor will be conducted.
Prerequisite: FCS 462 or consent of instructor

FCS 464 - Leadership in Public Health Education (3.0 hours)

Emphasis on leadership, management, and administration in public health settings.
Prerequisite: FCS 462 or consent of instructor

FCS 470 - Special Topics in Hospitality Business (3.0 hours)

This special topics course may vary each time it is offered. The course name will appear in the class schedule.
Prerequisite: Junior standing or consent of instructor.

FCS 476 - Hospitality Seminar II (1.0 hour)

Study of leadership topics in the hospitality industry; students will also explore issues based on their personal interests and experiences to date.
Prerequisite: Senior standing in HLP.

FCS 500 - Human Metabolism (3.0 hours)

Biochemistry of energy and nutrient utilization in relation to human biological functions, performance, disease prevention, and health. Cross-listed with FCS 400. The graduate-level course will have additional requirements beyond those of the undergraduate course.
Prerequisite: Enrollment in MS in Nutrition and Dietetics program

FCS 501 - Community Nutrition Intervention (2.0 hours)

Students will learn skills to design and evaluate an evidence-based nutrition intervention program including conducting a needs assessment, designing intervention strategies, and evaluating program effectiveness.
Prerequisite: FCS 503 or concurrent enrollment; or consent of instructor

FCS 502 - Seminar in Dietetics (1.0 hour)

An orientation to the Master of Science in Nutrition and Dietetics program and an introduction to the profession of dietetics, as well as professional development for practice. Topics include the history of the profession, legal and ethical consideration, cultural humility, interdisciplinary healthcare teams, mentorship, and professional career development. Prerequisite: Enrollment in the MS program in Nutrition and Dietetics

FCS 503 - Behavior Change Theories (1.0 hour)

Overview of behavior change theories and their use in health promotion. Prerequisite: B or better in FCS 310, enrollment in MS Nutrition and Dietetics program, or consent of instructor.

FCS 504 - Motivational Interviewing (1.0 hour)

Theory and principles of motivational interviewing, hands-on skills practice and application. Prerequisite: FCS major and B or better in FCS 202, enrollment in the MS Nutrition and Dietetics Program, or consent of instructor.

FCS 505 - Therapeutic Food Development (2.0 hours)

Hands-on application with menu planning, food production, and food science principles to modify foods to meet nutritional requirements. Prerequisite: FCS 305 or Enrollment in MS in Nutrition and Dietetics Program

FCS 506 - Influencing Health Choices: Strategies and Tools (2.0 hours)

Principles of developing evidence-based strategies to influence nutrition and health choices and addressing misinformation. Prerequisite: Enrollment in MS in Nutrition and Dietetics program or consent of instructor

FCS 507 - Nutrition Assessment (1.0 hour)

Assessing nutrition through food/nutrition-related history, anthropometrics, biochemical data, nutrition-focused physical examinations, and client history. Prerequisite: FCS 411 or FCS 511 or concurrent enrollment

FCS 508 - Management in Food Service (3.0 hours)

Advanced application of theories, principles, and functions of management to a food service system operation. Emphasis on advanced qualitative and quantitative evaluation of food service systems operations. Cross-listed with FCS 408. The graduate-level course will have additional requirements beyond those of the undergraduate course. Prerequisite: Enrollment in MS Nutrition and Dietetics Program or consent of instructor

FCS 509 - Nutrition Support (1.0 hour)

Overview of nutrition support therapy including managing nutrient deficiencies and malnutrition with enteral and parenteral nutrition. Prerequisite: B or better in FCS 400 or 500 and B or better in FCS 507

FCS 510 - Topics in Global Wellness (3.0 hours)

Designed to provide global cultural experiences that focus on nutrition and wellness. Emphasis is placed on the health and wellness systems of different cultures, including complementary and alternative medicine (CAM).

FCS 511 - Medical Nutrition Therapy I (3.0 hours)

Biochemical and physiological principles underlying dietary modification in the prevention and treatment of various conditions with an emphasis on integrated supervised experiential learning activities. Prerequisite: B or better in FCS 500

FCS 512 - Medical Nutrition Therapy II (3.0 hours)

Biochemical and pathophysiological rationale and therapeutic dietary modifications for various disease conditions with an emphasis on integrated supervised experiential learning activities. Prerequisite: B or better in FCS 511

FCS 513 - Cultural Influences in Food and Nutrition (3.0 hours)

This course explores the cultural influence of food and nutrition with particular attention to the impact that food patterns have on nutritional status and health.

Prerequisite: Enrollment in MS Nutrition and Dietetics Program or consent of instructor

FCS 514 - Sustainable Food Systems (2.0 hours)

Core Curriculum: EL

Exploration of local, national, and global food systems, the impacts on sustainability and nutritional health including food security, and policy implications.

Prerequisite: FCS 202 or 303 or enrollment in MS Nutrition and Dietetics Program

FCS 518 - Older Adult Nutrition (2.0 hours)

Unique nutritional considerations and issues of older adults including nutrient needs, nutritional issues, and the role of diet in aging.

Prerequisite: B or better in FCS 302, enrollment in MS Nutrition and Dietetics program, or consent of instructor

FCS 519 - Beyond Weight (2.0 hours)

Perspectives of weight-inclusive health compared to weight-centric health, including examination of weight stigma, non-diet approaches to health, and body image.

Prerequisite: B or better in FCS 400, enrollment in MS Nutrition and Dietetics program, or consent of instructor

FCS 541 - Research Methods (2.0 hours)

Introduction to concepts, methods, and strategies for research. Topics include article database search, literature review, the nature of scientific research, research idea conceptualization, formulation of hypotheses and research questions, research proposals, and Institutional Review Board (IRB) requirements.

Prerequisite: Enrollment in the MS in Nutrition and Dietetics program, or MA in Nonprofit Leadership program, or consent of instructor.

FCS 550 - Foundations Play (3.0 hours)

Theories of play and the importance of play in child development from birth to 18 years. Examination of play environments on children's play and therapeutic play sessions. Cross-listed with FCS 450. For cross-listed undergraduate/graduate courses, the graduate-level course will have additional academic requirements beyond those of the undergraduate course.

Prerequisite: ETE 210 or FCS 342, or equivalent

FCS 551 - Child Nutrition (2.0 hours)

Nutritional considerations, conditions, and issues during infancy, childhood, and adolescence.

Prerequisite: B or better in FCS 302, enrollment in MS in Nutrition and Dietetics program, or consent of instructor.

FCS 552 - Nutrition in Pregnancy and Lactation (2.0 hours)

Physiological changes during pregnancy and lactation, nutrient needs, and dietary strategies to support optimal outcomes. Students will examine evidence-based guidelines, common challenges, and practical applications for nutrition professionals.

Prerequisite: B or better in FCS 302, enrollment in MS Nutrition and Dietetics program, or consent of instructor

FCS 585 - Topics in Family & Consumer Sciences (1.0-6.0 hours)

Topics of special interest which may vary each time course is offered. Topic stated in current Schedule of Classes.

Prerequisite: senior or graduate standing, and consent of instructor.

FCS 586 - Supervised Research in Family and Consumer Sciences (1.0-6.0 hours)

Graduate student research in Family and Consumer Sciences under faculty supervision. May be repeated up to a total of 6 credit hours.
Prerequisite: Graduate standing in FCS; consent of instructor.

FCS 595 - Supervised Experiential Learning (1.0-3.0 hours)

Professional experiential learning supervised by an approved preceptor for a minimum of 100 contact hours. May be repeated up to a total of 3 credit hours.
Prerequisite: Graduate standing in FCS; consent of instructor.

FCS 596 - Supervised Experiential Learning in Maternal/Child Nutrition (1.0-3.0 hours)

Professional experiential learning in a maternal or child nutrition setting supervised by an approved preceptor for a minimum of 100 contact hours. May be repeated up to a total of 3 credit hours.
Prerequisite: Consent of program director

FCS 695 - Supervised Experiential Learning in Food Service Management (2.0 hours)

In this course, students will work directly with approved preceptors in the food service setting for a minimum of 200 hours. Satisfactory/Unsatisfactory.
Prerequisite: B or better in FCS 508

FCS 696 - Supervised Experiential Learning in Community Dietetics (2.0 hours)

In this course, students will work directly with approved preceptors in the community setting for a minimum of 200 hours. Satisfactory/Unsatisfactory.
Prerequisite: B or better in FCS 501

FCS 697 - Supervised Experiential Learning in Clinical Dietetics (3.0 hours)

In this course, students will work directly with approved preceptors in the clinical setting for a minimum of 300 hours. Satisfactory/Unsatisfactory.
Prerequisite: B or better in FCS 507, B or better in FCS 511, B or better in FCS 512

FCS 699 - Thesis Research (0.0-6.0 hours)

Design and conduct a nutrition/wellness themed-research project. May be repeated for a maximum of six semester hours.
Prerequisite: Enrollment in the DI-MS program or consent of program director; FCS 641