

# FAMILY & CONSUMER SCIENCES (FCS)

## **FCS 122 Fundamentals of Food Preparation and Meal Management (3)**

Lecture and laboratory experiences. Introduction to the study of food, including selection, principles of preparation, evaluation of food products, survey of the market place and management of resources in the preparation and serving of food.

## **FCS 125 Biochemistry of Nutrition and Pharmacology (4)**

Prerequisite(s): CY 115 and FCS 215 or FCS 322.

This course provides a comprehensive investigation of the nutritional needs of humans with an emphasis on nutritional biochemistry and current issues. After successfully completing Nutritional Biochemistry, you should be able to: relate the principles of biochemistry and physiology to the science of nutrition; relate the chemical and physiological functions of various specialized cells to their roles in metabolism and nutrition; interpret nutrition research; describe digestion, absorption, metabolism, and functions of essential nutrients; utilize a variety of nutrition standards, including the DRI, to make appropriate recommendations for health promotion and disease prevention; describe the major pathways of energy metabolism, how they are regulated, how they are modified during differing physiological states, and their consequences; calculate and interpret body composition data; effectively communicate nutrition principles; demonstrate effective use of current information technologies; utilize critical thinking and reasoning skills; take an effective stand on a controversial or evolving nutrition issue. Drug pharmacodynamics of major drug classes.

## **FCS 131 Clothing Construction (3)**

Personal appearance, selection, and care of clothing and textiles. Fundamentals of clothing construction, pattern selection, and fit. Application of fundamentals through garment construction.

## **FCS 132 Culinary Science (3)**

Prerequisite(s): FCS 122.

An introduction to the study of commercial food production including fundamental cooking techniques, knife and hand-tool skills, flavor affinities, and visually pleasing culinary presentations.

## **FCS 202 Seminar in Family and Consumer Sciences (3)**

The philosophical base of family and consumer sciences and issues affecting FCS professions. Emphasis on managing the challenges of living and working in a diverse global society. Preparation of students for success including professional skills such as resume-writing, presentations, and the development of communication skills. Students also delve deep into the career opportunities for FCS majors. The course curriculum will provide students with more career-focused lessons that showcase the realm of FCS fields. Students will also be required to participate in a service project selected by the instructor. The project will identify a need in an FCS field and allow students to demonstrate their knowledge of the area through service learning opportunities. A career field research project will be also completed based on student interest.

## **FCS 215 Introductory Nutrition (3)**

Introduction to the principles of nutrition including nutrient requirements for individuals of all ages.

## **FCS 223 The Science of Service Quality (2)**

An introduction to the service quality concept, particularly as it relates to the hospitality industry. Course content will provide theories and principles of service quality, along with definitions and key concepts.

## **FCS 225 Food and Beverage Cost Control (3)**

This course explores the industry standard use of cost controls and purchasing systems. Students will utilize basic math skills to perform food costing, yields, recipe calculation and revenue management. Students will demonstrate best practices and procedures for controlling purchasing and revenue management.

## **FCS 232 Textiles (3)**

This course is designed to explore the textile industrial complex from the fibrous stage to finished goods. Students will examine natural and manufactured textile fabrics and their compositions, structures, and uses, including various weaving and knitting techniques, dyeing methods, finishes, and laundering requirements. For this course, students must purchase a Basic Textiles Swatch Kit from Textile Fabric Consultants, Inc.

## **FCS 251 Introduction to Child Life (3)**

This course is an introduction to the field of Child Life. This course is designed to help the student learn the skills necessary to work as a child life specialist. This course satisfies the Association of Child Life Professionals (formerly known as the Child Life Council) requirement that students sitting for the Child Life exam complete a course taught by a Certified Child Life Specialist. This course encompasses the six required topics set forth by the Child Life Council: Child Life Documents; Scope of Practice; Impact of Illness, Injury and Health; Family Centered Care; Therapeutic Play; and Preparation. Required documentation of course completion will be provided to students who pass this course.

## **FCS 252 Introduction to Play (3)**

This course is an introduction to the therapeutic and learning objectives of play in infants, children, youth and young adults. Students will learn about classical and contemporary theories of play, and the strengths and weaknesses of each theory. Students will also study how play is an essential element for children's development, growth, and learning, and how play and learning environments influence children's play.

## **FCS 301 Career Paths in Dietetics (1)**

Prerequisite(s): Junior Status.

A survey of the career paths in dietetics and the process for entering the field.

## **FCS 322 Normal Nutrition (3)**

Prerequisite(s): CY 115 and BY 263.

Application of fundamentals of human nutrition including various nutrients and requirements for different individuals and groups.

## **FCS 323 Experimental Foods (3)**

Prerequisite(s): FCS 122.

Lecture and laboratory experiences. The advanced study of food including the physical and chemical properties of food and factors affecting the quality of standard food products.

## **FCS 325 Quantity Food Production (3)**

Prerequisite(s): FCS 122.

Lectures and laboratory experiences. Introduction to institutional preparation and service of food, equipment operation and maintenance, menu planning and recipe standardization.

## **FCS 326 Food Safety and Sanitation (3)**

Prerequisite(s): 4 hours of Natural Sciences and FCS 122.

An introduction to foodborne illnesses, safe food preparation practices, microbiological considerations for specific foodservice systems, and regulatory laws for foodservice establishments.

## **FCS 327 Nutrition in the Life Cycle (3)**

Prerequisite(s): FCS 215 or 322.

How age, growth and normal development influence the nutritional requirements for individuals at each stage of the life cycle.

**FCS 328 Career Paths in Nutrition and Dietetics (1)**

Prerequisite(s): FCS 122 and FCS 322.

(1). A survey of the careers in nutrition and dietetics. Students will complete the Nutrition Career Assessment Exam for assessment into the upper level division of Dietetics.

**FCS 330 Braids, Trims, and Stitchery (3)**

The use of individuality in creating unusual trims and accessories for dress.

**FCS 331 Fashion Fundamentals and Merchandising (3)**

Prerequisite(s): Sophomore status.

This course is designed to provide students with an exploration of the history, organization, and structure of the fashion industry, emphasizing retailing fashion trends, sources of influence, and product development.

**FCS 332 Social Cultural Aspects of Apparel (3)**

Overview of social, psychological, and cultural aspects of apparel.

**FCS 333 Family Clothing (3)**

Planning, selection, purchasing and care of family clothing.

**FCS 334 Flat Pattern and Advanced Apparel Construction (3)**

Prerequisite(s): FCS 131, FCS 232, FCS 331, Sophomore Status.

This course delves into the principles and practices of flat pattern design and advanced garment construction techniques and explores the intricacies of transforming two-dimensional patterns into three-dimensional garments through pattern manipulation, draping, and tailoring. Application of fundamental principles and procedures in the development and use of the master pattern. Applying flat pattern principles to designing patterns, fitting and altering commercial patterns.

**FCS 335 Visual Merchandising (3)**

Prerequisite(s): Sophomore status.

Design principles applied to various display needs. Investigation and practical experience in planning, executing, and evaluation of 2-D and 3-D displays for commercial, educational, and other needs.

**FCS 337 Methods of Nutritional Assessment (3)**

Prerequisite(s): FCS 322.

A discussion of the profession and practice of dietetics. Emphases are placed on the methods and procedures of the Nutritional Care Process including the collection and analysis of biochemical, clinical, and dietary data, and the design of nutritional care plans.

**FCS 338 Community Nutrition (3)**

Prerequisite(s): FCS 215 or 322.

Application of community nutrition strategies to health care problems and exploration of approaches useful in the design and evaluation of these programs.

**FCS 339 Professional Communications in Family and Consumer Sciences (2)**

The fundamentals of communication skills essential for professions related to the field of Family and Consumer Sciences. Emphasis on materials and methods necessary for satisfactory communication.

**FCS 343 Virtual Merchandising (3)**

Design principles applied to various promotional and presentation tools such as displays, brochures, and bulletin boards. This course will focus on the investigation and practical experience in planning, executing, and evaluation of displays for commercial, educational, and other needs.

**FCS 350 Lifespan Human Development (WI) (3)**

Overview of physical, intellectual, social, and emotional development from conception to death. Practical application of information to life stages and outside observations will be included. (Writing Intensive Course)

**FCS 351 The Developing Child (3)**

Prerequisite(s): A completed background check approved by the Department Head.

Development and guidance of young children from infancy through the school years. This course includes 22 hours of field experience in an approved childcare center.

**FCS 352 Child Growth and Development (WI) (2)**

Corequisite(s): FCS 353.

Development and guidance of young children from infancy through middle childhood. (Writing Intensive Course)

**FCS 353 Child Growth and Development Laboratory (WI) (1)**

Taken concurrently with FCS 352. Two hours per week. Methods of guidance of young children, ages three and four. (Writing Intensive Course)

**FCS 354 Career Paths in Human Sciences (3)**

This course explores various career pathways such as Cooperative Extension, human resources, possibilities in education systems, and more. Students will also examine the history of human sciences and how the broad-based FCS curriculum prepares them for several career pathways. The course includes 30 field experience hours that will introduce human sciences concentration majors to various career opportunities in the field.

**FCS 355 Family Life Education (WI) (3)**

A study of family relations and the skills needed to function within the family setting. Emphasis on interpersonal communication, conflict resolution, and parenting. (Writing Intensive Course)

**FCS 356 Early Childhood Language Development (3)**

Prerequisite(s): EIM 201, FCS 252, FCS 352, FCS 353, and SPE 300.

An introduction to language and literacy development in the young child. Students will explore the early childhood language arts curriculum including speaking, listening, writing, and reading skills. The teacher's role and methods of creating a literacy-rich environment that engages children in creative, developmentally-appropriate language arts experiences will be examined. Students will create plans and materials for use with children.

**FCS 360 Contemporary Issues in Human Development (3)**

Current topics in the areas of child and/or family development.

**FCS 371 Management of Family Resources (3)**

Prerequisite(s): Sophomore status.

Focuses on the practical application of management principles for use of resources to maximize individual and family quality of life.

**FCS 420 Medical Nutrition Therapy I (3)**

Prerequisite(s): FCS 337 and 322.

The study of relationships between diseases and nutrition. Application of assessment techniques and alternative feeding modalities in medical/nutritional case studies.

**FCS 421 Medical Nutrition Therapy II (3)**

Prerequisite(s): FCS 420.

A continuation of Medical Nutrition Therapy I. The study of relationships between diseases and nutrition. Application of assessment techniques and alternative feeding modalities in medical/nutritional case studies.

**FCS 422 Foodservice Management (3)**

Prerequisite(s): FCS 122 and MGT 301.

Management techniques and functions in foodservice with emphasis on personnel management, materials management and systems approach to foodservice management.

**FCS 425 Practicum in Foodservice Management (3)**

Prerequisite(s): Approval of instructor.

May be duplicated for credit for a total of six (6) semester hours.

Practical experiences in foodservice management obtained in approved institutions. Must be planned in advance.

**FCS 427 Special Problems in Family and Consumer Sciences (3)**

Prerequisite(s): Senior Status and approval of instructor.

May be duplicated for credit for a total of six (6) semester hours.

Individual work in selected area.

**FCS 428 International Foods (3)**

Prerequisite(s): FCS 122 and Junior Status.

Lecture and laboratory experiences. Study of food practices, preparation and service of dishes typical of countries around the world.

**FCS 429 Advanced Nutritional Metabolism (3)**

Normal nutrition metabolism and an overview of aberrations in normal metabolism as affected by diseases.

**FCS 430 Senior Experiences in Fashion Merchandising (3)**

Prerequisite(s): Senior Status and Department Head approval.

This course is designed to provide students with practical exposure and hands-on learning within the dynamic world of the fashion industry. The course offers a structured framework for students to apply theoretical knowledge acquired in their academic studies to real-world scenarios. Through the internship placement, students will gain valuable insights into various facets of the fashion industry, develop essential professional skills, and build a network within the field. May be duplicated for a total of six (6) credit hours. This course should be taken during the student's final semester.

**FCS 431 Textiles and Apparel in the Global Economy (3)**

Prerequisite(s): FCS 331 and Junior Status.

This course is designed to introduce students to the global sourcing sector of the apparel industry. Students will explore the roles of fiber, textile, and apparel industries in the international economy, including trading blocs, tariffs, and trade agreements, while delving into current issues related to the globalization of fashion.

**FCS 432 History of Fashion (3)**

Prerequisite(s): Junior Status.

This course offers students a comprehensive exploration of fashion evolution through various eras, cultures, social movements, and technological advancements. This course aims to provide a contextual understanding of how clothing and style have evolved over the centuries, reflecting societal changes, cultural influences, and technological innovations that have shaped the fashion industry.

**FCS 434 Apparel Design (3)**

Prerequisite(s): Junior status, FCS 131, FCS 232, and FCS 331.

This course will provide an overview of the fashion design and manufacturing process. Students will examine the product development process from conceptualization to finished garment. Throughout the course, students will use the skills and knowledge obtained from hands-on learning activities and content to research, conceptualize, sketch, source, and construct a ten-piece apparel line for an upcoming season. For this course, students must have access to Adobe Photoshop®, Adobe Illustrator®, or Apple Procreate®.

**FCS 435 Merchandise Planning and Analysis (3)**

Prerequisite(s): MS 110 or above, FCS 331, and Junior Status.

This course provides students with a comprehensive understanding of the strategic and analytical aspects involved in planning and managing merchandise within the fashion industry. Through a blend of theoretical concepts and practical applications, this course delves into the intricacies of forecasting, buying, assortment planning, inventory management, and retail analytics specific to the fashion retail sector.

**FCS 438 Principles of Culinary Management (3)**

Prerequisite(s): FCS 122, FCS 132, and MGT 301.

The study of the evolution of the hospitality industry and how it is currently stratified. Organizational systems, management, and career opportunities/salaries will be examined. Hospitality service management is viewed from both a consumer and business perspective.

**FCS 441 Practicum in Hospitality and Tourism (6)**

Prerequisite(s): Approval of instructor.

Practical culinary and tourism experiences in the hospitality industry. Students will be required to demonstrate a mastery of skills by the end of the practicum experience. The program chair will assist students in locating an approved practicum site and navigating the process to begin the practicum experience.

**FCS 445 Creative Merchandising and Workforce Education (3)**

Prerequisite(s): FCS 202 and MS 110 (or higher); FCS 131 is recommended but not required.

This course allows students to learn personal and business financial principles, research and develop entrepreneurial skills, enhance employability skills, and develop creative merchandising while using a simulated workplace model. Field experiences may occur outside of regular class meeting times.

**FCS 448 Alternative Medicine and Dietary Supplements (3)**

Prerequisite(s): FCS 322, FCS 324, and Junior Status.

Advanced study of the safety and efficacy of herbal and dietary supplements; mechanisms of action including potential drug/herbal/nutrient interactions; evaluation and regulation of health claims.

**FCS 450 Curriculum Planning in Child Development (3)**

Prerequisite(s): Junior Standing, FCS 352, FCS 353.

Planning a developmentally appropriate curriculum for a child care program.

**FCS 451 STEAM in Preschool Classrooms (3)**

Prerequisite(s): FCS 252, FCS 352, FCS 353, SPE 300, and EIM 201.

This course emphasizes an integrated approach to early childhood curriculum development for young children. Relates early childhood pedagogy, research, and content areas of science, mathematics, engineering, technology, and art to STEAM project-based, integrated and inquiry curriculum designs.

**FCS 452 Overview of Advanced Child Development (Infant through 5) (3)**

Prerequisite(s): Junior Status, FCS 351 or FCS 352/FCS 353, and a completed background check approved by the Department Head.

Study of the biological and environmental influences on development from infancy through age 5. Examine theories, research, the family context, school context, and the impact of diverse family experiences. Requires 15 hours in an approved childcare facility (working with children). This course is ONLY available to minors in Child Development and is not available to students in the traditional or online Child Development concentrations.

**FCS 453 Parent-Child Relations (3)**

Prerequisite(s): Junior status and FCS 351 or FCS 352/353.

Study of the dynamics and reciprocal nature of parent-child relationships, including internal and environmental forces that impact interactions between parents and children.

**FCS 454 Administration and Supervision in Child Care Programs (3)**

Prerequisite(s): Junior standing, FCS 351 or FCS 352/353, and a completed background check approved by the Department Head.

The planning, implementing, and evaluating of a child care program as an administrator. The course includes a required 15 hours of field experience in an approved childcare setting.

**FCS 456 Advanced Child Development I (Infant and Toddler Development) (3)**

Prerequisite(s): Junior status, FCS 352/FCS 353 or FCS 351, and a completed background check approved by the Department Head.

Study of the biological and environmental influences on development from infancy to toddlerhood. Examine theories, research, and the family context. Requires 15 hours in an approved childcare facility (working with children).

**FCS 457 Advanced Child Development II (Ages 3 through 5) (3)**

Prerequisite(s): Junior Status, FCS 351 or FCS 352/FCS 353, and a completed background check approved by the Department Head.

Study of biological and environmental influences on development from toddlerhood through age five. Examine theories, research, the family context, school context, and the impact of diverse family experiences. Requires 15 hours in an approved childcare facility (working with children).

**FCS 458 Research and Statistical Methods in FCS (3)**

Prerequisite(s): Junior Status.

Methods and basic skills for conducting, analyzing, and interpreting research.

**FCS 459 Family Interaction (3)**

Prerequisite(s): Junior Status and FCS 351 or 352/353.

Study of various theories of family interaction, with an emphasis on understanding the family as a system.

**FCS 460 Directed Field Experiences (6)**

Prerequisite(s): All required Child Development courses and a completed background check approved by the Department Head.

Supervised experiences, 180 hours, in a community childcare setting with observation and participation in approved programs for children. This course should be taken in the final semester of the program.

**FCS 463 Directed Field Experiences for Child Development Minors (3)**

Prerequisite(s): FCS 450, FCS 452, FCS 454, and a completed background check approved by the Department Head.

Supervised experiences in a community childcare setting with observation and participation in approved programs for children. This course is ONLY available to minors in Child Development and is not available to students in the traditional or online Child Development concentrations.

**FCS 464 Practicum in Human Sciences (WI) (3)**

Prerequisite(s): FCS 354.

The 90-hour practicum must be taken during the last semester of the student's senior year. Field experiences will be completed in agencies or organizations that provide services in the Human Sciences field. The instructor must approve all sites before students may begin the practicum. (Writing Intensive Course)

**FCS 471 Family Housing and Interiors (3)**

Prerequisite(s): Junior Status.

In this course, students will examine present housing needs, including topography and location, barrier-free design, basic construction and safety, architectural style, furnishing styles, types of housing, and the home-buying process. At the end of this course, students will collaborate to design a scaled floor plan using theories and practices discussed throughout the semester based on a client's needs, preferences, and preliminary budget. For this course, students must have access to Floorplanner®.

**FCS 472 Creative Expressions in Home Furnishings (3)**

Selection and use of household fabrics and materials including the design and construction of home furnishings and accessories.

**FCS 481 Event Planning (3)**

An introduction to the meetings, events, expositions, and conventions industry (MEEC). This course will culminate with a capstone project that encompasses your career path in FCS and the knowledge of event planning taught in this course. Students will be able to select their topic with the assistance of their program chair and the FCS 401 instructor. This course should be taken in the final semester of the chosen FCS concentration.