Family Consumer Science
College of Allied Health & Nursing
Department of Family Consumer Science
102 Wiecking Center • 507-389-2421
Web site: www.mnsu.edu/dept/fcs
Chair: Kelley Brigman
David Bissonnette, Joye Bond, Jill Conlon, Susan Fredstrom, Betty Young

The mission of the Department of Family Consumer Science is to promote the well-being of people, the enrichment of quality environments, and to prepare men and women to assume essential professional roles in a culturally diverse global society. The comprehensive program provides training for professional roles within dietetics, family consumer science education, family life and child development, and food and nutrition.

Declaring an FCS Major: Students may declare an FCS major at any point in their academic program. Upon declaring an FCS major, an advisor is assigned. Full admission to the department and major requires:
- a minimum of 32 earned semester credit hours.
- a minimum cumulative GPA of 2.00 (C).
Contact the department for application procedures.

Policies/Information
GPA Policy: All FCS courses required for an option must be at "C" level or higher.
P/N Grading Policy: All FCS courses required for an option must be taken for a grade, except where P/N grading is mandatory.

FAMILY CONSUMER SCIENCE, BS

Required for Major (Core, 3 credits):
FCS 101 Introduction to Family Consumer Science (3)

Required for Major (Option):
Select one of the following options to correspond with personal and professional objectives:

DIETETICS OPTION
The Dietetics Option* promotes growth among students wanting to become competent dietetics professionals by providing the ‘highest practicable quality’ advisory, academic, real-life and interactive opportunities while at Minnesota State Mankato, and by developing confidence and competence to advance after graduation to Dietetics Internship, graduate students and/or related employment.

A student who chooses to become a Registered Dietitian (RD) upon graduation from Minnesota State Mankato will also need to:
- Meet published requirements to receive a Verification Form from the Dietetics Director.
- Apply, be accepted and complete a supervised practice program (Dietetics Internship).
- Pass a national registration examination.

Minnesota State Mankato faculty are committed to positioning majors for successful transition from Minnesota State Mankato to Dietetics Internship and beyond. Regular and continuous advising is recommended to be successful.

Graduates are employed as RDs or non-RD Nutritionists in health care; community, public health, and corporate fitness settings or as members of food management teams.

* The Dietetics Option, a Didactic Program in Dietetics (DPO) of the American Dietetic Association (ADA), is accredited by the Commission for Accreditation for Dietetics Education of the ADA, 216 W. Jackson Blvd., Chicago, IL 60606 (312-899-4876).

Family Consumer Science (3 credits):
FCS 101 Introduction to Family Consumer Science (3)

Required General Education (44 credits):
CHEM 106 Introduction to Chemistry for Allied Health (3)
COMS 100 Computer Science (4)
ENG 101 Composition (4)
ETHN 150 Multi-Cultural/ethnic Experience (3) OR
ETHN 101 Introduction to Multicultural & Ethnic Studies (3)
MATH 112 College Algebra (4)
PSC 103W Thinking about Politics (3) OR
POL 111 United States Government (3)
SOC 101 Introduction to Sociology (3)
SPEE 102 Public Speaking (3) OR
SPEE 100 Fundamentals of Speech Communications (3)
Biol 105W General Biology I (4)

Required Professional Courses (33 credits):
BIOL 220 Human Anatomy (4)
BIOL 230 Human Physiology (4)
CHEM 111 Chemistry of Life Processes (5)
CSP 471 Interpersonal Helping Skills (3)
ENG 271 Technical Communication (4)
HLTH 321 Medical Terminology (3)
HLTH 475 Biostatistics (3) OR
STAT 154 Elementary Statistics (3)
MRKT 100 Global Business Concepts (3)
PSYC 101 Psychology (4)

Required Family Consumer Courses (46 credits):
FCS 101 Introduction to Family Consumer Science (3)
FCS 150 Food, Culture and You (3)
FCS 240 Nutrition I (3)
FCS 252 Food Service Systems I (3)
FCS 340 Food Science (4)
FCS 342 Food Production Management (3)
FCS 350 Food Service Systems II (3)
FCS 420 Nutrition Assessment (3)
FCS 440 Nutrition II (3)
FCS 442 Clinical Dietetics I (3)
FCS 444 Experimental Food Science (3)
FCS 446 Lifespan Nutrition (3)
FCS 448 Clinical Dietetics II (3)
FCS 483 Adult Education in Family Consumer Science (2)
FCS 492 Dietetics Seminar (2)
FCS 498 Undergraduate Internship (2)

Major Electives (5 credits)

FAMILY LIFE AND CHILD DEVELOPMENT OPTION
This option helps prepare men and women to work with children, adults and families in a variety of human services, educational and community settings.

Family Consumer Science Core (3 credits)
FCS 101 Introduction to Family Consumer Science (3)

FLCD Core Courses (29-30 credits):
FCS 100 Personal and Family living (3)
FCS 270 Family Housing (2)
FCS 275 Consumers in the Economy (3)
FCS 301 Lifespan Development (3)
FCS 311 Family Life and Sex Education (3)
FCS 400 Culturally Diverse Family Systems (3)
FCS 401 Family Life Development (3)
FCS 475 Family Policy (2)
FCS 482 Teaching Family Life/Parent Education (2)
FCS 488 Parenting Education (3)

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understanding of family life issues. Certification is available to professionals to become Certified Family Life Educators. Being a CFLE recognizes a broad
an FLCD major or minor who have taken the approved courses are eligible
National Council on Family Relations. Minnesota State Mankato graduates with
The Family Life and Child Development program has been approved by the
FCS 483 Adult Education in Family Consumer Science (2)
FCS 496 Selected Topics: FLCD (2-3)
Internship (0-6 credits)
FCS 497 Internship (1-6)
FCS 495 Intern: Early Child Family (3-4)
Support Courses (6-9 credits)
Students may select 6 to 9 credits of support courses from the Department of
Family Consumer Science or other departments. Students may choose courses from the following list without advisor approval: PSYC 201 Statistics for Psychology and CSP 471 Interpersonal Helping Skills are highly recommended. The following courses are frequent choices and may be selected without advisor approval: PSCY 201 (4) Statistics for Psychology, CSP 471 (3) Interpersonal helping Skills, BIOL 102 (3) Biology of Women, CORR 255 (3) Juvenile Delinquency, ENG 325 (3) Children's Literature, ENG 463 (3) Adolescent Literature, PSYC 340 (4) Social Psychology, PSYC 436 (4) Adolescent Psychology, PSYC 420 (4) Drugs and Behavior, SOC 409 (3) Family Violence, SOC 410 (3) Black American Families, REHB 110W (3) Sensitivity to Disability.
Students may also take select courses from the FLCD Options category without advisor approval. Other courses may be selected with advisor approval and a substitution/waiver form will need to be filed with the Office of the Registrar.
Becoming a Certified Family Life Educator (CFLE)
The Family Life and Child Development program has been approved by the National Council on Family Relations. Minnesota State Mankato graduates with an FLCD major or minor who have taken the approved courses are eligible to become Certified Family Life Educators. Being a CFLE recognizes a broad understanding of family life issues. Certification is available to professionals from all disciplines who have met the requirements.
Required Minor: None.
FOOD AND NUTRITION OPTION
This option prepares graduates for various careers in foods, food services, and/or nutrition, (such as restaurant or school lunch management); research and development or quality assurance in the food industry; and/or in corporate food distribution, production, sales and service. A supervised internship during the major allows students to gain experience in a particular area of interest. While a minor is not required, it is strongly recommended in order to improve employment opportunities.
Family Consumer Science (3 credits):
FCS 101 Introduction to Family Consumer Science (3)
Required for Option (42 credits)
FCS 100 Personal and Family Living (3)
FCS 120 Clothing and People (2)
FCS 140 Introduction to Nutrition (3)
FCS 240 Nutrition I (3)
FCS 252 Food Service Systems I (3)
FCS 270 Family Housing (2)
FCS 275 Consumers in the Economy (3)
FCS 340 Food Science (4)
FCS 342 Food Production Management (3)
FCS 350 Food Service Systems II (3)
FCS 440 Nutrition II (3)
FCS 444 Experimental Food Science (3)
FCS 446 Life-span Nutrition (3)
FCS 483 Adult Education in Family Consumer Science (2)
Choose a minimum of 2 credits from the following courses:
FCS 497 Internship (G)
FCS 498 Internship (P/N)
Required Electives (23 credits):
BIOL 220 Human Anatomy (4)
BIOL 230 Human Physiology (4)
CHEM 106 Introduction to Chemistry for Allied Health (3)
CHEM 111 Chemistry of Life Processes (5)
ENG 271 Technical Communication (4)
STAT 154 Elementary Statistics (3) OR
HLTH 475 Biostatistics (3)
Required Minor: None.

FAMILY CONSUMER SCIENCE EDUCATION BS TEACHING
This option prepares men and women to teach family consumer science in grades 5-12 and for other education-related professions.
Family Consumer Science Core (3 credits)
FCS 101 Introduction to Family Consumer Science (3)
Required for Option (51 credits)
FCS 100 Personal and Family Living (3)
FCS 120 Clothing and People (2)
FCS 140 Introduction to Nutrition (3)
FCS 270 Family Housing (2)
FCS 275 Consumers in the Economy (3)
FCS 280 Orientation to Family Consumer Science Education (2)
FCS 301 Lifespan Development (3)
FCS 311 Family Life and Sex Education (3)
FCS 331 Textiles and Clothing Construction (3)
FCS 340 Food Science (4)
FCS 400 Culturally Diverse Family Systems (3)
FCS 401 Family Life Development (3)
FCS 416 Pre-School Child (2)
FCS 474 Residential Mgmt. for Families and Special Needs People (4)
FCS 482 Teaching Family Life/Parent Education (2)
FCS 483 Adult Education in Family Consumer Science (2)
FCS 484 Program Development in Family Consumer Science (4)
FCS 488 Parenting Education (3)
Required for Major (Professional Education, 30 credits):
See the SECONDARY EDUCATION section for admission requirements to Professional Education and a list of required professional education courses.
Required Minor: None
FAMILY CONSUMER SCIENCE MINOR
The Department of Family Consumer Science offers a flexible minor consisting of 20 semester hours of approved FCS courses. Students may work with an FCS advisor to select the courses that will be most helpful. However, most students will benefit from a minor with one of three focus areas below.
FOOD AND NUTRITION
Students majoring in Nursing, Human Performance, Dental Hygiene, Food Science Technology, Community Health, or other similar majors can benefit from a Food and Nutrition minor.
Required courses (16 credits):
FCS 140 Introduction to Nutrition (3)
FCS 240 Nutrition I (3)
FCS 340 Food Science (4)
FCS 440 Nutrition II (3)
FCS 446 Lifespan Nutrition (3)
May select 4 credits below:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>FCS 100</td>
<td>Personal and Family Living (3)</td>
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<tr>
<td>FCS 101</td>
<td>Introduction to Family Consumer Science (3)</td>
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<td>FCS 252</td>
<td>Food Service Systems I (3)</td>
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<td>FCS 275</td>
<td>Consumers in the Economy (3)</td>
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<td>FCS 301</td>
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<td>FCS 303</td>
<td>Working with Families (2)</td>
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<td>FCS 350</td>
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<td>FCS 400</td>
<td>Culturally Diverse Family Systems (3)</td>
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<td>FCS 401</td>
<td>Family Life Development (3)</td>
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<td>FCS 408</td>
<td>Family Life Dynamics (3)</td>
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<td>FCS 436</td>
<td>Nutrition in Exercise and Sport (3)</td>
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<td>FCS 444</td>
<td>Experimental Food Science (3)</td>
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<td>FCS 445</td>
<td>Food Preservation (2)</td>
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<td>FCS 475</td>
<td>Family Policy (2)</td>
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<td>FCS 483</td>
<td>Adult Education in Family Consumer Science (3)</td>
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<td>FCS 497/498</td>
<td>FN Internship (1-2)</td>
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**FAMILY LIFE AND CHILD DEVELOPMENT**

A minor with a focus in Family Life and Child Development is useful to a variety of students going into professions related to health and human services, especially those who will work with children and families. Students may choose any combination of 20 credits from the categories below for a minor. Other courses may be chosen with advisor approval. A minor in this area can enable students to become Certified Family Life Educators through National Council on Family Relations.

**Family Relations**

FCS 100 Personal and Family Living (3)
FCS 401 Family Life Development (3)
FCS 408 Family Life Dynamics (3)

**Parenting**

FCS 488 Parenting Education (3)

**Cultural Diversity (cultural diversity core course)**

FCS 400 Culturally Diverse Family Systems (3)

**Child/Human Development**

FCS 230 Child Care Psychology (3)
FCS 301 Lifespan Development (3)
FCS 416 Pre-School Child (2)
FCS 446 Lifespan Nutrition (3)

**Family-life Education**

FCS 311 Family Life and Sex Education (3)
FCS 482 Teaching Family Life/Parent Education* (2)
FCS 483 Adult Education in FCS* (2)

**Family Resource Management**

FCS 275 Consumers in the Economy* (3)
FCS 474 Residential Management for Families & Special Needs People* (4)
FCS 478 Family Finance (2)

**Family Law and Policy**

FCS 475 Family Policy* (2)

**FLCD Related**

FCS 101 Introduction to Family Consumer Science (3)
FCS 270 Family Housing (3)
FCS 496 Selected Topics (2-3)
FCS 303 Working with Families (2)

**Internship (may choose 3 hours 495 or 497)**

**CONSUMER STUDIES**

Professionals in this business related area usually work with people in professions such helping consumers get the best product or service for their money, advocating for a good availability of choices, resolving consumer complaints to achieve fair solutions, and helping consumers with a variety of money management issues.

**Core Course**

FCS 101 Introduction to Family Consumer Science (3)

**Consumer Related Courses**

FCS 375 Household Equipment (3)
FCS 275 Families in the Economy (3)
FCS 473 Consumer Protection (3)
FCS 474 Residential Mgmt. for Families and Special Needs People (4)
FCS 475 Family Policy (2)
FCS 478 Family Finance (2)

May count one of the following:

FCS 140 Introduction to Nutrition (3)
FCS 120 Clothing and People (2)
FCS 270 Family Housing (2)
FCS 303 Working with Families (2)
FCS 483 Adult Education in Family Consumer Science (2)
FCS 496 Topics (2-3)
FCS 498 Internship (1-3)

**Strongly Recommended Electives**

MRKT 310 Principles of Marketing (3)
MRKT 316 Consumer Behavior (3)

**COURSE DESCRIPTIONS**

FCS 100 (3) Personal & Family Living
Emphasizes individual growth and interpersonal relationships within our diverse society. Focuses on issues such as interpersonal communication, conflict resolution, mate selection, marriage and family issues, family strengths, stress and crises, parenting decision-making and parent-child relationships, resource management, and personal and family financial issues.

F,S GE-5

FCS 101 (3) Introduction to Family Consumer Science
An overview of the scope of family consumer sciences and the career potentials of the profession.

F,S

FCS 120 (2) Clothing and People
Relationship of clothing to people from cultural, social, psychological, economic and aesthetic perspectives.

F CD-Related

FCS 140 (3) Introduction to Nutrition
An introductory nutrition class which emphasizes the scientific method and natural science principles from biochemistry, physiology, chemistry, and other sciences to explain the relationships between food and its use by the human body for energy, regulation, structure, and optimal health.

F,S GE-3

FCS 150 (3) Food, Culture and You
Introduces students to basic food preparation and culinary techniques. Students look at different cultures and the roles of individuals and nations in a global context using food habits as a model.

F

FCS 220 (3) Introduction to Fashion Merchandising
Variable

FCS 221 (3) Apparel Design: Flat Pattern
Variable

FCS 230 (3) Child Care Psychology
Principles of psychology applied to child rearing.

FCS 240 (3) Nutrition I

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The science of six nutrient classes, including digestion through metabolism. Pre: Chemistry background F, S

FCS 252 (3) Food Service Systems I
Principles of food services operations related to menu planning, standardized recipes, production and service for profit and nonprofit settings. Includes the NRA ServSafe certification. F

FCS 270 (2) Family Housing
Physical, psychological, social, and managerial aspects of housing. Reciprocal relationship between housing and people. Guidelines and basic principles in planning for individual and family needs. S

FCS 275 (3) Consumers in the Economy
Economic decision making related to achieving maximum satisfaction from resources spent in the marketplace on housing, food, clothing, transportation, and other dimensions of the family. Basic information about the functions and responsibilities of the consumer, laws and agencies affecting consumer well-being and sources of help. F

FCS 280 (2) Orientation to Family Consumer Science Education
Nature and scope of family consumer science education as a professional career. Identification of personal competencies and interests. Presentation of varied teaching methods and techniques. S

FCS 281 (3) Aesthetic Applications in Family Consumer Science
Hands on applications of aesthetics in family consumer science using family consumer science computer software. Exploration of the historical, cultural, behavioral and technological influences on aesthetics within the context of family consumer science. Variable

FCS 301 (3) Lifespan Development
Study of the family from a historical perspective; in terms of the family system and the broader ecological system; in terms of stresses faced and coping responses. This course will address issues at each of the four life stages: infancy and early childhood; the school years; transition from school to adult life; and the adult years. F

FCS 303 (2) Working With Families
Study of the role of the family in the development of the young child. Provide teachers and care providers with knowledge and understanding of family systems and appropriate interactions with families. S

FCS 311 (3) Family Life and Sex Education
Explores biological, physiological, and sociological perspectives of human sexuality. The course examines personal and family relationships and addresses family life and sex education teaching methods for school and community settings. S

FCS 331 (3) Textiles and Clothing Construction
Principles and hands on application of textiles and clothing construction. Emphasis placed on consumer perspective and understanding basic construction skills for personal or home furnishings use. S

FCS 340 (4) Food Science
Study of why, how, and when physical and chemical phenomena occur during the preparation of food and its products. Includes discussion and laboratory experience demonstrating how preparation methods affect food quality, composition, and nutritive value.
physiological status.  
Pre: FCS 140 or 240 F,S

FCS 440 (3) Nutrition II  
An advanced nutrition course in the function and interaction of nutrients in  
metabolic processes. Contains a nutrition research component and research  
case study, focusing on metabolism in persons selected by the student.  
Pre: BIO 230, CHEM 111, FCS 240 S

FCS 442 (3) Clinical Dietetics I  
The role and influence of dietetics in society, nutritional assessment and care  
plans, dietetic principles applied to normal and malnourished states. Case-  
based approach.  
Pre: FCS 440; HLTH 321 F

FCS 444 (3) Experimental Food Science  
Food quality, safety, formulation, processing, preservation, and biotechnology are  
examined. Original food science experiments are planned, executed, interpreted,  
and presented using appropriate scientific techniques.  
Pre: FCS 340; HLTH 475, (or STAT 154) S

FCS 445 (2) Food Preservation  
Principles of and laboratory experience in food preservation by drying, freezing,  
canning, pickling, and jelly making.  
Variable

FCS 446 (3) Lifespan Nutrition  
Study of nutritional needs of pregnancy, infancy, childhood, and adulthood.  
Experience in group dynamics in providing nutritional education to a target  
population.  
Pre: FCS 140 or 240 F

FCS 448 (3) Clinical Dietetics II  
The pathophysiological, nutrient assessment, planning and counseling aspects  
of biliary, surgical, endocrine, cardiovascular and renal conditions. Case-based  
approach.  
Pre: FCS 442 S

FCS 451 (2) Integrating Service Values  
This course will provide the theoretical and practical foundations for integrat-  
ing service-learning values into foods management practice.

FCS 452 (3) Integrating Foodservice Software Into Practice  
This course will provide the theoretical and practical foundations for integrat-  
ing current technologies into foods management practice.

FCS 454 (3) Sensory Evaluation and Food Product Development  
Principles of sensory evaluation and application of those principles and other  
food science by selecting, planning, conducting, and reporting on a food  
product development project. S

FCS 472 (2) Residential Management  
An in-depth exploration into planning and managing a variety of residential  
property facilities. Specifically addresses employment as a manager of such  
properties.  
Pre: FCS 270 and 370 Variable

FCS 473 (3) Consumer Protection  
Emphasizes the analyses and assessment of the effectiveness of consumer  
protection efforts. Emphasis will be placed on government laws, regulations,  
and agencies at the federal, state and local levels.  
Variable

FCS 474 (4) Residential Management for Families and Special Needs People  
The system approach to analyzing family situations to make decisions and  
correlate resources in the resolution of family managerial problems. Emphasis  
on the application of managerial skills to lifestyle situations: young-families,  
elderly, special needs, singles and low income.  

FCS 475 (2) Family Policy  
An examination and analysis of the impact of law and public policy on family  
life.  
S

FCS 478 (2) Family Finance  
Introduce students to the how’s and why’s of family financial management  
to reduce mistakes made in successfully managing financial aspects of life.  
For non-business majors.  
Variable

FCS 482 (2) Teaching Family Life/Parenting Education  
An examination of teaching strategies and methods of evaluation. Preparation of  
appropriate lesson plans.  
F

FCS 483 (2) Adult Education in Family Consumer Science  
Philosophy and objectives of adult education in family consumer sciences  
with emphasis on informal teaching-learning environments; procedures  
for planning and developing programs; and learning experiences with the  
adult learner.  
F and S

FCS 484 (4) Program Development in Family Consumer Science  
Philosophy, scope, and administration of programs for youth of varied abilities,  
interests and socioeconomic levels. Curriculum development and evaluation  
processes.  
F

FCS 487 (1-3) Topic: Family Consumer Science Education  
Current issues and/or research findings to be announced as offered. May be  
repeated.  
Variable

FCS 488 (3) Parenting Education  
A systems perspective on parent-child relationships. This course covers parent-  
child issues during the stages of human development. It also focuses on special  
needs children and families, cross-cultural issues and family violence. Emphasis  
is on research and theory and parenting education strategies.  
F

FCS 490 (1-3) Workshop  
Workshop topics vary as announced in class schedule. May be repeated.  
Variable

FCS 491 (1-4) In-Service  
May be repeated on each new topic.  
Variable

FCS 492 (2) Dietetics Seminar  
Preparation for advancement in a career as a registered dietitian, including a  
first draft of the dietetic internship application.  
Pre: Graduation by the following May to December; FCS 498 or concurrent F

FCS 495 (3-4) Intern: Early Child Family  
A scheduled work assignment that will include on-site experiences with parents  
in early childhood family education.  
F,S

FCS 496 (2-3) Selected Topics: FLCD  
Topics announced as offered. May be repeated.  
Variable
FAMILY CONSUMER SCIENCE

FCS 497 (1-6) Internship
A scheduled work assignment with supervision in private business, industry, and government agency appropriate to each area of concentration.
Pre: Consent F, S

FCS 498 (1-6) Undergraduate Internship
A scheduled work assignment with supervision in private business, industry, and government agency appropriate to each area of concentration.
Pre: Consent F, S

FCS 499 (1-4) Individual Study
Arranged with the instructor.
Pre: Consent F, S