FAMILY CONSUMER SCIENCE, BS

Required for Major (Core, 3 credits). This core is required for all options.

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 programs and/or related employment.

A student who chooses to become a Registered Dietitian (RD) upon graduation from Minnesota State Mankato will also need to:

a. Meet published requirements to receive a Verification Form from the Dietetics Director.
b. Apply, be accepted and complete a supervised practice program (Dietetic Internship).
c. Pass a national registration examination.

Minnesota State Mankato faculty are committed to positioning majors for successful transition from Minnesota State Mankato to Dietetic 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 (DPD) of the American Dietetic Association (ADA), is accredited by the Commission for Accreditation for Dietetics Education of the ADA, 120 South Riverside Plaza, Suite 2000 (800-877-1600).

Preparatory Requirements

Full admission to the Department and major requires:

- a minimum of 32 earned semester credit hours.
- a minimum cumulative GPA of 2.5 ("C").

Contact the department for application procedures.

GPA Policy. All 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.

Major Common Core

FCS 101 Introduction to Family Consumer Science (3)

Major Emphasis: Dietetics (2 credits from FCS 497 required)

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 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 and Technical Education in Family Consumer Science (2)
FCS 492 Dietetics Seminar (2)
FCS 497 Internship (1-6)

Child Development and Family Studies Option

This option helps prepare students to work with children, adults and families in a variety of human services, educational and community settings.

Required General Education

FCS 100 Personal and Family Living (3)

Major Common Core

FCS 101 Introduction to Family Consumer Science (3)

Major Restricted Electives (Choose 6 credits)

FCS 120 Clothing and People (2)
FCS 140 Introduction to Nutrition (3)
FCS 150 Food, Culture and You (3)
FCS 280 Orientation to Family Consumer Science Education (2)
FCS 331 Textiles and Clothing Construction (3)
FCS 473 Consumer Protection (3)
Child Development and Family Studies (Choose 18 credits)
FCS 230 Child Care Psychology (3)
FCS 270 Family Housing (2)
FCS 402 Play and Child Development (3)
FCS 403 Parents and Peers and Adolescent Development (3)
FCS 446 Lifespan Nutrition (3)
FCS 474 Residential Management for Families & Special Needs People (4)
FCS 478 Family Finance (2)
FCS 483 Adult Education in Family Consumer Science (2)
FCS 484 Program Development in Family Consumer Science (4)
FCS 495 Intern: Early Child Family (3-4)
FCS 496 Selected Topics: FLCD
FCS 497 Internship (1-6)
FCS 498 Undergraduate Internship (1-6)

Major Emphasis: Child Development and Family Studies
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 414 Family Policy and Ethics (3)
FCS 482 Teaching Family Life/Parent Education (2)
FCS 488 Parenting Education (3)
FCS 496 Selected Topics: FLCD (2-3)

FLCD Options (choose 13-16 credits)
FCS 303 Working with Families (2)
FCS 408 Family Life Dynamics (3)
FCS 416 Pre-School Child (2)
FCS 446 Lifespan Nutrition (3)
FCS 474 Residential Mgmt. for Families and Special Needs People (4)
FCS 478 Family Finance (2)
FCS 483 Adult and Technical Education in Family Consumer Science (2)
FCS 496 Selected Topics: FLCD (2-3)

Minor
Choose 16-36 credits from any minor - any discipline 100-499

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 Child Development and Family Studies 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 health promotion wellness, food service, 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 Core (3 credits)
FCS 101 Introduction to Family Consumer Science (3)

Required for Major (33 credits)
FCS 150 Food, Culture and You (3)
FCS 240 Nutrition I (3)
FCS 340 Food Science (4)
FCS 440 Nutrition II (3)

FCS 444 Experimental Food Science (3)
FCS 446 Lifespan Nutrition (3)
(Choose a minimum of 2 credits from the following)
FCS 497 Internship (1-6)
FCS 498 Undergraduate Internship (1-6)

Required Support Courses Choose a minimum of 12 credits (6 credits must be from FCS) from the following*:
BIOL 270 Microbiology (4)
BIOL 478 Food Microbiology and Sanitation (4)
FCS 252 Food Service Systems I (3)
FCS 275 Consumers in the Economy (3)
FCS 342 Food Production Management (3)
FCS 350 Food Service Systems II (3)
FCS 420 Nutrition Assessment (3)
FCS 439 Nutrition for Physical Activity and Sport (3)
FCS 442 Clinical Dietetics I (3)
FCS 454 Sensory Evaluation and Food Product Development (3)
FCS 473 Consumer Protection (3)
FCS 478 Family Finance (2)
FCS 483 Adult and Technical Education in Family Consumer Science (2)
HLTH 260 Introduction to Health Education (4)
HLTH 475 Biostatistics (3)

Non-FCS Required Courses (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 Electives* (25 credits)
Consult with your advisor for selection of electives

Gen. Ed. (44 credits)

Required Minor: None.

*Please note that at least 42 of the required and elective credits must be at 300-400 level.

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 and Technical Education in Family Consumer Science (2)
FCS 484 Program Development in Family Consumer Science (4)
FCS 488 Parenting Education (3)

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FAMILY CONSUMER SCIENCE

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 or other courses approved by advisor. 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)

- FCS 100 Personal and Family Living (3)
- FCS 101 Introduction to Family Consumer Science (3)
- FCS 252 Food Service Systems I (3)
- FCS 275 Consumers in the Economy (3)
- FCS 301 Lifespan Development (3)
- FCS 303 Working with Families (2)
- FCS 350 Food Service Systems II (3)
- FCS 400 Culturally Diverse Family Systems (3)
- FCS 401 Family Life Development (3)
- FCS 408 Family Life Dynamics (3)
- FCS 436 Nutrition in Exercise and Sport (3)
- FCS 444 Experimental Food Science (3)
- FCS 445 Food Preservation (2)
- FCS 475 Family Policy (2)
- FCS 483 Adult Education in Family Consumer Science (2)
- FCS 488 Parenting Education (3)

CHILID DEVELOPMENT AND FAMILY STUDIES

A minor with a focus in Child Development and Family Studies 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 FCS 495 or FCS 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 376 Household Equipment (3)
- FCS 275 Families in the Economy (3)
- FCS 473 Consumer Protection (3)
- FCS 474 Residential Mgmt. for Families & 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.

Fall, Spring

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.

Fall, Spring

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

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.
Fall, Spring
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.
Spring

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

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.
Fall

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.
Spring

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.
Fall

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.
Spring

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 four life stages: infancy and early childhood; the school years; transition from school to adult life; and the adult years.
Fall

FCS 303 (3) 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. Students will participate in a service learning activity.
Fall, Spring

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.
Spring

FCS 313 (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.
Spring

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.
Pre: FCS 150
Fall

FCS 342 (3) Food Production Management
Planning, preparing and serving meals with emphasis on effective management, nutritive needs, purchasing, and equipment. Includes quantity food service laboratory.
Pre: FCS 252, FCS 340, FCS 350
Spring

FCS 350 (3) Food Service Systems II
Principles of food services management related to budgeting, food safety and operational sanitation, analysis and control of quality and quantity in institutional and public food service operations.
Pre: FCS 252
Spring

FCS 370 (3) Housing and Lifestyle
Issues in lifestyle housing, e.g. aging, children, special needs, low income, head of family, and single person households. Study of housing types and designs including solar and earth sheltered. Constraints, deficiencies and evaluation of housing issues.
Pre: FCS 270
Variable

FCS 376 (2) Household Equipment

FCS 400 (3) Culturally Diverse Family Systems
An analysis of culturally diverse family systems in America; emphasis on relationships within the family and with the larger community across the family life cycle.
Fall
Diverse Cultures - Purple

FCS 401 (3) Family Life Development
The course is a study of development through the family life cycle. Emphasis on developmental interaction and systems theory.
Spring
### FCS 402 (3) Play and Child Development
An examination of the important role that play has in the cognitive, emotional, physical, and social development of the child from birth to adolescence. 
**Summer**

### FCS 403 (3) Parents and Peers and Adolescent Development
Examination of how adolescents' development are affected by their relationships with their parents and with their peers. 
**Spring**

### FCS 408 (3) Family Life Dynamics
Same as SOC 408. 
**Spring**

### FCS 414 (3) Family Policy and Ethics
An examination, analysis, and application of the impact of law, public policy, and ethical principles on family life. 
**Spring**

### FCS 415 (1-2) Student Organization
The teacher-coordinator's role as a vocational club advisor. 
**Variable**

### FCS 416 (2) Pre-School Child
Study of preschool child by observation and participation in nursery school setting. 
**Variable**

### FCS 420 (3) Nutrition Assessment
In-depth study and practice of Nutrition assessment techniques including dietary histories, anthropometrics, physical signs and symptoms, and laboratory interpretation in various age groups and conditions. Students will use findings to determine nutritional needs and make nutritional diagnoses. 
**Pre: FCS 240** 
**Spring**

### FCS 436 (3) Historic Costume
**Variable**

### FCS 437 (1-3) Topic: Textiles and Clothing
Topics of current interest. May be repeated. 
**Variable**

### FCS 438 (3) Merchandising Seminar
**Variable**

### FCS 439 (3) Nutrition for Physical Activity and Sport
Provides in-depth exploration of the dietary needs of physically active individuals across the lifespan. Its laboratory component will focus on performance and interpretation of assessments commonly used to determine dietary and physiological status. 
**Pre: FCS 140 or FCS 240** 
**Fall, Spring**

### FCS 440 (3) Nutrition II
An advanced nutrition course in human metabolism, emphasizing the function and interaction of nutrients in metabolic and physiologic processes. A grade of "C" must be attained in CHEM 111 and BIOL 230 before taking this course. 
**Pre: BIOL 230, CHEM 111, FCS 240** 
**Spring**

### 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** 
**Fall**

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

### 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 FCS 240** 
**Fall**

### 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** 
**Spring**

### FCS 451 (2) Integrating Service Values
This course will provide the theoretical and practical foundations for integrating 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 integrating 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. 
**Spring**

### 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 FCS 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. 
**Variable**

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

### FCS 476 (1) Ethical Principles for Family-Life Professionals
An examination, analysis and application of ethical principles for family-life professionals. 
**Spring**
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
Analyze issues and concerns related to family life education. Investigate teaching strategies and methods of evaluation. Preparation of appropriate lesson plans.
Fall

FCS 483 (2) Adult and Technical 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.
Fall, Spring

FCS 484 (4) Program Development in Family Consumer Science
Philosophy, scope/sequence, curriculum, evaluation and administration of family consumer science educational programs for youth of varied abilities, interests, and socioeconomics levels. 12 hour program clinical required.
Fall

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 relationship. 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.
Fall

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
Fall

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.
Fall, Spring

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

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
Fall, Spring

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
Fall, Spring

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