FAMILY CONSUMER SCIENCE BS AND MINOR

Family Consumer Science

College of Allied Health & Nursing
Department of Family Consumer Science
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Website: http://ahn.mnsu.edu/fcs/

Chair: Heather Von Bank
Faculty: David Bissonnette, Joye Bond, Jill Conlon, Jae Min Lee, Dan Moen, Maureen (Molly) Timlin

Accreditation. Academy of Nutrition and Dietetics (ACEND); National Council on Family Relations (NCFR); Council for the Accreditation of Educator Preparation (CAEP) and MN Board of Teaching (BOT)

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 family and consumer sciences education, child development and family studies, and food and nutrition.

FAMILY CONSUMER SCIENCE BS
Degree completion = 120 credits

Required for Major [Option]. Select one of the following options to correspond with personal and professional objectives:

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 & Family Living (3)

Major Common Core
FCS 101 Introduction to Family Consumer Science (3)

Major Restricted Electives
Family Consumer Science Electives
(choose 6 credits from the following FCS courses)
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 Clothing Construction and Textiles (4)
FCS 473 Consumer Protection (3)

Child Development and Family Studies Electives
(choose 18 credits from the following)
FCS 260 Child Health, Safety, and Nutrition (3)
FCS 270 Family Housing (3)
FCS 360 Romantic Relationships (3)
FCS 402 Play and Child Development (3)
FCS 403 Parents and Peers and Adolescent Development (3)
FCS 446 Lifespan Nutrition (3)
FCS 474 Community Resources and Family Support (3)
FCS 478 Family Finance (3)
FCS 483 Adult and Technical Education in Family Consumer Science (3)
FCS 494 Family Life Education Practicum (1-3)
FCS 495 Intern: Early Child Family (3-4)
FCS 496 Selected Topics: CDFS (2-3)
FCS 497 Internship (1-6)
FCS 498 Undergraduate Internship (1-6)
FCS 499 Individual Study (1-6)
PSYC 230 Child Care Psychology (3)

Minor
Choose 16-36 credits from any minor

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 a CDFS 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.

DIETETICS OPTION

The Dietetics Option* promotes growth among students wanting to become competent dietetics professionals by providing the highest practicable quality advisement, academic, real-life and interactive experiences, and by developing competence and confidence to advance after graduation to Dietetics Internship, graduate programs and/or related employment. A student who chooses to become a Registered Dietitian Nutritionist (RDN) 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 (Dietetic Internship).
- Pass a national registration examination.

* The Dietetics Option, a Didactic Program in Dietetics (DPD) is accredited by the Accreditation Council for Education in Nutrition and Dietetics, the accrediting agency of the Academy of Nutrition and Dietetics. Academy of Nutrition and Dietetics 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606. (800-877-1600 ext. 5400) www.eatright.org/ACEND

Required General Education
BIOL 100 Microbiology (4)
CHEM 106 Chemistry of Life Process I (General) (3)
ENG 101 Composition (4)
IT 100 Introduction to Computing and Applications (4)
MATH 112 College Algebra (4)
SOC 101 Introduction to Sociology (3)
(choose 3 credits)
CMST 100 Fundamentals of Communication (3)
CMST 102 Public Speaking (3)
(choose 3 credits)
ETHN 101 Introduction to Multicultural & Ethnic Studies (3)
ETHN 150 Multi-Cultural/Ethnic Experience (3)

Prerequisites to the Major
Biol 220 Human Anatomy (4)
BIOI 330 Principles of Human Physiology (4)
CHEM 111 Chemistry of Life Process Part II (Organic & Biochemistry) (5)
ENG 271W Technical Communication (4)
HLTH 321 Medical Terminology (3)
HLTH 475 Biostatistics (3)
HLTH 477 Behavior Change Foundations and Strategies (3)
PSYC 101 Introduction to Psychological Science (4)

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 242 Nutrition for Healthcare Professionals (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 Medical Nutrition Therapy I (3)
FCS 444 Experimental Food Science (3)
FCS 446 Lifespan Nutrition (3)
FCS 447 Food Policy (3)
FCS 448 Medical Nutrition Therapy II (3)
FCS 483 Adult and Technical Education in Family Consumer Science (3)
FCS 492 Dietetics Seminar (2)
FCS 497 Internship (1-6)

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.

Required General Education
CHEM 106 Chemistry of Life Process Part I (General) (3)
CHEM 111 Chemistry of Life Process Part II (Organic & Biochemistry) (5)
ENG 271W Technical Communication (4)
FCS 140 Introduction to Nutrition (3)

Prerequisites to the Major
Biol 220 Human Anatomy (4)
BIOI 330 Principles of Human Physiology (4)
HLTH 475 Biostatistics (3)

Major Common Core
FCS 101 Introduction to Family Consumer Science (3)

Major Unrestricted Electives
(choose 8 credits; at least 3 credits must be from 3-400 level courses)
Biol 270 Microbiology (4)
BIOI 478 Food Microbiology and Sanitation (4)
FCS 100 Personal & Family Living (3)
FCS 275 Consumers in the Economy (3)
FCS 400 Culturally Diverse Family Systems (3)
FCS 417 Principles of Wellness Coaching (3)
FCS 439 Nutrition for Physical Activity and Sport (3)
FCS 473 Consumer Protection (3)
HLTH 210 First Aid & CPR (3)
HLTH 212 Consumer Health (3)
HLTH 260 Introduction to Health Education (3)
HLTH 315 Holistic Health and Wellness (3)
HLTH 321 Medical Terminology (3)

HLTH 361W Health Communication and Advocacy (4)
HLTH 380V Health Education Planning, Implementing, and Evaluating I (3)
HLTH 400 Women's Health (3)
HLTH 410 Current Health Issues (3)
HLTH 450 Environmental Health (3)
HLTH 451 Emotional Health and Stress (3)
HLTH 454 Chronic and Infectious Diseases (3)
HLTH 455 Health and Aging (3)
HLTH 460 Introduction to Epidemiology (3)
HLTH 465 Health Care Delivery in the United States (3)
HLTH 467 Public Health Law (3)
HLTH 480 Health Education Planning, Implementing and Evaluating 2 (3)
HLTH 481 Community Organizing for Health (3)
HLTH 488 Worksite Health Promotion (3)
HP 348 Structural Kinesiology and Biomechanics (3)
HP 414 Physiology of Exercise (3)
HP 465 Legal Aspects of Physical Education and Sport (3)
HP 466 Graded Exercise Testing and Exercise Prescription (3)

Major Emphasis: Foods and Nutrition
FCS 150 Food, Culture and You (3)
FCS 242 Nutrition for Healthcare Professionals (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 444 Experimental Food Science (3)
FCS 446 Lifespan Nutrition (3)
FCS 447 Food Policy (3)
FCS 483 Adult & Technical Education in Family Consumer Science (3)
FCS 497 Internship (1-6)

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.

Core
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.

 Restricted Electives

FOOD AND NUTRITION EMPHASIS
Students majoring in Nursing, Human Performance, Dental Hygiene, Food Science technology, Health Science, or other similar majors can benefit from a Food and Nutrition Minor.

Required Courses
FCS 140 Introduction to Nutrition (3)
FCS 150 Food, Culture and You (3)
FCS 242 Nutrition for Healthcare Professionals (3)
FCS 420 Nutrition Assessment (3)
FCS 440 Nutrition II (3)
FCS 446 Lifespan Nutrition (3)

Electives
Choose 2 Credit(s).

FCS 300 - 499 Choose 2 credits from any 300-400 level FCS courses.
**FAMILY CONSUMER SCIENCE CONTINUED**

**CHILD DEVELOPMENT AND FAMILY STUDIES EMPHASIS**
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 list of courses 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.

**Electives Choose 20 Credits**
- FCS 100 Personal & Family Living (3)
- FCS 101 Introduction to Family Consumer Science (3)
- FCS 270 Family Housing (3)
- FCS 275 Consumers in the Economy (3)
- FCS 301 Lifespan Development (3)
- FCS 303 Working With Families (3)
- FCS 360 Romantic Relationships (3)
- FCS 400 Culturally Diverse Family Systems (3)
- FCS 401 Family Life Development (5)
- FCS 402 Play and Child Development (3)
- FCS 403 Parents and Peers and Adolescent Development (3)
- FCS 414W Family Policy and Ethics (3)
- FCS 446 Lifespan Nutrition (3)
- FCS 474 Community Resources and Family Support (3)
- FCS 478 Family Finance (3)
- FCS 482 Teaching Family Life/Parenting Education (3)
- FCS 483 Adult and Technical Education in Family Consumer Science (3)
- FCS 488 Parenting Education (3)
- FCS 494 Family Life Education Practicum (1-3)
- FCS 496 Selected Topics: FLCD (2-3)
- FCS 497 Internship (1-6)
- HTH 311 Family Life & Sex Education (3)
- PSYC 230 Child Care Psychology (3)

**CONSUMER STUDIES EMPHASIS**
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**
- FCS 101 Introduction to Family Consumer Science (3)

**Consumer-Related Courses (Required)**
- FCS 275 Consumers in the Economy (3)
- FCS 414W Family Policy and Ethics (3)
- FCS 473 Consumer Protection (3)
- FCS 474 Community Resources and Family Support (3)
- FCS 478 Family Finance (3)

**Consumer Elective Course**
Choose 2 - 3 Credits
**Select One Course**
- FCS 120 Clothing and People (2)
- FCS 140 Introduction to Nutrition (3)
- FCS 270 Family Housing (3)
- FCS 303 Working With Families (3)
- FCS 483 Adult and Technical Education in Family Consumer Science (3)
- FCS 496 Selected Topics: FLCD (2-3)
- FCS 498 Undergraduate Internship (1-6)

**Strongly Recommended Electives**
- MRKT 210 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-3**

**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

**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 non-lab**

**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.
Fall, Spring

**FCS 242 (3) Nutrition for Healthcare Professionals**
The science of six nutrition classes, including digestion through metabolism, and application of nutrition knowledge to clinical care, including weight control and common chronic conditions requiring nutrition therapy.
Prerequisite: BIOL 220, CHEM 106 or CHEM 111
Fall

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

**FCS 260 (3) Child Health, Safety, and Nutrition**
This course will provide students with knowledge of appropriate health, safety, and nutrition practices implemented in developmentally appropriate educational programs for children ages birth through eight years. Emphasis includes childhood acute and chronic illness, social, emotional and environmental health, health appraisals, health practices, safety promotion and first aid.
Summer

**FCS 270 (3) Family Housing**
Curriculum development, implementation, and administration of family consumer science educational programs for youth of varied abilities, interests, and socioeconomic levels. 12 hour program clinical required. For FCS Education majors only; unless permission from instructor.
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 284 (3) Foundations of FCS Education**
Nature and scope of Family and Consumer Sciences (FCS) education for grades 5-12. Principles and application of traditional, career/technical and critical science. FCS Education perspectives studied. Presentation of varied FCS teaching methods and techniques.
Alt-Fall
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 331 (4) Clothing Construction and Textiles
Introduction to principles and hands-on application of construction techniques for clothing and home furnishings. Emphasis on terminology, equipment, application and practice of sewing skills. Emphasis on consumer aspect of textiles and applications. Student projects will be aligned with sewing skills and experience.
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.
Prerequisite: 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.
Prerequisite: 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.
Prerequisite: FCS 252
Spring

FCS 360 (3) Romantic Relationships
This course is an in-depth examination and discussion of the many complex dynamics that make up romantic relationships. A diverse set of relationship topics are covered, including attachment, intimacy building and conflict-diffusing strategies. Open discussion, critical thought, and application are encouraged via classroom and online opportunities.
Summer [On Demand]

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

FCS 417 (3) Principles of Wellness Coaching
This course contains content associated with challenging entry-level certifications for wellness coaching. Health behavior change strategies are emphasized within the context of the health coaching theory, coaching relationship skills, wellness assessment, and goal setting.
Fall, Spring

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.
Prerequisite: FCS 242
Spring

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.
Prerequisite: FCS 140 or FCS 242
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 330 before taking this course.
Prerequisite: BIOL 330, CHEM 111, FCS 242
Spring

FCS 442 (3) Medical Nutrition Therapy 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.
Prerequisite: FCS 420, 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.
Prerequisite: ENG 271W, FCS 340, HLTH 475
Spring

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.
Prerequisite: FCS 140 or FCS 242
Fall

FCS 447 (3) Food Policy
The development, establishment, and execution of personal, local, federal and global food issues are studied. A previous nutrition course is not required. Graduate students, with the instructor, will develop an additional project, relating the student's major interest to food policy.
Prerequisite: FCS 242 and FCS 340
Spring and Summer

FCS 448 (3) Medical Nutrition Therapy II
The pathophysiological, nutrient assessment, planning and counseling aspects of biliary, surgical, endocrine, cardiovascular and renal conditions. Case-based approach.
Prerequisite: FCS 442
Spring

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 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 (3) Community Resources and Family Support
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, older adults, special needs, singles, and low income.
Spring

FCS 478 (3) 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 (3) Family Life 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 (3) Adult and Technical Education in Family Consumer Science
Study of the philosophy, objectives, and implementation of adult and technical education for family consumer science professionals. Emphasis is placed on the knowledge and skills which are necessary for the process and preparation of delivering effective leader-led individual and group learning with concentration on methods, tools, and techniques employed in facilitating adult learning.
Fall, Spring

FCS 484 (3) 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, Spring

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.
Prerequisite: Graduation by the following May to December; FCS 497 or concurrent
Fall

FCS 494 (1-3) Family Life Education Practicum
A scheduled, supervised work assignment that includes preparation and delivery of family life education materials within a community/organizational/corporate setting.
Fall, Spring, Summer

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: CDFS
Topics announced as offered. May be repeated.

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

FCS 499 (1-6) Individual Study
Arranged with the instructor.
Prerequisite: Consent
Fall, Spring