

## 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](http://www.mnsu.edu/dept/fcs)

Chair: Kelley Brigman

Joye Bond, Jill Conlon, Susan Fredstrom, Betty Young

The focus 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 life and child development, and food and nutrition.

**Declaring and 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):

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 MSU, 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 MSU 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.

MSU faculty are committed to positioning majors for successful transition from MSU 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, 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 Experience (3) OR
ETHN	101	Introduction to Ethnic Studies (3)
MATH	112	College Algebra (4)
POL	103	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)

#### General Education Electives (17 credits)

#### Required Support Courses (39 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)
MGMT	330	Principles of Management (3) OR
MGMT	440	Human Resource Management (3)
PSYC	207	Introduction to Behavior Analysis (4)
PSYC	476	Behavior Therapy (3)

#### Required Professional Courses (42 credits):

FCS	240	Nutrition I (3)
FCS	440	Nutrition II (3)
FCS	442	Clinical Dietetics I (3)
FCS	448	Clinical Dietetics II (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	444	Experimental Food Science (3)
FCS	301	Life-span Development (3)
FCS	446	Life-span Nutrition (3)
FCS	483	Adult Education (2)
FCS	492	Dietetics Seminar (1)
FCS	498	Undergraduate Internship (2)

#### Major Electives (3 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	Life-span 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)
FCS	496	Selected Topics (2-3)

#### FLCD Options (choose 13-16 credits):

FCS 230 Child Care Psychology (3)

- FCS 303 Working with Families (2)
- FCS 408 Family Life Dynamics (3)
- FCS 416 Pre-School Child (2)
- FCS 446 Life-span Nutrition (3)
- FCS 474 Resource Management for Families and Special Needs People (4)
- FCS 478 Family Finance (2)
- FCS 483 Adult Education in FCS (2)
- FCS 496 Selected Topics (2-3)

## Internship (0-6 credits)

- FCS 497 Internship (1-6)
- FCS 495 Internship (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. PSYC 201 Statistics of 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 (3) 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 110 (3) Sensitivity Disability.

Students may take 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. MSU 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); public relations, marketing or sales in business and industry (such as grocers, or with public utilities and government agencies), 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 (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 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 FCS Education (2)
- FCS 301 Life-span 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 Resource Management for Families and Special Needs People (4)
- FCS 482 Teaching Family Life/Parent Education (2)
- FCS 483 Adult Education in FCS (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

A minor in FCS requires 20 semester credits of courses approved by a FCS advisor. Students may select a minor in a specific content area such as family life and child development, foods and nutrition, or consumer studies. Students may also select a more general minor including FCS courses from more than one area.

## 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

## Family Consumer Science

### 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 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 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 of odd numbered years.

### 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 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.

F

### 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, 340, 350 S

### 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 S

### 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.

F

CD-Core

### 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.

S

### FCS 408 (3) Family Life Dynamics

Same as SOC 408.

### 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	protection efforts. Emphasis will be placed on government laws, regulations, and agencies at the federal, state and local levels.
FCS 436 (3) Historic Costume Variable	Variable
FCS 437 (1-3) Topic: Textiles and Clothing Topics of current interest. May be repeated. 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. S CD-Core
FCS 438 (3) Merchandising Seminar Variable	FCS 475 (2) Family Policy An examination and analysis of the impact of law and public policy on family life. S
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 240 F,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 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 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. F
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 or concurrent 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 teaching experiences with the adult learner. F and S of even numbered years
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) 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 procedures. F
FCS 445 (2) Food Preservation Principles of and laboratory experience in food preservation by drying, freezing, canning, pickling, and jelly making. Variable	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 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 or consent F	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. 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; CSP 471 and PSYC 476 or concurrent S	FCS 490 (1-3) Workshop Workshop topics vary as announced in class schedule. May be repeated. Variable
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 491 (1-4) In-Service May be repeated on each new topic. Variable
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 492 (1) 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 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 495 (3-4) Intern: Early Child Family A scheduled work assignment that will include on-site experiences with
FCS 473 (3) Consumer Protection Emphasizes the analyses and assessment of the effectiveness of consumer	

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## Family Consumer Science

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parents in early childhood family education.  
F, S

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 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

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