

# FAMILY AND CONSUMER SCIENCES

## *Objectives*

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- To instill a knowledge of the role and significance of social, economic, and political influences on human life;
- To provide students with the understanding of the development of personal and interpersonal skills for successful personal, professional, and family life; multicultural relations; and individual values;
- To educate students in the comprehension of physical, emotional and social development in the successive stages of life;
- To prepare students for graduate school or a profession in education, business, industry, service agencies, and non-profit organizations.

## *Tradition of Excellence...*

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The Department of Family and Consumer Sciences emphasizes the many dimensions of human functioning and the importance of studying all its aspects. The department seeks to provide students with preparation for service and leadership in professions with strong family and consumer sciences skills to enhance the optimum well-being of families, individuals, and communities. The faculty is committed to developing and maintaining a close relationship with the students in the department.

Point Loma is one of a few small, private colleges in California to offer Family Life Services and concentrations in Family and Consumer Sciences, Fashion Merchandising, and Housing and Interior Environments. Additionally, Child Development majors receive the added benefit of an on-site laboratory pre-school. These offerings, combined with the faculty's dedication to being involved in students' lives, provide students with excellent opportunities to move into challenging graduate programs or their chosen profession.

Kay Wilder, Ed.D., Chair | Evans Hall | 619.849.2270

## *Step Into Your Future...*

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The Department of Family and Consumer Sciences prepares students for careers in business, industry, public and private agencies, schools, and institutions that provide goods, services, education, and information to consumers and families. Many students have become teachers, school administrators, social service agents, family/adult educators, manufacturer's representatives, fashion directors, interior consultants/coordinators, community service agents, nutrition educators, and healthcare specialists.

## *Major and Minors*

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### *Majors*

- Child Development
- Consumer and Environmental Sciences
  - Housing and Interior Environments
  - Family and Consumer Sciences
  - Fashion Merchandising
- Family Life Services
- Nutrition and Food
  - Food Service Management
  - Nutrition and Health
  - Pre-Dietetics

### *Minors*

- Child Development
- Nutrition

## *Faculty*

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Sandra Bolerjack Foster, M.S., C.F.C.S.  
*Texas Technological University*

Kathleen Waite, M.A.  
*Point Loma Nazarene College*

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*"The mission of family and consumer sciences is to improve individual, family and community well being; impact the development, delivery and evaluation of consumer goods and services; influence the development of policy; and shape societal change thereby enhancing the human condition."*

*The Department of*

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## Child Development *Major*

### LOWER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
FCS 120	Intro to Child Development	4
FCS 150	Human Development	3
FCS 230	Personal Resource Management	2
PSY 103	General Psychology	3
TOTAL		12

### UPPER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
FCS 305	Lifecycle Nutrition	4
FCS 315	Personal, Family and Community Health	3
FCS 385	Family and Parenting	2
FCS 420	Child Development in the Family and Community	4
FCS 425	Child Nutrition	4
FCS 497	Family and Consumer Sciences Senior Seminar	2
EDU 430	Psychology of the Exceptional Child	3
LIT 325	Children's Literature	3
PSY 321	Abnormal Psychology	3
<i>Select 12 upper-division units from:</i>		
FCS 310	Early Childhood Education	4
FCS 460	Administration and Supervision in Early Childhood Education	4
FCS 470	Practicum in Child Development	3
FCS 475	Child Development Internship	2-4
ART 317	Art Education in the Classroom I	OR
ART 318	Art Education in the Classroom II	3
EDU 400	Multicultural Education	3
MUT 110	Fundamentals of Music	2
<b>AND</b>		
MUE 341	Music Skills for the Elementary Classroom Teacher	2
PED 308	Physical Education for Children	3
PSY 305	Developmental Psychology-Child	3
PSY 306	Developmental Psychology-Adolescence	3
PSY 307	Developmental Psychology-Adulthood and Aging	3
PSY 409	Psychology of Cognition and Learning	4
SWK 340	Child Welfare	3
TOTAL		52

*Note: Students must be fingerprinted through community care licensing to obtain Child Abuse Central Index Clearance.*

*Note: Students graduating with a Child Development major may qualify for the "Child Development Site Supervisor" permit with the California Commission on Teacher Credentialing.*

## Consumer and Environmental Sciences

*Major*

### Concentration in Family and Consumer Sciences

#### LOWER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
FCS 105	Apparel Construction	2
FCS 110	Fundamentals of Food	2
FCS 115	Fundamentals of Interior Design	2
FCS 120	Intro to Child Development	4
FCS 130	Fashion Industry	2
FCS 150	Human Development	3
FCS 220	Problems of Family Housing	2
FCS 230	Personal Resource Management	2
CHE 101	Chemistry and Society	4
SOC 250	Sociology of the Family	3
TOTAL		26

#### UPPER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
FCS 305	Lifecycle Nutrition	4
FCS 315	Personal, Family and Community Health	3
FCS 320	Advanced Housing Environments	2
FCS 350	Consumer Economics	2
FCS 370	Apparel in Human Behavior and Culture	2
FCS 385	Family and Parenting	2
FCS 480	Family and Consumer Sciences Internship	2-4
FCS 497	Family and Consumer Sciences Senior Seminar	2
<i>Select 12 units from:</i>		
FCS 310	Early Childhood Education	3
FCS 325	Food Management and Economics	2
FCS 400	Flat Pattern Making	2
FCS 405	Textile Sciences	2
FCS 416	Secondary School Methods in Family and Consumer Sciences	2
FCS 420	Child Development in the Family and Community	4
FCS 425	Child Nutrition	4
FCS 435	Food Service Production and Management	2
FCS 460	Administration and Supervision in Early Childhood Education	4
FCS 470	Practicum in Child Development	3
TOTAL		31-33

### Concentration in Fashion Merchandising

#### LOWER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
FCS 105	Apparel Construction	2
FCS 130	Fashion Industry	2

FCS 140	History of Costume	.2
FCS 150	Human Development	.3
FCS 230	Personal Resource Management	.2
ART 103	Two-Dimensional Design	.3
ART 115	Drawing I	.3
ACC 201	Principles of Financial Accounting	.4
ECO 102	Principles of Economics II	.3
CSC 122	Intro to Computers	.2
	TOTAL	.26

### UPPER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
FCS 315	Personal, Family and Community Health	.3
FCS 370	Apparel in Human Behavior and Culture	.2
FCS 375	Visual Presentation and Display	.2
FCS 380	Fashion Merchandising	.2
FCS 400	Flat Pattern Making	.2
FCS 405	Textile Sciences	.2
FCS 497	Family and Consumer Sciences Senior Seminar	.2
BUS 212	Principles of Management	.4
BUS 332	Principles of Marketing	.4
BUS 334	Professional Selling and Sales Management	.4
BUS 336	Advertising and Promotion Management	.4
	TOTAL	.31

### RECOMMENDED COURSES

COURSE #	TITLE	UNITS
FCS 480	Family and Consumer Sciences Internship	.2-4
BUS 213	Administrative Communication	.3
BUS 382	Entrepreneurship	.2
ART 104	Three-Dimensional Design	.3
ART 203	Graphic Design I	.3
ART 206	Drawing II	.3
ART 215	Intro to Computer Graphics	.3
ART 303	Graphic Design II	.3

### Concentration in Housing and Interior Environments

### LOWER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
FCS 115	Fundamentals of Interior Design	.2
FCS 150	Human Development	.3
FCS 220	Problems of Family Housing	.2
FCS 230	Personal Resource Management	.2
ART 103	Two-Dimensional Design	.3
ART 115	Drawing I	.3
ACC 201	Principles of Financial Accounting	.4
ECO 102	Principles of Economics II	.3
CSC 122	Intro to Computers	.2
EGR 130	Engineering Drawing I	.1
	TOTAL	.25

### UPPER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
FCS 315	Personal, Family and Community Health	.3
FCS 320	Advanced Housing Environments	.2
FCS 360	Interior Design Materials, Lighting, and Residential Equipment	.2
FCS 395	History of Design in Housing and Furniture	.2
FCS 405	Textile Sciences	.2
FCS 497	Family and Consumer Sciences Senior Seminar	.2
BUS 212	Principles of Management	.4
BUS 332	Principles of Marketing	.4
BUS 334	Professional Selling and Sales Management	.4
BUS 336	Advertising and Promotion Management	.4
	TOTAL	.29

### RECOMMENDED COURSES

COURSE #	TITLE	UNITS
ART 104	Three-Dimensional Design	.3
ART 203	Graphic Design I	.3
ART 206	Drawing II	.3
ART 215	Intro to Computer Graphics	.3
ART 300	History of Western Art I	.4
ART 301	History of Western Art II	.4
ART 302	Twentieth Century Art	.3
ART 303	Graphic Design II	.3
BUS 213	Administrative Communication	.4
BUS 382	Entrepreneurship	.2

### Family Life Services *Major*

### LOWER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
FCS 110	Fundamentals of Food	.2
FCS 150	Human Development	.3
FCS 220	Problems of Family Housing	.2
FCS 230	Personal Resource Management	.2
PSY 103	General Psychology	.3
SOC 101	Intro to Sociology	.3
SOC 250	Sociology of the Family	.3
	TOTAL	.18

### UPPER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
FCS 305	Life Cycle Nutrition	.4
FCS 315	Personal, Family and Community Health	.3
FCS 325	Food Management and Economics	.2
FCS 340	Nutrition Issues for Women in Disease Prevention in Health	.2
FCS 350	Consumer Economics	.2
FCS 385	Family and Parenting	.2
FCS 420	Child Development in the Family and Community	.4

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FCS 480	Family and Consumer Sciences Internship	2-4
FCS 497	Family and Consumer Sciences Senior Seminar	2
PSY 321	Abnormal Psychology	3
PSY 340	Intro to Counseling/ Clinical Interventions	3
SOC 316	Sociology of Aging	3
SOC 360	Ethnic and Status Groups	3
	TOTAL	35

**RECOMMENDED COURSES**

COURSE #	TITLE	UNITS
SOC 314	Juvenile Delinquency	3
SOC 320	Social Psychology	3
SOC 350	Urban Sociology	3
SWK 340	Child Welfare	3
PSY 341	Group Counseling	3
PSY 345	Group Dynamics	3
PSY 360	Human Sexuality	3
MTH 203	Intro to Statistics	3

**Nutrition and Food** *Major*

**Concentration in Food Service Management**

**LOWER-DIVISION REQUIREMENTS**

COURSE #	TITLE	UNITS
FCS 110	Fundamentals of Food	2
FCS 150	Human Development	3
FCS 230	Personal Resource Management	2
ACC 201	Principles of Financial Accounting	4
CHE 101	Chemistry and Society	4
CSC 122	Intro to Computers	2
ECO 102	Principles of Economics II	3
	TOTAL	20

**UPPER-DIVISION REQUIREMENTS**

COURSE #	TITLE	UNITS
FCS 305	Life Cycle Nutrition	4
FCS 315	Personal, Family and Community Health	3
FCS 325	Food Management and Economics	2
FCS 435	Food Service Production and Management	2
FCS 440	Advanced Foods	2
FCS 445	Catering	2
FCS 497	Family and Consumer Sciences Senior Seminar	2
BUS 212	Principles of Management	4
BUS 332	Principles of Marketing	4
BUS 334	Professional Selling and Sales Management	4
BUS 336	Advertising and Promotion Management	4
BUS 382	Entrepreneurship	2
	TOTAL	38

**RECOMMENDED COURSES**

COURSE #	TITLE	UNITS
FCS 340	Nutrition Issues for Women in Disease Prevention in Health	2
FCS 350	Consumer Economics	2
FCS 480	Family and Consumer Sciences Internship	2-4
BUS 301	Legal Environment of Business	4
BUS 213	Administrative Communication	3
BUS 374	Industrial Organizational Psychology /Human Resources	4
COM 220	Small Group Communication	3
COM 312	Gender and Communication	3
COM 340	Organizational Communication	3
PSY 320	Social Psychology	3
PSY 411	Emotion and Motivation	2

**Concentration in Nutrition and Health**

**LOWER-DIVISION REQUIREMENTS**

COURSE #	TITLE	UNITS
FCS 110	Fundamentals of Food	2
FCS 150	Human Development	3
FCS 225	Fundamentals of Nutrition	3
FCS 230	Personal Resource Management	2
BIO 130	Human Anatomy and Physiology I	4
BIO 140	Human Anatomy and Physiology II	4
CHE 103	Intro to General, Organic, and Biological Chemistry	5
	TOTAL	23

**UPPER-DIVISION REQUIREMENTS**

COURSE #	TITLE	UNITS
FCS 305	Life Cycle Nutrition	4
FCS 315	Personal, Family and Community Health	3
FCS 325	Food Management and Economics	2
FCS 330	Public Health Nutrition	3
FCS 335	Nutrition Research	2
FCS 340	Nutrition Issues for Women in Disease Prevention in Health	2
FCS 345	Human Nutrition	2
FCS 415	Medical Nutrition Therapy	4
FCS 425	Child Nutrition	4
FCS 440	Advanced Foods	2
FCS 497	Family and Consumer Sciences Senior Seminar	2
	TOTAL	30

## RECOMMENDED COURSES

COURSE #	TITLE	UNITS
FCS 435	Food Service Production and Management	.2
FCS 445	Catering	.2
FCS 490	Special Studies in Family and Consumer Sciences	1-4
PSY 103	General Psychology	.3
PSY 340	Intro to Counseling/ Clinical Interventions	.3
PSY 345	Group Dynamics	.3
SOC 250	Sociology of the Family	.3

### Concentration in Pre-Dietetics

## LOWER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
FCS 110	Fundamentals of Food	.2
FCS 150	Human Development	.3
FCS 225	Fundamentals of Nutrition	.3
FCS 230	Personal Resource Management	.2
BIO 110	Cell Biology and Biochemistry	.4
CHE 103	Intro to General, Organic, and Biological Chemistry	.5
CHE 152	General Chemistry I	.4
CHE 153	General Chemistry II	.4
CHE 295	Organic Chemistry I	.5
MTH 123	Elementary Functions	.3
	TOTAL	.35

## UPPER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
FCS 305	Life Cycle Nutrition	.4
FCS 315	Personal, Family and Community Health	.3
FCS 325	Food Management and Economics	.2
FCS 330	Public Health Nutrition	.3
FCS 335	Nutrition Research	.2
FCS 345	Human Nutrition	.2
FCS 415	Medical Nutrition Therapy	.4
FCS 435	Food Service Production and Management	.2
FCS 440	Advanced Foods	.2
FCS 450	Advanced Nutrition	.2
FCS 455	Food Science	.2
FCS 497	Family and Consumer Sciences Senior Seminar	.2
CHE 450	Advanced Biochemistry	.4
	TOTAL	.34

## RECOMMENDED

*Recommended for Admission into American Dietetics  
Association Approved Graduate Schools*

COURSE #	TITLE	UNITS
BIO 130	Human Anatomy and Physiology I	.4
BIO 140	Human Anatomy and Physiology II	.4
BIO 220	Microbiology of Infectious Diseases	.5

## Child Development *Minor*

This minor is for students who desire an introductory exposure to the study of child development. It will also meet the requirements for the Associate Teacher Permit needed for teachers in Early Childhood.

### THE REQUIREMENTS ARE:

COURSE #	TITLE	UNITS
FCS 120	Intro to Child Development	.4
FCS 305	Life Cycle Nutrition	.4
FCS 315	Personal, Family and Community Health	.3
FCS 420	Child Development in the Family and Community	.4
	TOTAL	.15

### ONE ADDITIONAL COURSE FROM THE FOLLOWING:

COURSE #	TITLE	UNITS
FCS 300	Sociology of the Family	.3
FCS 310*	Early Childhood Education	.4
FCS 385	Family and Parenting	.2
EDU 430	Psychology of the Exceptional Child	.3
	TOTAL	.12

\* *Must be taken for Associate Teacher Permit. Students must be fingerprinted through community care licensing to obtain Child Abuse Central Index Clearance.*

## Nutrition *Minor*

The minor in Nutrition is for students interested in the field of nutrition and well being. The program consists of a foundation in food, nutrition and disease prevention as it relates to one's health.

Graduation requirements as specified under Curricular Requirements for the Bachelor of Arts degree. Fifteen (15) units are required for this minor. The following lower and upper-division courses are required:

### LOWER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
FCS 110	Fundamentals of Food	.2
FCS 225	Fundamentals of Nutrition	.3
	TOTAL	.5

### UPPER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
FCS 305	Life Cycle Nutrition	.4
FCS 325	Food Management and Economics	.2
FCS 340	Nutrition Issues for Women in Disease Prevention in Health	.2
FCS 440	Advanced Foods	.2
	TOTAL	.10

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