



# Family & 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; integrity, and high moral 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. 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.

## *Career Opportunities...*

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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.

## *Majors and Minors*

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### *Majors*

- Child Development
- Consumer and Environmental Sciences
  - Housing and Interior Environments
  - Family and Consumer Sciences
  - Fashion Merchandising

### Dietetics

### Family Life Services

### Nutrition and Food

- Food Service Management
- Nutrition and Health

### *Minors*

- Child Development
- Nutrition

## *Faculty*

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

Nancy Kay Murray, Ph.D.  
*University of Tennessee, Knoxville*

Susan Rogers, M.A.  
*Point Loma Nazarene University*  
*Academic Director-Early Childhood Learning Center*

Cindy Swann, M.S., R.D.  
*San Diego State University*  
*Director of Dietetics*

Kay M. Wilder, Ed.D., C.F.C.S., Chair  
*Northern Arizona University*

## Child Development *Major*

### LOWER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
FCS 120	Child and Adolescent Development	3
FCS 150	Human Development	3
FCS 230	Personal Resource Management	2
PSY 103	General Psychology	3
	TOTAL	11

### UPPER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
FCS 305	Lifecycle Nutrition	4
FCS 315	Personal, Family, and Community Health	3
FCS 355	Development of Children with Special Needs	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
LIT 325	Children's Literature	3
PSY 321	Abnormal Psychology	3

Select 12 upper-division units from:

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 319	Visual Arts in the Classroom I	3
MUE 341	Music Skills for the Elementary Classroom Teacher	3
PED 308	Physical Education for Children	3
PSY 300	Personality and Adult Development	4
PSY 308	Developmental Psychology – Birth Through Adolescence	3
PSY 409	Psychology of Cognition and Learning	4
SWK 340	Child Welfare	3
	TOTAL	40

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	Child and Adolescent Development	3
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	25

#### 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 or 4
FCS 497	Family and Consumer Sciences Senior Seminar	2

Select 12 units from:

FCS 310	Early Childhood Education	4
FCS 325	Food Economics and Culture	3
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

#### RECOMMENDED COURSES

COURSE #	TITLE	UNITS
FCS 140	History of Costume	2
FCS 225	Fundamentals of Nutrition	3
FCS 340	Nutrition Issues for Women in Disease Prevention in Health	2
FCS 380	Fashion Merchandising	3

**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 200	Introduction to Housing and Fashion Computer-Aided Design	1
FCS 230	Personal Resource Management	2
ART 102	Fundamentals of Art	3
ACC 201	Principles of Financial Accounting	4
ECO 102	Principles of Economics II	3
CSC 122	Intro to Computers	2
	<b>TOTAL</b>	<b>24</b>

**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
	<b>TOTAL</b>	<b>31</b>

**RECOMMENDED COURSES**

COURSE #	TITLE	UNITS
FCS 480	Family and Consumer Sciences Internship	2 or 4
BUS 213	Administrative Communication	3
BUS 382	Entrepreneurship	2
ART 115	Drawing I	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 200	Introduction to Housing and Fashion Computer-Aided Design	1
FCS 220	Problems of Family Housing	2
FCS 230	Personal Resource Management	2
ART 102	Fundamentals of Art	3

ACC 201	Principles of Financial Accounting	4
ECO 102	Principles of Economics II	3
CSC 122	Intro to Computers	2
	<b>TOTAL</b>	<b>22</b>

**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 375	Visual Presentation and Display	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
	<b>TOTAL</b>	<b>31</b>

**RECOMMENDED COURSES**

COURSE #	TITLE	UNITS
ART 115	Drawing I	3
ART 203	Graphic Design I	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
BUS 213	Administrative Communication	4
BUS 382	Entrepreneurship	2

**Dietetics (B.S.) *Major***

The major in Dietetics requires 131 units to graduate, three (3) more than the traditional 128 units required for most majors at PLNU. Students are encouraged to take one or two courses in the summer to lighten their course loads during the regular semester.

Students interested in becoming a Registered Dietician should consult the American Dietetic Association (ADA) for specific information: The American Dietetic Association, 120 South Riverside Plaza, Suite 2000, Chicago IL 60606-6995. Graduates in the Dietetics major will require further training by applying to an ADA-approved four-year institution for advanced graduate work or to an ADA-accredited internship program in order to complete ADA requirements.

**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
ACC 201	Principles of Financial Accounting	.4
BUS 212	Principles of Management	.4
CSC 122	Introduction to Computers	.2
MTH 123	Elementary Functions	.3
BIO 110	Cell Biology and Chemistry	.4
BIO 130	Human Anatomy and Physiology I	.4
BIO 140	Human Anatomy and Physiology II	.4
BIO 220	Microbiology of Infectious Diseases	.5
CHE 151	General Chemistry Tutorial	.1
CHE 152	General Chemistry I	.4
CHE 153	General Chemistry II	.4
CHE 295	Organic Chemistry I	.5
	TOTAL	.54

**UPPER-DIVISION REQUIREMENTS**

COURSE #	TITLE	UNITS
FCS 315	Personal, Family, and Community Health	.3
FCS 325	Food Economics and Culture	.3
FCS 330	Public Health Nutrition	.3
FCS 335	Nutrition Research Through the Life Cycle	.2
FCS 415	Medical Nutrition Therapy	.4
FCS 435	Food Service Production and Management	.2
FCS 450	Advanced Nutrition	.3
FCS 455	Food Science	.2
FCS 497	Senior Seminar	.2
	TOTAL	.24

**RECOMMENDED COURSES**

COURSE #	TITLE	UNITS
FCS 305	Life Cycle Nutrition	.3
FCS 340	Nutrition Issues for Women in Disease Prevention	.2
BUS 332	Principles of Marketing	.4
KPE 340	Physiology of Exercise	.3
MTH 203	Introduction to Statistics	.3

**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 Economics and Culture	.3
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
FCS 480	Family and Consumer Sciences Internship	.2 or 4
FCS 497	Family and Consumer Sciences Senior Seminar	.2
PSY 321	Abnormal Psychology	.3
PSY 325	Clinical and Community Interventions	.4
SOC 316	Sociology of Aging	.3
SOC 360	Ethnic and Status Groups	.3
	TOTAL	.37-39

**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 Economics and Culture	.3
FCS 435	Food Service Production and Management	.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 . . . . .	34

**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 or 4
BUS 301	Legal Environment of Business . . . . .	4
BUS 213	Administrative Communication . . . . .	3
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 Economics and Culture . . . . .	3
FCS 330	Public Health Nutrition . . . . .	3
FCS 335	Nutrition Research Through the Life Cycle . . . . .	2
FCS 340	Nutrition Issues for Women in Disease Prevention in Health . . . . .	2
FCS 415	Medical Nutrition Therapy . . . . .	4
FCS 425	Child Nutrition . . . . .	4
FCS 497	Family and Consumer Sciences Senior Seminar . . . . .	2
	TOTAL . . . . .	27

**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 325	Clinical and Community Interventions . . . . .	4
PSY 345	Group Dynamics . . . . .	3
SOC 250	Sociology of the Family . . . . .	3

**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.

**REQUIREMENTS**

COURSE #	TITLE . . . . .	UNITS
FCS 120	Child and Adolescent Development . . . . .	3
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 . . . . .	14

**ONE ADDITIONAL COURSE FROM THE FOLLOWING:**

COURSE #	TITLE . . . . .	UNITS
FCS 310*	Early Childhood Education . . . . .	4
FCS 355	Development of Children with Special Needs . . . . .	3
FCS 385	Family and Parenting . . . . .	2
SOC 250	Sociology of the Family . . . . .	3

*\* 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 Economics and Culture	.3
FCS 340	Nutrition Issues for Women in Disease Prevention in Health	.2
	TOTAL	.10

**Family and Consumer Sciences Courses**

**FCS 105 (2) APPAREL CONSTRUCTION**

Fundamental processes in clothing construction. An analysis and comparison of construction techniques and fabric types. Lecture and garment construction laboratory. Majors only. Offered every year.

**FCS 110 (2) FUNDAMENTALS OF FOOD**

Development of technique and application of fundamental scientific principles of food preparation. Establishment of quality standards for food products and food safety. Lecture, computer applications and food preparation laboratory. Offered every year.

**FCS 115 (2) FUNDAMENTALS OF INTERIOR DESIGN**

The study of basic design principles related to interior environments for meeting the needs of individuals and families. Application of design principles in selection and placement of furniture, floor and wall coverings and accessories. Interior design career opportunities and responsibilities are discussed. Computer applications laboratory. Offered every fall.

**FCS 120 (3) CHILD AND ADOLESCENT DEVELOPMENT**

The study of physical, social, emotional, cognitive growth and development of the child, from prenatal months through adolescent years. Classroom lecture and course readings are supplemented by laboratory field experience in the Early Childhood Learning Center or other centers designed for children and adolescents, and appropriate projects.

**FCS 130 (2) FASHION INDUSTRY**

Overview of the fashion industry worldwide and services that comprise the business of fashion. Terminology, designers, trade organizations and publications are emphasized. This course includes field study of the textile and apparel industry. Offered every fall.

**FCS 140 (2) HISTORY OF COSTUME**

Costume from ancient civilization to the present including social, political, and economic forces that influenced development. Application of design principles in costume selection and design is emphasized. Lecture, computer applications, and laboratory. Offered 2005-06.

**FCS 150 (3) HUMAN DEVELOPMENT**

A study of the physical, social, emotional, and intellectual development of the individual throughout the life span. Laboratory experience required. Offered every year.

**FCS 200 (1) INTRODUCTION TO HOUSING AND FASHION COMPUTER-AIDED DESIGN**

Practical skills essential to computer-aided design through lecture and hands-on training at computer terminals using Auto CAD software. Projects focus on apparel and housing interior environment design applications. Computer applications and laboratory. Offered 2005-06.

*Prerequisite: Computer Science 122.*

**FCS 220 (2) PROBLEMS OF FAMILY HOUSING**

Effects of various housing conditions on the dynamics of family life in the home. Emphasis on consumer housing problems of low income families, singles and elderly, the homeless, and political housing issues. Offered 2005-06.

**FCS 225 (3) FUNDAMENTALS OF NUTRITION**

Nutritional principles and the scientific use of diet in health. Application of nutritional requirements with special dietary needs. Course also includes a segment on medical nutrition therapy. Computer applications. Offered every year.

*Prerequisite: Four units of Chemistry.*

**FCS 230 (2) PERSONAL RESOURCE MANAGEMENT**

Relationship of values, standards and goals to the allocation of resources and the decision-making process. Conditions which influence individual and family management. Computer applications required. Offered on a Quad basis and every year.

**FCS 305 (4) LIFE CYCLE NUTRITION**

A study of nutrition specifically applied to the stages of human development and to the current nutritional issues with analysis of personal nutritional needs. Computer applications required. Offered every fall.

**FCS 310 (4) EARLY CHILDHOOD EDUCATION**

The study and practice of principles, curriculum, methods, material and special needs of preschool, kindergarten and grades first through third. Students gain experience in appropriate lesson plan writing with developmentally appropriate practices. A supervised field experience is required. Offered every fall.

*Prerequisite: Family and Consumer Sciences 120.*