



Family & Consumer Sciences

Purposes

- 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

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 universities in California to offer Dietetics, 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

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

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

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 | Life Cycle 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 |
| 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 Science | 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 |

RECOMMENDED COURSES

| COURSE # | TITLE | UNITS |
|----------|---------------------------------|-------|
| FCS 140 | History of Costume | 2 |
| FCS 225 | Fundamentals of Nutrition | 3 |
| FCS 340 | Nutrition of Women's Well-Being | 2 |
| FCS 380 | Fashion Merchandising | 2 |

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 Computer-Aided Design in Housing and Fashion | 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 |
| | TOTAL | 24 |

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 Science | 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 |
| BUS 213 | Administrative Communication | 3 |
| BUS 382 | Entrepreneurship | 2 |
| ART 115 | Drawing I | 3 |
| ART 215 | Intro to Computer Graphics | 3 |
| ART 203 | Graphic Design I | 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 Computer-Aided Design in Housing and Fashion | 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 |
| | TOTAL | 22 |

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 Science | 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 |
| 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 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-accredited internship program in order to complete ADA requirements to be a registered dietician (R.D.).

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 130 | Human Anatomy and Physiology I | .4 |
| BIO 140 | Human Anatomy and Physiology II | .4 |
| BIO 210 | Cell Biology and Biochemistry | .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 |
| PHL 211 | Ethics | .3 |
| SOC 201 | Cultural Anthropology | .3 |
| | TOTAL | .60 |

UPPER-DIVISION REQUIREMENTS

| COURSE # | TITLE | UNITS |
|----------|---|------------|
| FCS 315 | Personal, Family, and Community Health | .3 |
| FCS 325 | Food Economics and Culture | .3 |
| FCS 330 | Community Nutrition | .3 |
| FCS 335 | Nutrition Research Through the Life Cycle | .2 |
| FCS 365 | Advanced Nutrition | .3 |
| FCS 415 | Medical Nutrition Therapy | .4 |
| FCS 435 | Food Service Production and Management | .2 |
| FCS 455 | Food Science | .2 |
| FCS 497 | Senior Seminar | .2 |
| | TOTAL | .24 |

RECOMMENDED COURSES

| COURSE # | TITLE | UNITS |
|----------|---------------------------------|-------|
| FCS 305 | Life Cycle Nutrition | .4 |
| FCS 340 | Nutrition of Women’s Well-Being | .2 |
| BUS 332 | Principles of Marketing | .4 |
| KPE 340 | Physiology of Exercise | .3 |
| MTH 203 | Introduction to Statistics | .3 |

PLNU STUDENTS MAJORING IN DIETETICS

Graduates in the Dietetics major from PLNU will earn a Verification Statement that will allow them to apply to an ADA accredited dietetic internship program, the second step to becoming a Registered Dietitian (R.D.)

To be verified at PLNU, the student must:

- Earn a “C” or better in all core curriculum DPD classes

- Maintain a GPA of 2.8 or higher
- Earn a B.S. degree (official transcripts, including the one that shows an earned Bachelor’s degree, must be in the DPD file)
- Participate in community service learning activities during the program, as evidenced in the senior portfolio
- Demonstrate ethical principles and follow ADA’s Code of Ethics

STUDENTS WITH A BACHELOR’S DEGREE FROM ANOTHER UNIVERSITY SEEKING A VERIFICATION STATEMENT

If a student has earned a Bachelor’s degree from another university, and are seeking a Verification Statement for the dietetics program, the student may choose one of the two following paths:

- 1) Apply to PLNU for a Dietetics Verification Statement program, with no degree attached (no second Bachelor’s degree). This pathway will require:
 - a. A Bachelor’s degree from a college/university in another major
 - b. Official transcripts reviewed by the Director of Dietetics and admissions
 - c. A minimum 24 units of upper division dietetic courses and prerequisites taken at PLNU. (Courses required will be based on previous coursework transferred, and the date that courses were taken)
 - d. Acceptance to PLNU
- 2) Apply to PLNU for a second Bachelor of Science degree in Dietetics. This pathway will require:
 - a. Official transcripts reviewed by the Director of Dietetics and admissions
 - b. Coursework and prerequisites required for the Dietetics major
 - c. Coursework to meet all General Education requirements at PLNU
 - d. Acceptance to PLNU

INTERNATIONAL STUDENTS SEEKING A VERIFICATION STATEMENT

If a student is an International Student seeking a Verification Statement in Dietetics from PLNU, the student must apply to the University and submit the following:

- a. All documents including high school and college transcripts translated into English and evaluated by an approved credential evaluation service before being sent to the Admissions Office. The student may contact any credential evaluator approved by the National Association of

- Credential Evaluators (NACES), such as World Education Services, Inc. (WES), Academic Credentials Evaluation Institute, Inc. (ACEI), and Educational Credential Evaluators, Inc. (ECE).
- b. English proficiency: A 550 paper based TOEFL or 216 computer based TOEFL.
 - c. An original notarized copy of an Affidavit of Support (financial statement) submitted by a sponsor or bank, indicating sufficient funds for the educational expenses for one academic year at PLNU. *Point Loma Nazarene is a private university: therefore, tuition is the same for U.S. residents and international students.
 - d. Acceptance to PLNU
 - e. Take a minimum 24 units of upper-division Dietetics courses and prerequisites at PLNU. (Courses required will be based on previous coursework transferred, and the date that courses were taken)

To be verified at PLNU, the student must:

- Earn a “C” or better in all core curriculum DPD classes
- Maintain a GPA of 2.800 or higher
- Take at least 24 units of upper division DPD classes at PLNU
- Participate in community service learning activities during the program, as evidenced in the senior portfolio
- Demonstrate ethical principles and follow ADA’s Code of Ethics

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 of Women’s Well-Being | .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 |
| 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 |

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 480 | Family and Consumer Sciences Internship | .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 | .36 |

RECOMMENDED COURSES

| COURSE # | TITLE | UNITS |
|----------|---------------------------------|-------|
| FCS 340 | Nutrition of Women's Well-Being | .2 |
| FCS 350 | Consumer Economics | .2 |
| 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 |

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 |
| COM 220 | Small Group Communication | .3 |
| PSY 103 | General Psychology | .3 |
| | TOTAL | .29 |

UPPER-DIVISION REQUIREMENTS

| COURSE # | TITLE | UNITS |
|----------|---|-------|
| FCS 315 | Personal, Family, and Community Health | .3 |
| FCS 325 | Food Economics and Culture | .3 |
| FCS 330 | Community Nutrition | .3 |
| FCS 335 | Nutrition Research Through the Life Cycle | .2 |
| FCS 340 | Nutrition of Women's Well-Being | .2 |
| FCS 425 | Child Nutrition | .4 |
| FCS 480 | Family and Consumer Sciences Internship | .4 |
| FCS 497 | Family and Consumer Sciences Senior Seminar | .2 |
| PSY 320 | Social Psychology | .3 |
| | TOTAL | .26 |

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 |

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. Seventeen (17) 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 150 | Human Development | .3 |
| FCS 225 | Fundamentals of Nutrition | .3 |
| | TOTAL | .8 |

UPPER-DIVISION REQUIREMENTS

| COURSE # | TITLE | UNITS |
|----------|---------------------------------|-------|
| FCS 305 | Life Cycle Nutrition | .4 |
| FCS 325 | Food Economics and Culture | .3 |
| FCS 340 | Nutrition of Women's Well-Being | .2 |
| | TOTAL | .9 |