

# FAMILY AND CONSUMER SCIENCES (FACS)

## FACS 9. Food Safety and Sanitation. 2 Units

**Prerequisite(s):** Open only to FACS majors/minors and Dietetic special majors.

Introduction to food safety principles and application, microbiology of food safety, infection control, and safety issues. Examination of laws and regulations related to consumer and foodservice operations. Preparation for national foodservice sanitation certification examination.

## FACS 10. Nutrition And Wellness. 3 Units

**General Education Area/Graduation Requirement:** Understanding Personal Development (E)

Introduction to the basic principles of nutrition and the relationship of the human diet to health. Overview of the nutrition profession, the biological uses of nutrients and tools for dietary planning. Examination of specific issues such as weight loss, sports nutrition, food safety, the diet-disease relationship and global nutrition. Analysis of special nutritional requirements and needs during the life cycle. Evaluation of personal dietary habits using current dietary guidelines and nutritional assessment methods.

## FACS 11. Principles of Food Preparation. 3 Units

Chemical, physical, sensory, and nutritional properties of food related to processes used in food preparation. Laboratory includes preparation and evaluation of individual food products. Lecture two hours; laboratory three hours. Prerequisite: FACS Nutrition and Food majors and minors and Dietetics Special majors only

## FACS 30. Fashion and Human Environment. 3 Units

**General Education Area/Graduation Requirement:** GE AREA D

This course serves as an introduction to the study of fashion and human environment and how fashion is perceived, marketed, and internalized within individuals across Western and non-Western cultures. A focus on both internal factors such as psychological, aesthetic and self-image, and external factors such as social, economic, cultural and political experiences will be addressed.

## FACS 31. Textiles. 3 Units

Study of the characteristics of fibers, yarns, fabrics, and finishes. Emphasis on fabric performance, serviceability as they affect consumer satisfaction. Discussion of environmental concerns in the textile industry and laws relating to textile products.

## FACS 32. Fundamentals of Apparel Production. 3 Units

Principles of fit and design. Applied basic construction with emphasis on standards and custom techniques. Characteristics of fabrics used; individual pattern adjustment. Lecture, discussion, demonstration one hour; laboratory four hours.

## FACS 50. The Family and Social Issues. 3 Units

**General Education Area/Graduation Requirement:** Race & Ethnicity Graduation Requirement (RE), GE AREA D

Family structure, systems and functioning in marriage and other partnerships, parenting, work issues, domestic violence, divorce, and remarriage. Focus on social issues including gender, race, ethnicity, and class. Historical and theoretical perspectives on families in America. Introduction to research in family sciences and public policy implications. Lecture, discussion.

**Note:** Not open for credit to students who have taken SOC 5.

## FACS 52. The Child In The Family. 3 Units

**General Education Area/Graduation Requirement:** Understanding Personal Development (E)

Physical, social, emotional and cognitive development of the child, conception through adolescence, in relation to the family. Strong theoretical emphasis. Introduction to methods of study, including observation and interview. Lecture, discussion, fieldwork.

**Note:** Not open for credit to students who have taken CHDV 137, CHDV 138, or PSYC 148.

## FACS 100. Research: Methods and Application in Family and Consumer Sciences. 3 Units

**Prerequisite(s):** 6 FACS units completed. FACS majors only  
Study of methods and application of research in the field of Family and Consumer Sciences. Focus on scientific inquiry, methodology, evidenced-based practice, interpretation of research results, program and project evaluation, and professional communication. Includes the examination of ethical practices, professional presentation skills, and technical writing skills.

## FACS 107. Nutrition Education, Communication, and Counseling. 3 Units

**Prerequisite(s):** FACS 10 and an additional 3 FACS units  
Nutrition Education, communication and counseling techniques for use by the nutrition/dietetics professional. Introduction and application of various health behavior theories to promote change in diverse target audiences. Development of nutrition care plans, educational materials and activities for individual groups. Understand and apply methods of dietary assessment and motivational interviewing.

## FACS 108. Family Communication. 3 Units

**Prerequisite(s):** COMS 8, FACS 50, SOC 166, or instructor permission.  
Study of the family as a small group with emphasis on understanding and interpreting the dynamics of family communication using various communication and social-psychological theories. Opportunity to develop an analytical framework.

Cross Listed: COMS 108; only one may be counted for credit.

## FACS 110. Food Production and Sustainability. 4 Units

**Prerequisite(s):** FACS 9, FACS 10 and FACS 11

Study and laboratory experience in planning, procuring, production, serving and evaluation of food for individuals, families, commercial, and institutional foodservice operations. Application of menu development techniques such as recipe modification and standardization to various target populations. Examination and application of marketing analysis and promotion. Understanding of current issues and sustainability topics related to food production.

## FACS 112. Current Topics in Nutritional Sciences. 3 Units

**Prerequisite(s):** GEAR certification before Fall 09; or WPJ score of 80+; or 3-unit placement in ENGL 109M or ENGL 109W; or 4-unit placement in ENGL 109M or ENGL 109W and co-enrollment in ENGL 109X; or WPJ score 70 or 71 and co-enrollment in ENGL 109X.

**General Education Area/Graduation Requirement:** Writing Intensive Graduation Requirement (WI), Further Studies in Area B (B5)

Examination of contemporary and controversial topics in nutrition science and how they relate to nutritional needs of different population groups. Analyzes the research process and evaluation of validity of nutrition research. Lecture, discussion.

**Note:** Not open for credit to Dietetics/Nutrition and Food majors.

- FACS 113. Nutrition And Metabolism. 3 Units**  
**Prerequisite(s):** FACS 10; BIO 10 or BIO 20; and CHEM 1A or CHEM 5 or CHEM 6A  
**General Education Area/Graduation Requirement:** Further Studies in Area B (B5)  
 Study of the structures, types and metabolism of carbohydrates, lipids and proteins. Discussion of the biological roles of vitamins and minerals. Application and integration of metabolic knowledge with health promotion and chronic disease. Lecture, discussion.
- FACS 114. Cultural and Social Aspects of Food. 3 Units**  
**Prerequisite(s):** FACS 10; Only FACS majors/minors and Dietetic special majors may enroll in this course  
 Examination of the cultural and social meanings of food, food behaviors and food systems. Emphasis on the regional, ethnic and religious influences on food habits. Study of food production, distribution, and consumption historically and cross-culturally; traditional dishes and nutritional contributions of diets of several cultures.
- FACS 115. Nutrition: Pre-conception Through Childhood. 3 Units**  
**Prerequisite(s):** FACS 113  
 Examination of nutritional requirements, metabolism and issues during stages of the early life cycle, including: pre-conception, pregnancy, lactation, infancy, and early and late childhood. Study of assessment and methods for achieving nutritional needs through dietary selection and promotion of maternal, infant, and child health. Analysis of social, environmental, physical and economic factors affecting nutritional status.
- FACS 116. Foodservice Management. 4 Units**  
**Prerequisite(s):** FACS 110.  
 Study of financial, facility, human resource management in commercial and noncommercial foodservice operations. Application of accounting principles, evaluation and selection of equipment, layout and design, and principles and practices of human resource management as an entry-level manager. Lecture, discussion, field trips.  
 Field trip(s) may be required.
- FACS 117. Community Nutrition. 3 Units**  
**Prerequisite(s):** FACS 107; and either FACS 115 or FACS 119.  
 Study of theory, concepts and philosophy affecting nutrition education and services in the community. Introduction to techniques of interviewing and counseling clients. Emphasis on culturally sensitive approaches to dietary assessment, counseling and community nutrition research. Use of a variety of teaching methods to improve nutrition status of the community. Field study involves practical experience in a community nutrition program. Lecture, discussion two hours; field study three hours.
- FACS 118A. Medical Nutrition Therapy I. 3 Units**  
**Prerequisite(s):** FACS 113, FACS 121, and BIO 131.  
 Study of the principles of medical nutrition therapy and the Nutrition Care Process. Use the Nutrition Care Process to make decisions, identify nutrition-related problems and determine and evaluate nutrition interventions with patients/clients with various conditions, including, cardiovascular and gastrointestinal disorders.
- FACS 118B. Medical Nutrition Therapy II. 3 Units**  
**Prerequisite(s):** FACS 118A, and CHEM 161 or instructor permission.  
 Continuation of principles, methods, and skills as developed in FACS 118A. Review of the etiology, development and dietary prevention and intervention of diseases influenced by nutrition such as: diabetes mellitus, hepatic and biliary diseases, cancer, renal disease, pulmonary disease, neurological disorders, HIV and AIDS, and inborn errors of metabolism. Lecture, discussion two hours; activity two hours.
- FACS 119. Nutrition: Adolescence Through Older Adulthood. 3 Units**  
**Prerequisite(s):** FACS 113  
 Examination of nutritional requirements, metabolism and issues during stages of the life cycle, including: adolescence, adulthood, and old age. Study of assessment and methods for achieving nutritional needs through dietary selection and promotion of adolescent, adult, and elderly adult health. Analysis of social, environmental, physical and economic factors affecting nutritional status.
- FACS 120. Practical Application in Sports Nutrition. 3 Units**  
**Prerequisite(s):** FACS 113  
 A survey course in nutrition with an emphasis on the relationship among diet, physical activity, and health; exploration of the changes in the metabolism of carbohydrates, lipids, protein and water; discussion of the function of vitamins and minerals; practical application of evidence-based dietary recommendations for common sports and varying physical intensity. Recommended for FACS majors. Lecture/Discussion. Three units.
- FACS 121. Nutrition Assessment, Methods and Support. 3 Units**  
**Prerequisite(s):** FACS 113  
 Study of health care systems, the nutrition care process including assessment and support, and clinical implications of malnutrition. Topics include nutrition-focused physical examination, anthropometric, biochemical, dietary, body composition, and functional status evaluation and an understanding of advantages and disadvantages of assessment approaches. Application of various assessment methods and problem solving will be achieved through hands on training and clinical case studies in the context of malnutrition, nutrition support, cancer, eating disorders, and obesity.
- FACS 128. Consumer Technologies and Environments. 3 Units**  
 Study and analysis of technologies, durable goods, and environments in home and workplace and their impact on quality of life. Principles of equipment and product design, selection and safety; space planning; consumer decision making. Examination of issues related to energy management, shelter, housing and access to technology. Lecture, field trips two hours; activity two hours.  
 Field trip(s) may be required.
- FACS 130. History Of Fashion. 3 Units**  
 A study of dress in Western civilization from ancient times through the present. An interdisciplinary approach is used to examine how clothing communicates values displayed by the individual and functions as a reflection of trends in technology, political events, social ideals, and cultural developments such as art and music. Emphasis on the contributions and perspectives of women as well as differing roles in the production, dissemination, and consumption of clothing in relation to socioeconomic groups. Lecture, discussion.
- FACS 131. Quality Analysis: Apparel. 3 Units**  
**Prerequisite(s):** FACS 31, FACS 32.  
 Analysis of apparel construction and production; current industrial and technological developments. Discussion of sizing and quality standards with emphasis on identification of fabrics, garment styles, finding and trims. Lecture, discussion, demonstration, field trips.  
 Field trip(s) may be required.

- FACS 133. Creative Principles of Apparel Design. 3 Units**  
**Prerequisite(s):** FACS 30 and FACS 31  
 Study of the functional and aesthetic elements of apparel design. The creative process and development of illustrative techniques. Development of creative approaches through projects of experimental, contemporary and traditional techniques with emphasis on elements of design, and selection and organization of colors, forms, materials and accessories for apparel production. Studio-activity six hours.
- FACS 134. Introduction to Fashion Industry. 3 Units**  
 Designed to develop an awareness and understanding of the total fashion industry including past, present and future directions of costume design, manufacturing, textiles, retailers' publications, buying offices, advertising and the consumer.
- FACS 135. Merchandise Buying. 3 Units**  
**Prerequisite(s):** FACS 134.  
 Detailed study of merchandising mix, purchasing plan, inventory plan, assortment plan, pricing, markdown, markup, and reports. Review of planning and control processes and the buyer's role in merchandise management and decision-making. Lecture, discussion.
- FACS 136. Fashion Retailing. 3 Units**  
**Prerequisite(s):** FACS 134.  
 A in-depth exploration of fashion retailing from different perspectives, including organizational structure, store location and image with a focus on visual merchandising techniques, and fashion advertising and promotion strategies. Lecture-discussion.
- FACS 137. Clothing, Society, and Culture. 3 Units**  
 Study of the relationship of humans and clothing within their cultural and social environment. Introduction to the fundamentals of social psychology in the examination of clothing and appearance. Clothing and appearance are studied as forms of nonverbal communication and as devices for expressing cultural and social values. Lecture discussion.
- FACS 139. Textiles and Apparel in the Global Economy. 3 Units**  
**Prerequisite(s):** FACS 134 or MKTG 101.  
 Overview of global factors affecting the textiles and apparel industries and trade, the impact of textiles and apparel industries on the economy and consumers, the US textiles and apparel in the global economy, and strategies for balancing conflicting interest.
- FACS 140. Family Resource Management. 3 Units**  
**General Education Area/Graduation Requirement:** Understanding Personal Development (E)  
 Management of resources in family systems. Interaction of families with other societal and environmental systems in acquiring and using resources to meet goals and other demands.
- FACS 141. Family Finance. 3 Units**  
**General Education Area/Graduation Requirement:** Understanding Personal Development (E)  
 Economic problems of and financial management by the individual and family. Topics include: income patterns, inflation, credit, contracts, housing, financial services, insurance, taxes, investments, retirement income planning.
- FACS 142. Consumer Issues. 3 Units**  
 Study of effect of consumer movements on protection of consumer rights. Current issues include marketplace fraud and redress; consumer information, education, and decision-making; privacy and environmental concerns; and advocacy for vulnerable consumer groups.
- FACS 143. Consumer Policy. 3 Units**  
**Prerequisite(s):** GOVT 1 or GOVT 150 or instructor permission.  
 Examination of consumer policy and regulations. Emphasis on consumer products, including food and drugs, housing, and credit. Strategies for promoting consumer advocacy. Lecture, discussion, field trips. Field trip(s) may be required.
- FACS 147. Financial and Legal Aspects of Aging. 3 Units**  
**Prerequisite(s):** FACS 141 or instructor permission.  
 Economic status, financial and consumer issues, legal rights and responsibilities and resource management for aging persons. Emphasis on financial planning for retirement and estate planning. Lecture, discussion, case studies.
- FACS 149. Family Financial Counseling. 3 Units**  
**Prerequisite(s):** FACS 141 and senior status.  
 Examination of professional issues in family financial planning including ethical considerations, regulations, communication skills, and professional responsibility. Development of skills needed by family financial counselors to counsel families with financial problems. Lecture, discussion, case study, counseling sessions.
- FACS 150. Family Stress and Coping: Multicultural Focus. 3 Units**  
**Prerequisite(s):** FACS 50 or equivalent with instructor permission, and GVAR certification before Fall 09; or WPJ score of 80+; or 3-unit placement in ENGL 109M or ENGL 109W; or 4-unit placement in ENGL 109M or ENGL 109W and co-enrollment in ENGL 109X; or WPJ score 70 or 71 and co-enrollment in ENGL 109X.  
**General Education Area/Graduation Requirement:** Race & Ethnicity Graduation Requirement (RE), Writing Intensive Graduation Requirement (WI), Understanding Personal Development (E)  
 Study of multicultural families and diverse family forms, with a focus on how families function under stress. Family theory and research are applied to the interpretation and analysis of selected literary works.
- FACS 152. Adolescent Development. 3 Units**  
**Prerequisite(s):** CHDV 30, or CHDV 35, or FACS 52, or instructor permission.  
 In-depth study of the achievements and challenges associated with the adolescent stage of development. Focus on understanding the needs and motivations of adolescents and the challenges they face within their socio-cultural environment. Lecture, discussion.  
**Note:** Not open to students who have taken PSYC 149. Previous or concurrent enrollment in CHDV 133 strongly recommended.
- FACS 154. Issues in Parenting. 3 Units**  
**Prerequisite(s):** CHDV 30, or CHDV 35, or FACS 52, or instructor permission  
 Survey of historical and contemporary attitudes toward parenting. Review of research on child-rearing and parent-child relationships. Use of case studies to explore the influence of personality, developmental stage, family structure, ethnic and cultural factors on parenting. Lecture, Case Study.  
**Note:** Previous or concurrent enrollment in CHDV 133 strongly recommended. Cross-listed: CHDV 154; only one may be counted for credit.
- FACS 155. Family Life Education. 3 Units**  
**Prerequisite(s):** FACS 50; and FACS 100 or CHDV 133; and senior standing.  
 Historical and philosophical perspective on family life education across the lifespan. Practice in curriculum development including content, objectives, and teaching strategies.

**FACS 156. Child Life and Family-Centered Care. 3 Units**

**Prerequisite(s):** FACS 52 or CHDV 30 or CHDV 35 or a course in child development/human development, covering at least birth through adolescence with instructor permission.

Overview of the Child Life profession and child life practices. Focus on family-centered care for children in the healthcare environment and their families. Major course topics include: scope of practice in child life; ethical and professional practice; impact of illness, injury and health on patients and family; techniques and outcomes of preparation; therapeutic play; grief and bereavement.

**Note:** This course is designed to meet the specifications set forth by the Child Life Council for the Child Life course required for certification as a Certified Child Life Specialist (CCLS)

**FACS 159. Adulthood and Aging in Human Development. 3 Units**

**Prerequisite(s):** A human development course or instructor permission.

Analyzes the aging process; the interrelation between physical, psychological, and social development in the middle and later years; and characteristic personal, family and community adjustment problems.

**FACS 162. Family Support Services. 3 Units**

**Prerequisite(s):** A minimum of 12 units in FACS upper division family area courses.

Application of family science to the development, implementation, and evaluation of family support services. Implications of research for practice with diverse families. Focus on developing skills in family-centered services, family-professional collaboration, and resource-based and asset-based intervention. Lecture two hours; fieldwork in the community three hours.

**FACS 166A. American Indigenous Families: Issues and Perspectives. 3 Units**

Application of research and theory specific to Latino/Chicano and American Indian families; strategies for applying this knowledge to areas of service, therapy, policy, and education. Lecture; discussion, Internet enhancement.

Cross Listed: ETHN 166; only one may be counted for credit.

**FACS 166B. Asian American Families: Issues and Perspectives. 3 Units**

Family is an adaptable and changing institution of society. The course will highlight research and theory on Asian American families with an emphasis on applying the information to areas of service, therapy, policy, and education. A comparison of the experiences between various Asian groups in the U.S. will be stressed. Lecture, discussion, Internet enhancement.

Cross Listed: ETHN 167; only one may be counted for credit.

**FACS 168. Senior Seminar. 3 Units**

**Prerequisite(s):** 21 FACS units.

Designed to synthesize knowledge in Family and Consumer Sciences. Examination of the concentration in the major and career exploration. Analysis of public policy and ethical issues, professionalism and leadership strategies. Includes personal and professional competency assessment and development of an academic and professional portfolio.

**FACS 170. Advanced Nutrition and Metabolism. 3 Units**

**Prerequisite(s):** CHEM 161, FACS 113; or instructor permission.

Study of the physiologic function of carbohydrates, lipids, protein and micronutrients including integrated metabolism, transport, regulation and relation to inborn errors/chronic disease. Introduction to gene-nutrient interaction.

Cross Listed: BIO 170; only one may be counted for credit.

**FACS 195A. Field Study: Selected Areas in Family and Consumer Sciences. 1 - 3 Units**

**Prerequisite(s):** Instructor permission.

Guided study and experience in some area within Family and Consumer Sciences in which the student needs orientation or greater depth of study in a specialized field.

Credit/No Credit

**FACS 195C. Internship. 1 - 3 Units**

**Prerequisite(s):** Upper division status; instructor permission obtained in the preceding semester; 2.5 GPA or above.

Directed observation and supervised work experience in an approved business, government, or service agency. Internships are offered for the purpose of increasing student understanding of the nature and scope of agency operations and giving students orientation in occupational specialties. Supervision is provided by authorized persons in the cooperating agencies and collaborative supervision is provided by the Family and Consumer Sciences faculty. Each student is required to maintain a record of activities and assignments and to prepare periodic reports.

**Note:** Student must make arrangements with a faculty member for a work program one semester prior to admittance to the course. A minimum of three hours per week per unit of credit is required.

Credit/No Credit

**FACS 195F. Practicum in Family Life Education. 1 - 3 Units**

**Prerequisite(s):** senior status; GPA of 2.75 or above; NURS 160 or PSYC 134 or HLSC 134; and FACS 155.

**Corequisite(s):** If not taken as a prerequisite, FACS 155 may be taken concurrently with instructor's approval.

Directed observation and supervised work experience in an approved educational setting, service agency, business or government agency that provides family life education. Students will move from observing and assisting to developing, delivering and assessing lessons and programs in family life education. Students will gain experience applying educational and developmental theories, curriculum development, and teaching methods to delivering evidence-based and culturally sensitive lessons in the content areas of family life education: parent education, strengthening relationships, and/or sexuality education.

**Note:** Students must make arrangements with the supervising faculty member one semester prior to admittance to the course.

Credit/No Credit

**FACS 199. Special Problems. 1 - 3 Units**

Individual projects or directed reading.

**Note:** Departmental petition required.

Credit/No Credit

**FACS 199D. Dietetic Pathways. 1 Unit**

**Prerequisite(s):** Senior standing as Dietetics emphasis.

Examination of dietetics career paths, processes and options. Students will learn about the profession of dietetics, including professionalism, the professional organization, pathways, mentoring and the code of ethics.

**FACS 221A. Advanced Clinical Nutrition A. 3 Units**

**Prerequisite(s):** Admission into Dietetic Internship Program or instructor permission.

Perform nutrition assessment of patients with complex medical conditions. Integration of pathophysiology into medical nutrition therapy. Development, supervision and evaluation of nutrition care plans. Select, calculate, monitor and evaluate nutritional support regimens for patients. Lecture, composition.



**FACS 221B. Advanced Clinical Nutrition B. 1 Unit**

**Prerequisite(s):** Admission into Dietetic Internship Program or instructor permission.

Continuation of principles and skills as developed in FACS 221A with application to other complex disease conditions and integration to multiple diseases. Application of genetics and pathophysiology to complex disease conditions. Demonstration of skills in assignments and presentations. Lecture, composition.

**FACS 222. Advanced Community Nutrition and Nutrition Education. 1 Unit**

**Prerequisite(s):** Admission into Dietetic Internship Program or instructor permission.

Management of nutrition care for population groups across the lifespan. Perform outcome assessment/evaluation of community based food and nutrition programs. Nutrition policy development and evaluation based on community needs and resources. Learn advanced nutrition counseling techniques. Lecture, composition.

**FACS 223. Advanced Foodservice Management and Administration. 2 Units**

**Prerequisite(s):** Admission into Dietetic Internship Program or instructor permission.

Management of procurement, distribution, and service of food, and integration of financial, human, physical and material resources. Production of food that meets nutrition guidelines, cost parameters, and consumer acceptance; safety and sanitation issues related to food. Analysis of the operations of food service organization. Lecture, written assignments and practical experience.

**FACS 224. Advanced Community Nutrition and Policy. 3 Units**

**Prerequisite(s):** Admission into Dietetic Internship Program or instructor permission.

Learn and apply the nutrition care process and to manage nutrition care for population groups. Conduct outcome assessment, planning, implementation, marketing and evaluation of nutrition programs. Apply the research process and critically evaluate nutrition research. Develop an understanding of nutrition policy and resources. Lecture-discussion.

**FACS 295. Field Study. 1 - 7 Units**

**Prerequisite(s):** Enrolled in Graduate Studies in FACS Dietetic Internship  
Guided study, observation or work experience in an area in which the graduate student needs advanced and specialized study.

**Note:** May be repeated for credit

Credit/No Credit

**FACS 296. Teaching Methods in Home Economics Careers and Technology. 3 Units**

This course is designed to provide students with materials, classroom management strategies and methods necessary to successfully teach Home Economics Careers and Technology (HECT) at the secondary level. Teacher candidates will become acquainted with legislation, standards, teaching strategies, resources and student leadership programs.

**FACS 299. Special Problems. 1 - 3 Units**

**Prerequisite(s):** Undergraduate major or minor in Family and Consumer Sciences.

Any properly qualified student may pursue a problem after approval by his/her advisor and the staff member with whom he/she works.

Credit/No Credit