

# FAMILY AND CONSUMER SCIENCES

*College of Social Sciences and Interdisciplinary Studies*

## Department Description

The Department of Family and Consumer Sciences offers four distinct programs and one concentration. The focus of these programs is to enhance the skills and knowledge that will promote the well-being of individuals, families, and communities. Our programs and profession focus on individuals and families in order to achieve an optimum balance between people and their environments. The mission of Family and Consumer Sciences is to empower individuals and families to function interdependently in a global society.

### Family and Consumer Science Education (Pre-Credential Single Subject Matter Program)

The major meets the California Career Technical Education (CTE) Curriculum Standards and Home Economics Teacher Preparation Standards of Quality and Effectiveness for Subject Matter Programs.

Graduates are prepared to enter a Single Subject Teaching Credential Program required to teach Family and Consumer Sciences/Home Economics in middle and high schools. Coursework includes Nutrition and Food, Fashion Merchandising & Management, and Family Studies & Human Development combined with an internship in a middle or high school in the Sacramento area.

### Family Studies and Human Development

The major prepares students for careers in various human service fields. The program emphasizes an asset-based approach to understanding lifespan human development, family systems and family diversity. The major is approved by the National Council on Family Relations (NCFR) for academic programs in Family Life Education.

### Certificate in Family Life Education

The goal of the certificate is to prepare students to provide family life education in a variety of settings such as schools, churches, youth programs, health care, and family service agencies. The certificate program is designed to cover the ten, family life education content areas delineated by the National Council on Family Relations NCFR. The certificate is not a teaching credential. In conjunction with a Bachelor or Master degree or a state teaching credential, it may be helpful in obtaining employment as a Family Life Educator.

### Fashion Merchandising and Management

The major prepares students for careers in the global fashion industry, including management, marketing, buying, advertisement, promotion, manufacturing, sourcing, distribution, retailing, and many more. The program also emphasizes the contemporary and historical ways of meeting the economic, physiological, aesthetic, psychological, sociological, and cultural needs of consumers relative to fashion products.

The program offers a vast array of courses that cover different areas of the fashion industry. Students learn the basics of fashion by taking foundation courses. Upper division marketing classes allow students to become more familiar with the business side of fashion. Courses

focusing on the basic design skills introduce students to the creative side of the industry. This program provides a well-rounded education that prepares students for jobs in any area of the fashion industry.

The Minor in Fashion Merchandising and Management provides students an understanding of the role fashion plays in social/cultural environment, business/economic environment, and natural environment. The minor is complementary to students pursuing careers in communication studies, psychology, journalism, marketing, entrepreneurship, management, business, art, and design.

### Nutrition and Food

The major prepares students for careers in the field of nutrition, food management, community nutrition, and food sustainability. The program emphasizes the roles of nutrition and food in individual and family health, cultural and behavioral influences on food selection, and the management of commercial and noncommercial food systems.

The optional Concentration in Dietetics (Didactic Program in Dietetics) prepares students for supervised practice leading to eligibility for the Commission on Dietetic Registration credentialing exam to become a registered dietitian nutritionist (RDN), as well as to prepare students for graduate school and a variety of careers in clinical nutrition, community nutrition, private practice, food service administration, and food science.

The graduate program includes specialized coursework in nutrition science, advanced community nutrition, behavioral nutrition, and food and nutrition policy plus a wide array of interdisciplinary electives. Designed for career advancement in food access and nutrition education agencies and to complement Sacramento State's Dietetic Internship for those on the path to becoming Registered Dietitian Nutritionists.

The Dietetic Internship administered by the Department is a post-baccalaureate, 42-week internship accepting 10 interns annually. This program provides full-time supervised practice at a variety of health care and community facilities.

The minor provides students an understanding of the role food and nutrition play in health and disease prevention. The minor could be a relevant addition to many majors.

## Degree Programs

BS in Family and Consumer Science Education (Pre-Credential, Single Subject Matter Program)

BS in Family Studies and Human Development (<http://catalog.csus.edu/colleges/social-sciences-interdisciplinary-studies/family-consumer-sciences/bs-family-studies-and-human-development/>)

BS in Fashion Merchandising and Management (<http://catalog.csus.edu/colleges/social-sciences-interdisciplinary-studies/family-consumer-sciences/bs-in-fashion-merchandising-management/>)

BS in Nutrition and Food (<http://catalog.csus.edu/colleges/social-sciences-interdisciplinary-studies/family-consumer-sciences/bs-in-nutrition-and-food/>)

BS in Nutrition and Food (Dietetics) (<http://catalog.csus.edu/colleges/social-sciences-interdisciplinary-studies/family-consumer-sciences/bs-in-nutrition-and-food-dietetics/>)

Minor in Family and Consumer Sciences (<http://catalog.csus.edu/colleges/social-sciences-interdisciplinary-studies/family-consumer-sciences/minor-in-family-and-consumer-sciences/>)

Minor in Fashion Merchandising and Management

Minor in Nutrition and Food (<http://catalog.csus.edu/colleges/social-sciences-interdisciplinary-studies/family-consumer-sciences/minor-nutrition-food/>)

MS in Nutrition and Food (<http://catalog.csus.edu/colleges/social-sciences-interdisciplinary-studies/family-consumer-sciences/ms-nutrition-food/>)

Certificate in Family Life Education

Certificate in Grocery Management

## Accreditation

In addition to California State University, Sacramento's full accreditation by the Western Association of Schools and Colleges, the Bachelor of Science in Nutrition and Food Dietetics Concentration is also individually accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), the accrediting agency for the Academy of Nutrition and Dietetics. The department also administers a Dietetics Internship (DI) program accredited by ACEND.

## Notice to Students RE: Professional Licensure and Certification

California State University programs for professions that require licensure or certification are intended to prepare the student for California licensure and certification requirements. Admission into programs for professions that require licensure and certification does not guarantee that students will obtain a license or certificate. Licensure and certification requirements are set by agencies that are not controlled by or affiliated with the California State University and licensure and certification requirements can change at any time.

The California State University has not determined whether its programs meet other states' educational or professional requirements for licensure and certification. Students planning to pursue licensure or certification in other states are responsible for determining whether, if they complete a California State University program, they will meet their state's requirements for licensure or certification. This disclosure is made pursuant to 34 CFR §668.43(a)(5)(v)(C).

## Special Features

- Faculty in Family and Consumer Sciences come from diverse educational backgrounds and expertise. Faculty members promote and integrate a holistic approach to understanding individuals and families while preparing students for professional careers or graduate study.
- All programs in the department are committed to reflecting in our study and in our practices the diverse populations with which our students will work, including diversity in ability, age, educational level, ethnicity, gender identity, immigration status, nationality, race, religion, sexual orientation, and socioeconomic status.
- The Department is equipped with laboratories for textiles, food, and teacher credentialing preparation courses.
- Support facilities include a Costume Collection gallery. Visit the virtual gallery at <http://www.csus.edu/facs/>.
- The Didactic Program in Dietetics (DPD) and the Dietetics Internship (DI) programs are accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND).

- The Family Studies and Human Development program is approved by the National Council on Family Relations for academic programs in Family Life Education.
- The Pre-Credential Single Subject Matter program in FACS Education is approved by the California Commission on Teacher Credentialing.
- Service Learning courses (FASH 146, FSHD 162, NUFD 117), Academic Internships (FACS 195A, FACS 195C, FSHD 195F), Education practica and other opportunities for Community Engaged Learning are a hallmark of our degree programs. These provide an opportunity for students to work under the supervision of a professional in business, education, government, or public service settings. Internships are planned a semester in advance with an adviser.
- The Department sponsors four student organizations for students to participate in professional development and community service related to their major programs.
- In addition to serving majors and minors, the Department provides several general education courses for other majors including classes that meet the graduation requirements for the writing intensive, and race and ethnicity categories.

## Career Possibilities

**Fashion Merchandising and Management:** Buyer · Merchandiser · Marketing Manager · Retail Manager · Regional Manager · District Manager · Distributor · Sales Representative · Product Analyst · Sourcing Analyst · Quality Control Analyst · Inventory Specialist · Apparel Engineer · Fashion Coordinator · Stylist · Visual Merchandiser · Fashion Designer · Fashion Editor · Fashion Forecaster · Fashion Reporter · Magazine Editor

**Family Studies and Human Development:** Consumer and Family Resources · Community-Based Social Services · Community Education · Family Life Educator · Family Planning · Family Support Services Provider · Health Care and Family Wellness · Marriage and Family Enrichment · Parenting Educator · Prenatal and Maternity Services · Sexuality Educator · Youth Adviser · Child Life Specialist

**Nutrition and Food:** Nutrition and Health Educator · Community/Public Health Nutritionist · Food Service Manager/Hospitality · Foodservice Inspector · Grocery Retailing · State Nutrition Program Assistant, Consultant, or Analyst · School Nutrition Services Specialist · Entrepreneur/Consultant · Nutrition Program Representative · University/Medical Research Centers.

**Additional careers in Dietetics:** Registered Dietitian Nutritionist (RDN) · Nutrition and Dietetics Technician, Registered (NDTR) · Clinical Dietetics-Hospitals, Clinics, or other Health Care Facilities · #Community and Public Health · #Private Practice · #Sports Nutrition · Corporate Wellness · #University/Medical Centers · #Research · #Food and nutrition-related business and industries

**Family and Consumer Sciences Education (Pre-Credential Single Subject Program):** High school and middle school teacher · Extension specialist · Consultant in Home Economics Careers and Technology · Life Coach. Resources Specialist · Entrepreneur · Consumer Educator · Credit Counselor · California State Department of Education · FCCLA State Adviser.

## Contact Information

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## Faculty

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HYSON, DIANNE

KANG, MINJEONG

MOYLAN, J. ANN

MULASI, URVASHI

SHEN, DONG

SHILTS, MICAL

THOMPSON, KELLY

WIE, SEUNGHEE

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

**Prerequisite(s):** 6 FACS units completed. FACS majors only  
**Term Typically Offered:** Fall, Spring, Summer

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 140. Family Resource Management. 3 Units**

**Term Typically Offered:** Fall, Spring

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**

**Term Typically Offered:** Fall, Spring

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 168. Senior Seminar. 3 Units**

**Prerequisite(s):** 21 FACS units.  
**Term Typically Offered:** Fall, Spring

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

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

**Term Typically Offered:** Fall, Spring

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 preceeding semester; 2.5 GPA or above.

**Term Typically Offered:** Fall, Spring

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 199. Special Problems. 1 - 3 Units**

**Term Typically Offered:** Fall, Spring

Individual projects or directed reading.

**Note:** Departmental petition required.

Credit/No Credit

### **FASH 30. Fashion and Human Environment. 3 Units**

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

**Term Typically Offered:** Fall, Spring, Summer

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.

### **FASH 31. Science of Textile. 3 Units**

**General Education Area/Graduation Requirement:** Physical Science (B1)

**Term Typically Offered:** Fall, Spring, Summer

Introduction to textile science fundamentals to guide daily textile product selection, use, and care. Overview of physical and chemical properties of textile composition and its impact on textile product performance.

Emphasis of textile as a unique medium for studying physical science through an approachable and real-life applicable lens. Discussion of environmental impact of the textile industry as well as scientific innovations in sustainable textile production.

**FASH 32. Fundamentals of Apparel Production. 3 Units**

**Prerequisite(s):** You must be a FACS major or FASH major to enroll in this course.

**Term Typically Offered:** Fall, Spring

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.

**FASH 33. Fashion Sustainability, Global Impact, and Critical Thinking. 3 Units**

**General Education Area/Graduation Requirement:** Critical Thinking (A3)

**Term Typically Offered:** Fall, Spring

Introduction to critical reasoning, evaluating, and thinking skills through the social, environmental, and economic issues in fashion sustainability. Students will use research, reflection, acquisition of information, structuring arguments, and other critical thinking processes to analyze individual decision making as consumers, and gain an understanding of the greater global impact in fashion sustainability.

**FASH 130. History Of Western Fashion. 3 Units**

**General Education Area/Graduation Requirement:** Arts (Area C1)

**Term Typically Offered:** Fall, Spring, Summer

An overview of dress and fashion in western civilization from antiquity to the present. An interdisciplinary approach is used to examine how western fashion has evolved over time 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 the differing roles in the production, dissemination, and consumption of clothing in relation to socioeconomic groups. Lecture, discussion.

**FASH 131. Quality Analysis: Apparel. 3 Units**

**Prerequisite(s):** FACS 31, FACS 32.

**Term Typically Offered:** Spring only

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.

**FASH 133. Creative Principles of Apparel Design. 3 Units**

**Prerequisite(s):** FACS 30 and FACS 31

**Term Typically Offered:** Fall only

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.

**FASH 134. Introduction to Fashion Industry. 3 Units**

**Term Typically Offered:** Fall, Spring

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.

**FASH 135. Merchandise Buying. 3 Units**

**Prerequisite(s):** FASH 134.

**Term Typically Offered:** Fall only

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.

**FASH 136. Fashion Retailing. 3 Units**

**Prerequisite(s):** FASH 134.

**Term Typically Offered:** Spring only

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.

**FASH 137. Clothing, Society, and Culture. 3 Units**

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

**Term Typically Offered:** Fall, Spring

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.

**FASH 139. Textiles and Apparel in the Global Economy. 3 Units**

**Prerequisite(s):** FASH 134 or MKTG 101.

**Term Typically Offered:** Spring only

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.

**FASH 146. Fashion Entrepreneurship. 3 Units**

**Prerequisite(s):** FASH 134.

**Term Typically Offered:** Fall, Spring

This is a Service Learning course addressing the essentials of entrepreneurship in the fashion industry, enabling students to learn effective entrepreneurial and general management practice through service learning. Emphasis is placed on the essentials of planning that are vital to entrepreneurial success, step by step guide for starting a fashion business and effective business models, which focus on problems, solutions, key metrics and competitive advantages that will assist in pitching the business. Students complete 45 hours of fieldwork.

**FASH 148. Fashion Law. 3 Units**

**Term Typically Offered:** Fall only

This course provides an overview of legal issues affecting the fashion industry and its professionals with an emphasis on fashion entrepreneurship, design, advertising and promotion, production, sourcing, marketing and retailing. Students will also learn about fashion regulatory and policy issues, intellectual property (copyright, trademarks, patents), contractual agreements, leasing, commercial operations and expansion, and the international development of a fashion business.

**FSHD 50. The Family and Social Issues.** 3 Units  
**General Education Area/Graduation Requirement:** GE AREA D, Race & Ethnicity Graduation Requirement (RE)  
**Term Typically Offered:** Fall, Spring

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.

**FSHD 52. The Child In The Family.** 3 Units  
**General Education Area/Graduation Requirement:** Understanding Personal Development (E)  
**Term Typically Offered:** Fall, Spring

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.

**FSHD 108. Family Communication.** 3 Units  
**Prerequisite(s):** COMS 8, FACS 50, SOC 166, or instructor permission.  
**Term Typically Offered:** Fall, Spring

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.

**FSHD 150. Family Stress and Coping: Multicultural Focus.** 3 Units  
**Prerequisite(s):** GWAR 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:** GE AREA D, Race & Ethnicity Graduation Requirement (RE), Writing Intensive Graduation Requirement (WI)  
**Term Typically Offered:** Fall, Spring, Summer

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 work, both in print and film formats.

**FSHD 152. Adolescent Development.** 3 Units  
**Prerequisite(s):** CHDV 30, or CHDV 35, or FACS 52, or instructor permission.  
**Term Typically Offered:** Fall, Spring

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.

**FSHD 154. Issues in Parenting.** 3 Units  
**Prerequisite(s):** CHDV 30, or CHDV 35, or FACS 52, or instructor permission  
**Term Typically Offered:** Fall, Spring

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.

**FSHD 155. Family Life Education.** 3 Units  
**Prerequisite(s):** FACS 50; and FACS 100 or CHDV 133; and senior standing.  
**Term Typically Offered:** Fall, Spring

Historical and philosophical perspective on family life education across the lifespan. Practice in curriculum development including content, objectives, and teaching strategies.

**FSHD 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.  
**Term Typically Offered:** Summer only

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 Association of Child Life Professionals (ACLP) for the child life course required for certification as a Certified Child Life Specialist (CCLS)

**FSHD 159. Adulthood and Aging in Human Development.** 3 Units  
**Term Typically Offered:** Fall, Spring

Analyzes the interrelation between physical, psychological, and social development in the middle and later years of adulthood with attention to personal, family and community challenges and opportunities in their cultural context.

**FSHD 162. Family Support Services.** 3 Units  
**Prerequisite(s):** A minimum of 12 units in FACS and/or FSHD upper division family area courses.  
**Term Typically Offered:** Fall, Spring

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.

**FSDH 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.

**Term Typically Offered:** Fall, Spring

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

**NUFD 5. Science of Food. 3 Units**

**General Education Area/Graduation Requirement:** Physical Science (B1)

**Term Typically Offered:** Fall, Spring, Summer

Introduction to food science fundamentals including food composition, chemical and physical reactions, and nutritional properties of food. Overview of evidence-based practices for food selection, storage, and preparation. Examination of specific issues such as food safety, food technology, food supply, and food law. Lecture 3 hours.

**NUFD 9. Food Safety and Sanitation. 3 Units**

**Term Typically Offered:** Fall, Spring, Summer

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 food service operations. Preparation for national food service sanitation certification exam.

**NUFD 10. Nutrition And Wellness. 3 Units**

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

**Term Typically Offered:** Fall, Spring, Summer

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.

**NUFD 11. Principles of Food Preparation. 3 Units**

**Prerequisite(s):** NUFD majors and FACS majors only.

**Term Typically Offered:** Fall, Spring

Chemical, physical, sensory, and nutritional properties of food related to processes used in food preparation. Activity includes preparation and evaluation of individual food products.

**NUFD 100. Research: Methods and Application in Nutrition and Food. 3 Units**

**Prerequisite(s):** 6 NUFD units completed. NUFD majors or minors only.

**Term Typically Offered:** Fall, Spring, Summer

Study of methods and application of research in the field of Nutrition & Food. 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.

**NUFD 107. Nutrition Education, Communication, and Counseling. 3 Units**

**Prerequisite(s):** NUFD 10 and an additional 3 NUFD units

**Term Typically Offered:** Fall, Spring

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.

**NUFD 110. Food Production and Sustainability. 4 Units**

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

**Term Typically Offered:** Fall, Spring, Summer

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.

**NUFD 111. Grocery Procurement & Merchandising. 3 Units**

**Prerequisite(s):** NUFD 5 or NUFD 10; and NUFD 9

**Term Typically Offered:** Fall, Spring

This course examines the processes for purchasing and receiving food and non-food products in a retail market setting. The course focuses on procurement and merchandising strategies in the grocery industry which tap into consumer trends and preferences.

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

**Term Typically Offered:** Fall, Spring, Summer

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.

**NUFD 113. Nutrition And Metabolism. 3 Units**

**Prerequisite(s):** NUFD 10; BIO 2 or BIO 10 or BIO 20; and Chem 1A or Chem 5 or Chem 6A

**General Education Area/Graduation Requirement:** Upper Division Further Studies in Area B5

**Term Typically Offered:** Fall, Spring, Summer

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.

**NUFD 114. Cultural and Social Aspects of Food. 3 Units**

**Prerequisite(s):** FACS/NUFD 10.

**General Education Area/Graduation Requirement:** Humanities (Area C2)

**Term Typically Offered:** Fall, Spring

Examination of the cross-cultural and social meaning of food and dietary behaviors. Regional, ethnic, religious, economic, and environmental influences on food habits and health status. Study of how cultural and societal values affect intake, health belief practices, and communication styles. Overview of health disparities in the context of socioeconomic status, race, ethnicity, and education. Understanding implicit bias, cultural differences, diversity, equity, and inclusion while working in a multicultural and diverse environment.

**NUFD 115. Nutrition: Pre-conception Through Childhood. 3 Units**

**Prerequisite(s):** NUFD 113

**Term Typically Offered:** Fall, Spring

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.

**NUFD 116. Food Service Management. 3 Units**

**Prerequisite(s):** NUFD 110.

**Term Typically Offered:** Fall, Spring

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.

**NUFD 117. Community Nutrition. 3 Units**

**Prerequisite(s):** NUFD 107; and either NUFD 115 or NUFD 119.

**Term Typically Offered:** Fall, Spring

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.

**NUFD 118A. Medical Nutrition Therapy I. 3 Units**

**Prerequisite(s):** NUFD 113, NUFD 121, and BIO 131.

**Term Typically Offered:** Fall only

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.

**NUFD 118B. Medical Nutrition Therapy II. 3 Units**

**Prerequisite(s):** NUFD 118A, and CHEM 161 or instructor permission.

**Term Typically Offered:** Spring only

Continuation of principles, methods, and skills as developed in NUFD 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.

**NUFD 119. Nutrition: Adolescence Through Older Adulthood. 3 Units**

**Prerequisite(s):** NUFD 113

**Term Typically Offered:** Fall, Spring

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.

**NUFD 120. Practical Application in Sports Nutrition. 3 Units**

**Prerequisite(s):** NUFD 113

**Term Typically Offered:** Fall, Spring

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.

**NUFD 121. Nutrition Assessment, Methods and Support. 3 Units**

**Prerequisite(s):** NUFD 113

**Term Typically Offered:** Fall, Spring, Summer

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.

**NUFD 122. Social Media for Nutrition Communication.****3 Units****Prerequisite(s):** NUFD 10 and NUFD 100 or NUFD 113**Term Typically Offered:** Fall, Spring

Examine the uses of social media in the nutrition field and develop a framework to apply to future social media use in professional ventures. Focus on the critical analysis of the appropriateness, potential target populations, health behavior change strategies, the risks and benefits, and overall intended outcomes of social media communication. Create the design and evaluation framework of a social media campaign/initiative.

**NUFD 168. Senior Seminar.****3 Units****Prerequisite(s):** 21 NUFD and/or FACS units**Term Typically Offered:** Fall, Spring, Summer

Designed to synthesize knowledge in the Nutrition and Food discipline. Examination of the major and career exploration. Analysis of public policy and ethical issues, professionalism and leadership strategies. Includes a capstone project and development of an academic and/or professional portfolio.

**NUFD 199D. Dietetic Pathways.****1 Unit****Prerequisite(s):** Senior standing in the Dietetics Concentration or instructor permission.**Term Typically Offered:** Fall only

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.

**NUFD 200. Research Methods.****3 Units****Prerequisite(s):** Admittance to the NUFD graduate program or instructor permission.**Term Typically Offered:** Spring only

A critical examination of quantitative and qualitative research methods used in the nutrition and food discipline. Develop skills in research design selection, measurement, analysis, and interpretation and presentation of results. Study human research ethics and IRB submission protocol. Explore techniques to ensure assessment tools are valid, reliable, and culturally appropriate.

**NUFD 213. Advanced Nutrition with Community Program Applications.****3 Units****Prerequisite(s):** Admittance into the MS program or instructor permission.**Term Typically Offered:** Fall only

In-depth review of current knowledge and research of nutrients in food and application to nutrition policy and public health practice within the US and globally. Examination of physiological function, metabolism, transport, deficiency, toxicity, and interrelationships of macro and micronutrients in relation to the nutrient-disease relationship. Evaluating scientific findings relating to nutrient function, with an emphasis on nutrients of public health concern and food components that pose public health challenges.

**NUFD 221A. Advanced Clinical Nutrition A.****3 Units****Prerequisite(s):** Admission into Dietetic Internship Program or instructor permission.**Term Typically Offered:** Fall only

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.

**NUFD 221B. Advanced Clinical Nutrition B.****1 Unit****Prerequisite(s):** Admission into Dietetic Internship Program or instructor permission.**Term Typically Offered:** Spring only

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.

**NUFD 222. Advanced Community Nutrition and Nutrition Education.****3 Units****Prerequisite(s):** Admission into NUFD graduate program, Dietetic Internship program, or instructor permission.**Term Typically Offered:** Fall only

The course will examine the implementation of nutrition care for population groups across the lifespan. Explore assessment and evaluation methodologies of community based food and nutrition programs. Nutrition policy development and evaluation based on community needs and resources to address health disparities. Learn advanced nutrition education intervention techniques applying behavioral models and theories.

**NUFD 223. Advanced Foodservice Management and Administration.****2 Units****Prerequisite(s):** Admission into Dietetic Internship Program or instructor permission.**Term Typically Offered:** Fall only

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.

**NUFD 224. Advanced Community Nutrition and Policy.****3 Units****Prerequisite(s):** Admission into NUFD graduate program, Dietetic Internship Program, or instructor permission.**Term Typically Offered:** Spring only

Learn and apply the nutrition care process and 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.

**NUFD 225. Food Production and Sustainability Policy. 3 Units**

**Prerequisite(s):** Admittance into the NUFD graduate program or instructor permission.

**Term Typically Offered:** Fall only

Exploration of a variety topics including food policies, food systems and sustainable food production. The course will review the political landscape of both food and agriculture and current social movements towards sustainable and just food systems.

**NUFD 280. Teaching Methods in Family and Consumer Sciences/Home Economics. 3 Units**

**Prerequisite(s):** Current enrollment in a teaching credential program or instructor permission.

**Term Typically Offered:** Summer only

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

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

**Prerequisite(s):** Enrolled in Graduate Studies in NUFD Dietetic Internship

**Term Typically Offered:** Fall, Spring

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

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

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

**Term Typically Offered:** Fall, Spring

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

**NUFD 500. Culminating Experience. 3 Units**

**Prerequisite(s):** Advanced to candidacy or permission of the graduate coordinator.

**Term Typically Offered:** Spring only

Guides students through the completion of a thesis or project approved for the Master of Nutrition and Food degree.