Family and Consumer Sciences

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FCS **101 Education Assistant** (1 cr). Classroom training for education assistant and placement with a mentor teacher for a minimum of 5 hours weekly during the academic year. Dual enrollment course, offered as a FCS secondary occupational program, available in secondary Professional-Technical FCS programs. Secondary FCS students will have, at minimum, one pre-requisite course in child development prior to acceptance in the Education Assistant Program. For dual-enrollment high school students only.

FCS **105 Individual and Family Development** (3 cr). Basic principles and sequences in individual and family development; family structure and functions as they support human development. (Fall only)

FCS **119 Fashion from Concept to Consumer** (3 cr). Introduction to the sewn product manufacturing and merchandising industry; focus on social-psychological, cultural, historic, aesthetic, design, business, and economic factors; emphasis on careers in the sewn products industry. (Fall only)

FCS **123 Textiles** (3 cr). Fiber, yarn, and fabric properties, color and finishes as they relate to performance, care, and consumer satisfaction. Two lec and one 2-hr lab a wk. (Fall only)

FCS **170 Introductory Foods** (3 cr). Basic concepts and techniques of food preparation; applied sensory evaluation of food. (Fall only)

FCS **175 Introductory Foods Laboratory** (1 cr). Laboratory experiences to accompany FCS 170. Coreq: FCS 170. (Fall only)

FCS **200** (s) **Seminar** (cr arr). Prereq: perm.

FCS **203** (s) **Workshop** (cr arr). Prereq: perm.

FCS **204** (s) **Special Topics** (cr arr). Prereq: perm.

FCS **205 Concepts in Human Nutrition** (3 cr). *May be used as core credit in J-3-d.* Nutrition principles with their application to nutrition in life cycle; nutrition problems and controversies such as weight control and nutrition for athletes; individual computerized study of student's dietary intake.

FCS **210 Introduction to Early Childhood Education** (2 cr) Provides an overview of the complexity of working with young children, including children with disabilities, and their families. The course includes introduction to history of early childhood education, supportive agencies, roles of professionals, contexts of typical and atypical child and family development, and curricular models.

FCS **223 Evaluation of Apparel and Textiles** (3 cr). Analysis of textile and apparel products relative to production methods, product performance, and consumer value. Three lec and 2 hrs of lab a wk; field trips. Prereq: FCS 123 or perm. (Fall only)

FCS **224 Apparel Design I** (3 cr). Design conception, fabric characteristics, garment assembling, principles of fitting, quality control for the apparel industry. One lec and five hrs of lab a wk. Prereq: CTD or FCS Education major or perm. (Spring only)

FCS **234 Infancy and Early Childhood** (3 cr). Influences on development before birth through the preschool years; factors that determine physical, emotional, cognitive, social, and creative development. (Spring only)

FCS **235 Principles and Methods of Child Observation** (3 cr). Development of skills necessary to observe, record, and interpret child behavior; observations to be arranged. Prereq: FCS 234 or perm. (Fall only)

FCS **240 Intimate Relationships** (3 cr). Dynamics of intimate relationships from early adulthood through the adult lifespan. (Spring only)

FCS **251 Survey of FCS Professions** (1 cr). Web delivered, survey course for students considering a career in Family and Consumer Sciences, particularly teaching. Televised interviews with professionals in a variety of FCS careers, and an in-depth look at teaching as a career. An advising meeting with the FCS Teacher Educator is required to explain the requirements of the program.

FCS **270 Intermediate Foods** (3 cr). Web-assisted course focusing on food safety, menu planning, and cultural and religious influences on food choices, and role of food in promotion of a healthy lifestyle.. Practice in communicating foods information through food demonstrations and news articles. Web-based modules, with one 2-hr face-to-face lab per week. Prereq: FCS 170. (Spring only)

FCS **299** (s) **Directed Study** (cr arr). Prereq: perm.

FCS **ID305 Nutrition Related to Fitness and Sport** (3 cr). WSU Ath T and FSHN 305. Identification of energy, macro/micro nutrient and fluid requirements during exercise; evaluation of dietary regimens and ergogenic aids for pre and post competition, weight maintenance, and wellness; assignments include a case analysis of a UI or WSU athlete and evaluation and critical review of related research. Prereq: FCS 205. (Fall only)

FCS **324 Apparel Design II** (3 cr). Methods and principles of flat pattern design; use of pattern making skills to create original designs; development and application of computer skills in designing apparel for the industry. One lec and five hrs of lab a wk. Prereq: FCS 224 or perm. (Fall only)

FCS **329 History of Western Dress** (3 cr). Historic overview of western dress from ancient Mesopotamia and Egypt to Western Europe through the 20th century; focus on dress and human appearance as a reflection of the socio-cultural factors of the times. (Spring only)

FCS **333 Developmental Curriculum for Young Children** (4 cr). Principles and practices of a developmentally based curriculum, assessment, intervention, and evaluation. Three hrs of lec and two hrs of lab a wk. Prereq: FCS 235 or perm. (Spring only)

FCS **334 Middle Childhood-Adolescence** (3 cr). Behavior, development, and guidance of children and youth from entrance in school until they are launched into adulthood; influences of family, school, peer group, and larger community. Prereq: Psyc 101, Soc 101, or perm. (Fall only)

FCS **340 Parent-Child Relationships in Family and Community** (3 cr). May be taken by nonmajors. Dynamics of parent-child interactions and models for parent education programs in community and school settings. Prereq: FCS 234 or 334. (Fall only)

FCS **346 Personal and Family Finance and Management** (4 cr). Principles and procedures of individual and family management and their relationship to human and economic resources; applications of management principles to spending, saving, borrowing, and investing decisions. (Spring only)

FCS **350 Curriculum Development in Family and Consumer Sciences Education** (3 cr). Analysis of curricular models and content; development of curricular units for family life. Prereq: admission to teacher education. (Fall only)

FCS **351 Administration of FCCLA Organizations** (2 cr). This course will prepare FCS education students to become successful advisors of co-curricular FCCLA chapters. Attendance at the state FCCLA convention required. Prereq: Admission to teacher education, and PTTE 111 or Ed 328. (Spring only)

FCS **361 Advanced Nutrition** (3 cr). Principles of nutrition; physiology of digestion, absorption and metabolism of nutrients. Prereq: FCS 205, MMBB 300, Biol 120 and Biol 121. (Fall only)

FCS **362 Introduction to Clinical Dietetics** (3-4 cr). Nutritional assessment; introduction of nutrition therapies for disease. Three lec; 3 hrs of supervised practice a wk for 1 cr; only CPD students take 4 credits. Prereq: FCS 361. (Spring only)

FCS **363 Diet Therapy** (4 cr). Diet modification for adult and child needs in disease and convalescence. Clinical experience in Spokane hospitals. Prereq: Sr standing in CPD. (Fall only)

FCS **364 Clinical Dietetics I** (4 cr). Clinical experience in Spokane hospitals. Prereq: Sr standing in CPD. (Spring only)

FCS **365 Advanced Nutrition Lab** (1 cr). Lab to accompany FCS 361 for students accepted into CPD program only. One 2-hour lab per week. Prereq: CPD major, FCS 205, MMBB 300, Biol 120 and Biol 121. (Fall only)

FCS **384 Quantity Food Production and Equipment** (3 cr). Food production in large volume; use and selection of institutional equipment and food; supervised practice in food service. Three hrs of lec a wk. Prereq: FCS 270 or perm. (Fall only)

FCS **385 Quantity Food Production Lab** (2 cr). Lab to accompany FCS 384 for students accepted into CPD program only. One 3-hour lab and one recitation per wk. Prereq: FCS 270. Coreq: FCS 384. (Fall only)

FCS **387 Food Systems Management** (3 cr). Institutional organization and management; supervised practice in food service. Three lec a wk. Prereq: FCS 384 or perm. (Spring only)

FCS **388 Food Systems Management Lab** (1 cr). Lab to accompany FCS 387 for students accepted into CPD program only. One 3-hour lab per wk. Prereq: FCS 384. Coreq: FCS 387. (Spring only)

FCS **400** (s) **Seminar** (cr arr). Prereq: perm.

FCS **403** (s) **Workshop** (cr arr). Prereq: perm.

FCS **404** (s) **Special Topics** (cr arr). Prereq: perm.

FCS **C410 Growing Old in a New Age** (3 cr). Overview of issues related to aging; life-span development, how environments affect older persons, seeking an optimal quality of life, cross-cultural considerations, how aging is studied, and how to access resources.

FCS **ID411 Global Nutrition** (2 cr). WSU FSHN 411. *May be used as core credit in J-3-d.* The history of food and hunger, and the global nature of our food systems focusing on the impact of our food decisions on the environment, agricultural production, world populations relative to food supply, hunger, biotechnology, and safety of our food supply. Compressed video course. (Spring only)

FCS **419 Dress and Culture** (3 cr). *May be used as core credit in J-3-d.* Dress and culture examined from an interdisciplinary and cross-cultural perspective with emphasis on diversity within a global scale society; the relationship of dress to physical environments, social and economic systems, aesthetic expression, individual identity, and cultural ideals and values. Field trip. Prereq: humanities and social science core completed, Jr standing, or perm. (Spring only)

FCS **423 Sewn Product Industry Tour** (1 cr, max 3 cr). Field site tours of sewn product industry firms representing the design/manufacturing, merchandising, and auxiliary services arms of the industry. Forty-five hrs of instruction/field experience: five hours class lecture, planning, and discussion; forty hours visiting companies (five 8-hour days). Variable field trip fee depending on actual cost. Prereq: CTD major or perm.

FCS **424 Aesthetics for the Apparel Professional** (3 cr). *May be used as core credit in J-3-d.* Pattern creation through draping method; application of computer skills in designing apparel for target groups. One lec and 5 hrs of lab a wk. Prereq: FCS 119, 223, 224, or perm. (Spring only)

FCS **ID428 Housing America's Families** (3 cr). WSU H D 428. Housing, furnishings, and equipment as they influence family well-being, and families' housing choices as affected by social, psychological, economic, technological, and political factors. Four-five 2-hr field trips. (Alt/yrs, spring only)

FCS **J434/J534 Adulthood and Aging within the Context of Family** (3 cr). Analysis of development from young adulthood to old age. Includes factors that influence changes as well as continuity in physical, emotional, social, cognitive, and creative development. Overview of theories of human development and current issues in aging, including dementia, family and lifestyle choices, relationships, retirement, and grand-parenting. Requirements for graduate credit include conducting a review of literature in a chosen topic and presenting it to the class. Prereq: FCS 105, Jr standing. (Alt/yrs).

FCS **435 Feeding Young Children in Group Settings** (1 cr). This course increases awareness concerning the best practices in feeding young children. Practical, hands-on activities and assignments are included in the course through videotapes and the course website, http://www.aee.uidaho.edu/feeding. Graded P/F.

FCS **436 Theories of Child and Family Development** (3 cr). Identification, interpretation, and evaluation of individual and family developmental theories. (Fall only)

FCS **440 Contemporary Family Relationships** (3 cr). Dynamics of the major types of family relationships; marital, parent-child, sibling, and extended-family interaction in contemporary society. Prereq: Psyc 101, Soc 101, or perm. (Spring only)

FCS **J445/J545 Issues in Work and Family Life** (3 cr). Study of theories, trends, policies, and issues related to work and family; examination of assessment instruments; development of proposals. Additional projects/assignments reqd for grad cr. Prereq: FCS 105 and 346, or perm. (Alt/yrs, spring only)

FCS **448 Consumer Economic Issues** (3 cr). Consumer economic issues, including consumers in the marketplace, the consumer movement, rights and remedies, advocacy, public policy, decision making, buying, credit, banking, insurance, clothing, health care, food, housing, and investments. Prereq: Econ 201 or 202 or perm. (Fall only)

FCS **461 Methods & Strategies in FCS Education** (3 cr). Changing family and societal conditions and enhancing teaching and learning processes are addressed in this course. A focus is integration of professional-technical concepts and the development of classroom presentation skills. Prereq: FCS 450.

FCS **ID462 Eating Disorders** (2 cr). (FCS 405). WSU FSHN 405. *May be used as core credit in J-3-d.* Examination of anorexia nervosa, bulimia nervosa, compulsive eating, obesity, and weight preoccupation; discussion of cultural and nutritional factors, family issues, and psychological consequences, as well as preventative and therapeutic interventions.

FCS **463 Helping Skills in Dietetics** (2 cr). Application and integration of the Skilled Helper and nutritional counseling models in dietetics. Development of communication skills essential for effective helping. This course requires role-playing. Students are assessed on the knowledge and skills they have acquired. Prereq: FCS 362. (Fall only)

FCS **465 Introduction to FCS Internship** (3 cr). Field-based introduction to the student teaching environment with guided observations and initial lesson development. Prereq: Assignment to student teaching site. (Fall only)

FCS **469 Individualized Assessment and Instruction in the FCS Classroom** (2 cr). Capstone course in which the beginning teacher demonstrates understanding of how students differ in their approaches to learning, and is able to create instructional opportunities that are adapted to diverse learners. Coreq: FCS 470 and 471. (Spring only)

FCS **470 Curriculum Portfolio in FCS Education** (2 cr). Professional portfolio preparation based on internship activities for the College of Education Exit Standards. Coreq: FCS 469 and 471. (Spring only)

FCS **471 Internship in Family and Consumer Sciences Education** (12 cr). Sixteen weeks of practical experience in secondary family and consumer sciences program. Prereq: admission to teacher education, FCS 350. Coreq: FCS 469 and 470. (Spring only)

FCS **472 Clinical Dietetics II** (6 cr). Continuation of FCS 364. Supervised practice in Washington/Idaho hospitals. Prereq: FCS 364, Sr standing in CPD. (Spring only)

FCS **ID&WS473 Community Nutrition** (2-4 cr). WSU FSHN 426. Nutrition program; nutrition problems of special groups. Clinical experience in Spokane school lunch program, public health, etc. Two lec and six hrs of supervised practice a wk. Prereq: Sr standing in CPD.

FCS **474 Food Research and Development** (3 cr). Independent and team research on foods and food products; sensory and objective testing of food; research writing and presentation. Two lec and 3 hrs of lab a wk. Prereq: FCS 270, MMBB 300 or perm. (Spring only)

FCS **485 Computer Applications in Food Administration** (2 cr). Word processing, presentation and spreadsheet software applicable to foodservice operations, development of nutrition educational and marketing material, professional presentations, and analysis of nutritional software programs. Two hr of lec a wk. Prereq or coreq: FCS 384 or perm. (Spring only)

FCS **ID&WS486 Nutrition in the Life Cycle** (4 cr). WSU FSHN 331. Maternal nutrition and fetal development; lactation; nutritional needs and dietary patterns from infancy through old age. Three lec and 2 hrs of lab a wk. Prereq: Sr standing in CPD. (Fall only)

FCS **487 Research in Food Systems Management** (2 cr). Research related to analysis and evaluation of food service facilities and resources; research writing and presentations, facility tours. Two hrs of lecture and one hour field experience a week. Prereq: FCS 387 and senior standing in CPD. (Fall only)

FCS **488 Management Supervised Practice** (6 cr). Supervised practice with dietitians and employees in school and hospital food service settings in Idaho or Washington. Prereq: FCS 487. (Spring only)

FCS **495 Introduction to Internship** (1 cr). Preparation for professional internship experience, including identifying opportunities, fine-tuning resumes, the application process, and analyzing the internship. Prereq: CTD major (Fall only)

FCS **496 Internship: Fashion Business** (2-8 cr, max 8). Supervised experience in fashion business: fashion design, textile/apparel manufacturing, retailing, merchandising; geared to career goals of student. Graded P/F. Prereq: CTD major and FCS 495.

FCS **497** (s) **Practicum** (cr arr). On- or off-campus supervised applied experience in family and consumer sciences major areas: child development and family relations; clothing, textiles, and home design; food and nutrition; consumer education; and cooperative extension. Prereq: perm.

FCS **498** (s) **Internship** (3-9 cr, max 9). Supervised internship in education institutions, governmental/social agencies, hospitals, business, or industry; geared to the professional goals of students. Prereq: perm.

FCS **499** (s) **Directed Study** (cr arr). Prereq: perm.

FCS **500 Master's Research and Thesis** (cr arr).

FCS **501** (s) **Seminar** (cr arr). Prereq: perm.

FCS **502** (s) **Directed Study** (cr arr). Prereq: perm.

FCS **503** (s) **Workshop** (cr arr). Prereq: perm.

FCS **504** (s) **Special Topics** (cr arr). Prereq: perm.

FCS **508 Helping Skills in Family and Consumer Sciences** (3 cr). Using the Skilled Helper Model, students apply the model in working with families and clientele in FCS occupations. (Spring only)

FCS **WS521 Research Methods in Human Development I** (3 cr). WSU H D 513. Introduction to process of research and methods in human development; includes techniques of research, data collection, and data analysis procedures. Prereq: perm.

FCS **534 Adulthood and Aging within the Context of Family** (3 cr). See FCS J434/J534.

FCS **ID540 Parent-Child Relationships** (3 cr). WSU H D 558. Open to nonmajors. The developing family; patterns of child rearing. Prereq: FCS 234 or 334, 440, and 6 cr in psychology and/or sociology or equivalent.

FCS **545 Issues in Work and Family Life** (3 cr). See FCS J445/J545.

FCS **551 Techniques of Supervision** (1-2 cr). Basic processes and techniques of clinical supervision with a goal of professional development of teachers. Recommended preparation: A minimum of two years professional teaching experience.

FCS **ID&WS554 Program Development in Child, Family, and Consumer Studies** (3 cr). WSU H D 535. Analysis and development of program delivery systems, curricula, and evaluation models.

FCS **WS555 Effective Intervention Programs** (3 cr). WSU HD 540. Innovative, effective prevention and intervention programs from theoretical, applied, and outcome evaluation perspectives.

FCS **ID561 Sports Nutrition** (3 cr). WSU FSHN 561. Macronutrient and selected micronutrient utilization during exercise and restoration after feeding, dietary surveys of athletes, dietary ergogenic aids, and discussion of the origins of dietary recommendations for athletes. Prereq: perm. (Alt/yrs; Spring only)

FCS **WS563 Advanced Curriculum for Early Childhood Programs** (3 cr). WSU H D 561.

FCS **WS564 Administrative Leadership of Early Childhood Programs** (3 cr). WSU H D 562.

FCS **WS580 Families, Community and Public Policy** (3 cr). WSU H D 580. Analysis of family policy research; role of family policy research in public policy and knowledge building processes. Prereq: approved graduate research methods course.

FCS **ID590 Intellectual Foundations in Family and Consumer Sciences** (3 cr). WSU AMT 598. Overview of historical perspectives of family and consumer sciences profession; explanation and application of alternative modes of inquiry in family and consumer sciences research.

FCS **597** (s) **Practicum** (cr arr). Prereq: perm.

FCS **598** (s) **Internship** (cr arr). Supervised internship in educational institutions, governmental/social agencies, hospitals, or industry; geared to the educational and vocational goals of students. Prereq: perm.

FCS **599** (s) **Non-thesis Master's Research** (cr arr). Research not directly related to a thesis or dissertation. Prereq: perm.