

Department of Family & Consumer Sciences

MAJORS

Dietetics (BS)

Health Education & Promotion (BS)

General Studies: Food Management (BA)

MINOR

Food Management

The department of family & consumer sciences offers a bachelor of science degree with majors in dietetics, health education & promotion and a bachelor of arts in general studies: food management. The department also offers a minor in food management.

The mission of the department is to prepare graduates to become leaders and advocates who enhance the quality of life of individuals, families, and communities. Graduates accomplish this through careers in education, health care, business and industry, and social/human service.

Graduates from the programs in the department of family & consumer sciences (FCS) are in great demand in many career sectors dedicated to educating people to improve the status of their health, resources, relationships, family and community. (Graduates of our dietetics program pass the national registration exam for dietitians at a rate above the standards required by the Accreditation Council for Education in Nutrition and Dietetics [ACEND]).

Undergraduates who complete their degrees are encouraged to pursue an advanced degree. The department offers master of arts (MA) degree in FCS with a concentration in multidisciplinary health communication studies. See the family & consumer sciences program in the graduate section in this catalog for more information.

COMMON STRENGTHS OF PROGRAMS

The educational experiences of all programs focus on values, interrelationships of people with their environment, cultural diversity, and the management of resources in preparing students to assist others in meeting the challenges of their physical, social, educational, economic, and community environments.

All students completing a major in the department participate in the following synthesizing courses and experiences:

- Career seminars that allow students to survey professional development practices in their respective field, including learning strategies for developing one's career path.
- A service learning course focusing on family dynamics and the interaction between families and their environment as it relates to the resources available to meet needs and achieve goals.
- A capstone course that examines the historical and philosophical foundations of family and consumer sciences public policy initiatives, and the role of professional advocacy in promoting the common good.
- Field-based experiences (practicum, internship, and service-learning) to provide students with the opportunity to integrate theory with practice and explore a range of possibilities for professional practice. The metropolitan St. Louis area provides a wealth of opportunities for such field-based experiences.

Students are encouraged to become members of the Student Association of Family & Consumer Sciences. They may also become members of associations related to their area of specialization such as the Academy of Nutrition and Dietetics, and Society for Public Health Education. These experiences provide students with leadership development and professional networking opportunities at the local, state, and national levels.

FACULTY

Mary Beth Ohlms, assistant professor of dietetics; chairperson of the department of family & consumer sciences

Jamie Daugherty, instructor of dietetics

Dena French, instructor of dietetics; director of the dietetics program; ISPP experiential coordinator

Jaimette McCulley, assistant professor of dietetics, director of graduate programs

DUAL UNDERGRADUATE/GRADUATE ENROLLMENT

See dual enrollment in both the undergraduate and graduate program information sections in this catalog.

MAJOR IN DIETETICS

The dietetics curriculum prepares students for entrance into accredited supervised practice programs following graduation. The Didactic Program in Dietetics (DPD) at Fontbonne University is currently granted accreditation by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), 120 South Riverside Plaza Drive, Suite 2000, Chicago, IL 60606-6995, 1-800-877-1600, ext. 5400.

Baccalaureate Degree and Residency Requirements

All requirements for an undergraduate degree are listed under academic policies and regulations in the undergraduate introductory section in this catalog. These requirements include a graduation requirement of at least one course in religion or theology.

Major Approval

Major approval is required during the second semester of the sophomore year, or after the completion of 45 credit hours at Fontbonne. For transfer students, major approval is required after completing the equivalent of one full semester (*a minimum of 12 credits*) at Fontbonne.

A student in the dietetics major must have achieved and continuously maintain a cumulative “professional” grade point average of ≥ 3.2 on a 4.0 scale at the times of application for major approval and application for a degree. Students must also achieve grades of C- or better in all professional courses (*see curriculum guide available in the department*). These standards take into consideration all undergraduate course work taken at all colleges and/or universities attended.

General Education Requirements

The 42 credit hours of general education requirements are presented in the undergraduate academic information section in this catalog. A course that meets a general education requirement may also meet a course requirement in the major or a course requirement in another discipline.

The following specific general education courses must be chosen to meet the requirements of this major:

COM 101 Communication in Everyday Life (3 credits)
OR 102 Public Speaking (3 credits)

BIO 240 Microbiology for Health Professionals (4 credits)
CHM 128 General, Organic, and Biological Chemistry I (4 credits)

FCS 485 Public Policy and Advocacy in FCS (3 credits)
MTH 115 Introduction to Statistics (3 credits)
PHL General Education course
PSY 100 Introduction to Psychology (3 credits)

Courses Required in the Major

FCS 125 Food Service Sanitation (1 credit)
FCS 201 Career Seminar I (1 credit)
FCS 216 Principles of Nutrition (3 credits)
FCS 221 Food Science Theory and Application (4 credits)
FCS 223 Interviewing, Education, and Counseling (3 credits)
FCS 301 Career Seminar II (1 credit)
FCS 312 Application of Nutrition Concepts (3 credits)
FCS 316 Life Cycle Nutrition (3 credits)
FCS 326 Quantity Food Production (3 credits)
FCS 340 Family Resource Management and Relations (3 credits)
FCS 345 Food Systems and Dietetics Management (3 credits)
FCS 410 Community Health (4 credits)
FCS 415 Medical Nutrition Therapy I (4 credits)
FCS 416 Medical Nutrition Therapy II (4 credits)
FCS 419 Advanced Nutrition (3 credits)
FCS 422 Cultural Competence through Food (3 credits)
FCS 424 Experimental Foods (3 credits)
FCS 457 Application of Principles and Practices in Dietetics (3 credits)
FCS 459 Internship Preparation Seminar (2 credits)

Courses Required in other Disciplines

BIO 220 Anatomy and Physiology I (4 credits)
BIO 222 Anatomy and Physiology II (4 credits)
CHM 228 General, Organic, and Biological Chemistry II (4 credits)
CHM 328 General, Organic, and Biological Chemistry III (3 credits)
EDU 313 Methods & Practicum for Middle, Secondary, & Community Education (3 credits)
PSY 330 Research Methods for the Behavioral Sciences (3 credits)

MAJOR IN HEALTH EDUCATION & PROMOTION

The health promotion & education curriculum prepares students to assess the needs, assets, and capacity for health education, plan, develop and administer health education programs, conduct evaluation and research related to health education, and communicate and advocate for health and health education.

Baccalaureate Degree and Residency Requirements

All requirements for an undergraduate degree are listed under academic policies and regulations in the undergraduate introductory section in this catalog. These requirements include a graduation requirement of at least one course in religion or theology.

Major Approval

Major approval is required during the second semester of the sophomore year, or after the completion of 45 credit hours at Fontbonne. For transfer students, major approval is required after completing the equivalent of one full semester (*a minimum of 12 credits*) at Fontbonne.

A student in the health education & promotion major must have achieved and continuously maintain a cumulative grade point average of ≥ 2.5 on a 4.0 scale at the times of application for major approval and application for a degree. Students are required to achieve a grade of C- or better in all courses required in the major.

General Education Requirements

The 42 credit hours of general education requirements are presented in the undergraduate academic information section in this catalog. A course that meets a general education requirement may also meet a course requirement in the major or a course requirement in another discipline.

The following specific general education courses must be chosen to meet the requirements of this major:

BIO 108 Introduction to Life Sciences (3 credits) OR
BIO112 General Biology I (4 credits)
FCS 485 Public Policy and Advocacy in FCS (3 credits)
MTH 115 Introduction to Statistics (3 credits)
PSY 100 Introduction to Psychology

Courses Required in the Major

FCS 119 Essential Concepts for Health and Fitness (3 credits)
FCS 201 Career Seminar I (1 credit)
FCS 216 Principles of Nutrition (3 credits)
FCS 223 Interviewing, Education and Counseling OR
SWK 231 Interviewing & Counseling (3 credits)
FCS 230 Infant and Toddler Development (3 credits)
FCS 232 The Young Child (3 credits)
FCS 301 Career Seminar II (1 credit)
FCS 340 Family Resource Management and Relations (3 credits)
FCS 410 Community Health (4 credits)
FCS 489 Practicum in Family & Community Resources (3 credits)
FCS 495 Internship (7 credits)

Courses Required in other Disciplines

BIO 220 Anatomy & Physiology I (4 credits)
BIO 222 Anatomy & Physiology II (4 credits)
EDU 313 Methods & Practicum for Middle, Secondary, & Community Education (3 credits)
ENG 201 Business Writing (3 credits)
ENG 494 Interpreting and Translating Science for the Consumer (3 credits)
PSY 330 Research Methods for the Behavioral Sciences (3 credit)
PSY 310 Social Psychology OR SOC 265 Diversity Studies (3 credits)
SWK 280 Fundraising and Grant Writing (3 credits)
SWK 352 Gerontology (3 credits)

GENERAL STUDIES: FOOD MANAGEMENT

The general studies major with food management emphasis offers students a path to graduation that combines generalized study with disciplinary focus, leading to a Bachelor of Arts degree. General studies majors are advised by faculty in the department of family and consumer sciences.

Baccalaureate Degree and Residency Requirements

All requirements for an undergraduate degree are listed under academic policies and regulations in the undergraduate introductory section in this catalog. These requirements include a graduation requirement of at least one course in religion or theology.

Major Approval

Major approval is required during the second semester of the sophomore year, or after the completion of 45 credit hours at Fontbonne. For transfer students, major approval is required after completing the equivalent of one full semester (*a minimum of 12 credits*) at Fontbonne.

A student in the general studies: food management major must have achieved a cumulative grade point average (GPA) of 2.00 on a 4.0 scale at Fontbonne University at the time of application for major approval and application for degree. Students are required to receive a C- or better in all courses required in the major.

General Education Requirements

The 42 credit hours of general education requirements are presented in the undergraduate academic information section in this catalog. A course that meets a general education requirement may also meet a course requirement in the major or a course requirement in another discipline.

The following specific general education courses must be chosen to meet the requirements of this major:

PSY 100 Introduction to Psychology (3 credits) OR
PSY 200 Developmental Psychology (3 credits)
SOC 100 Survey of Sociology

Courses Required in the Major

FCS 125 Food Safety & Sanitation (1 credit)
FCS 201 Career Seminar I (1 credit)
FCS 214 Nutrition & Wellness (2 credits) OR
FCS 216 Principles of Nutrition (3 credits)
FCS 221 Food Science Theory & Application (4 credits)
FCS 301 Career Seminar II (1 credit)
FCS 326 Quantity Food Production (3 credits)
FCS 345 Food Systems & Dietetics Management (3 credits)
FCS 422 Cultural Competence through Food (3 credits)
FCS 458 Food Systems Management Practicum
(3 credits-Capstone)

Courses Required in other Disciplines

MGT 210 Management Principles (3 credits)
MKT 210 Marketing Principles (3 credits)
MGT 320 Organizational Behavior (3 credits)
HRM 310 Human Resources Management (3 credits)
PSY 250 Cross-Cultural Psychology (3 credits) OR
SOC 265 Diversity Studies (3 credits)

MINORS

A student must successfully complete, at Fontbonne, a minimum of 50 percent of the credit hours required for the minor.

MINOR IN FOOD MANAGEMENT

Students interested in a career in food management, marketing, or promotion will find the addition of this minor to a major in such areas marketing or business administration important in preparing for their professional career goals.

Students choosing a minor in food management must take the following courses (see course descriptions for prerequisites) which include a supervised practicum experience:

FCS 125 Food Service Sanitation (1 credit)
FCS 214 Nutrition and Wellness (2 credits)
FCS 221 Food Science Theory and Application (4 credits)

FCS 326 Quantity Food Production (3 credits)
FCS 345 Food Systems and Dietetics Management
(3 credits)
FCS 422 Cultural Competence through Food (3 credits)
FCS 458 Food Systems Management Practicum
(3 credits)

COURSES

FAMILY AND CONSUMER SCIENCES COURSES

FCS 119 Essential Concepts for Health and Fitness (3 credits)

Introduction to health issues related to physical, psychological, and social well-being. The course allows students to learn and practice critical thinking skills important in the management of health and fitness. Online FA, Online SP, Online SU

FCS 125 Food Service Sanitation (1 credit)

Food safety practices that include home food safety, HACCP principles, and institutional standards. Students will earn ServSafe® certification. P/NP grading option only. FA, SP

FCS 201 Career Seminar I (1 credit)

Survey of professional development practices for students' respective fields, including learning strategies for developing one's career path. FA, SP

FCS 213 Nutrition for Fitness and Physical Performance (3 credits)

Introduction to basic nutrition concepts related to fitness and physical performance of athletes at all levels. Students will also explore current issues in nutrition for athletes including ergogenic aids and weight management practices. SP

FCS 214 Nutrition and Wellness (2 credits)

Introduction to basic nutrition concepts that relate to an individual's health throughout the life cycle. Exploration of current issues in nutrition, health, and safety. Not appropriate for dietetics majors. Online as needed.

FCS 216 Principles of Nutrition (3 credits)

Introduction to the science of nutrition including the structure, digestion, absorption, metabolism, basic functions, and sources of nutrients. Dietary guidelines and nutritional assessment/evaluation are introduced using computer-assisted analysis. FA

FCS 221 Food Science Theory and Application (4 credits)

Study of the physical and chemical properties of food in relation to quality, safety, selection, preparation, and standards. Laboratory experiences, including the integration of computer applications, are integral to this course. FA, SP

FCS 223 Interviewing, Education, and Counseling (3 credits)

Client and customer service skills and human resource management will be applied to a wide spectrum of related job functions. Students will perform interview, education, and counseling skills across the scope of practice. Students will develop and critique educational materials for a variety of audiences. Additionally students will examine factors that enhance or compromise health education efforts. SP

FCS 230 Infant and Toddler Development (3 credits)

Study of prenatal, neonatal, infant, and toddler development with emphasis given to the birth process and the physical, cognitive, and psychosocial aspects affecting parents and children. Infant observation and practicum experience is an integral part of the course (30 clock hours in addition to the scheduled class meeting times). FA

FCS 232 The Young Child (3 credits)

Study of the physical, social, emotional, and cognitive development of young children ages three through eight. Course includes observations of preschool age children (30 clock hours in addition to the scheduled class meeting times). Prerequisite: FCS 230 or consent of instructor. SP

FCS 293 Special Topics (1-3 credits)

Course offered to supplement regular course offerings. Offered on a one-time or periodic basis.

FCS 301 Career Seminar II (1 credit)

Application of professional development practices in students' respective fields, focusing on professionalism and decision-making. Prerequisite: FCS 201. FA,

FCS 312 Application of Nutrition Concepts (3 credits)

Exploration of nutrition recommendations as they apply to healthy adult populations. The course includes weight management practices, dietary supplement use, functional foods, and nutrition for physical performance. These concepts will be applied through papers, research article summaries and case studies. Prerequisite: FCS 216. FA

FCS 316 Life Cycle Nutrition (3 credits)

This course addresses the role of nutrition in normal development for each stage of the life cycle. Students will utilize evidenced based practice to explore health promotion and disease prevention strategies which consider the influence of environment, culture, economic factors, values and beliefs on the food selection of individuals. Prerequisite: FCS 216 FA

FCS 326 Quantity Food Production (3 credits)

Analysis and application of the principles, techniques, and tools used in quantity food purchasing, storage, production, service, menu planning, and recipe standardization. Includes

use of computers in food service operations. Course covers techniques necessary for successful cost control measures in food service purchasing. Course emphasizes a team approach to successful food service operations, while preparing students to handle management roles in a food service operation. Field observations and labs are integral to the course. Prerequisites for general studies: food management majors and food management minors: FCS 214; FCS 221. Prerequisites for dietetics majors: FCS 216; FCS 221. FA

FCS 340 Family Resource Management and Relations (3 credits)

Study of the availability of resources to individuals and families. Stresses management processes necessary for the satisfaction of needs and achievement of goals. Focus is on family dynamics and the relationships of family with social institutions. Additional service learning hours are required beyond the scheduled class meeting times. This course has been designated as a service learning course by the university. FA, SP

FCS 345 Food Systems and Dietetics Management (3 credits)

Study of food service operations, administration, and management with emphasis on human and material resource management, financial management of food service operations, layout and design of workspace and equipment and facilities, and use of computers in food service management. Prerequisites: FCS 326. SP

FCS 410 Community Health (4 credits)

Addresses the role of community health professional in preventing disease and improving the health and wellness of individuals and groups. Includes a study of assessment and surveillance methodologies, the use of behavior change theories, policy and legislation, and overview of health related programs available in the community and the design, implementation, and evaluation of community based interventions. The impact of factors related to history, culture, socioeconomics, and the environment are included. Prerequisite: FCS 223 and EDU 313. SP

FCS 415 Medical Nutrition Therapy I (4 credits)

Study of the roles of the dietitian in the nutrition care process, focusing on nutrition assessment, documentation, counseling, and appropriate nutrition intervention in selected disease states. Prerequisites: FCS 223, FCS 316; BIO 222, and major approval required. FA

FCS 416 Medical Nutrition Therapy II (4 credits)

Continuation of Medical Nutrition Therapy I. Ongoing study of the roles of the dietitian in the nutrition care process, focusing on nutrition assessment, documentation, and appropriate medical nutrition therapy intervention in the selected disease states. Prerequisite: FCS 415. SP

FCS 419 Advanced Nutrition (3 credits)

In-depth study of nutrients in the body focusing on digestion, absorption, metabolism, and physiologic functions. Prerequisites: FCS 216, BIO 222; CHM 318 or CHM 328; major approval required. FA

FCS 422 Cultural Competence through Food (3 credits)

The study of food patterns for diverse groups. Emphasis on diversity, cultural awareness, socio-economics, geography, and technological factors affecting food patterns. Also integrated into the course are issues related to disability and food availability issues across the globe. Laboratory experience is integral to the course. Prerequisites for general studies majors and food management minors: FCS 214; FCS 221. Prerequisites for dietetics majors: FCS 216; FCS 221. SP

FCS 424 Experimental Foods/Lab (3 credits)

Introduction to research and scientific methods of problem solving in the area of foods. Emphasis on student directed projects and experiments using research and development techniques, appropriate technology, and oral and written communication of research findings. Laboratory experience. This course has been designated as writing intensive by the university. Prerequisite: FCS 221 and PSY330. FL

FCS 457 Application of Principles and Practices in Dietetics (3 credits)

An individual field-based practicum experience across the spectrum of dietetics practice focusing on key principles in a variety of settings. This course is geared to assisting the student in applying dietetics practice skills in real world situations. Prerequisites: FCS 125 (or ServSafe® certified); FCS 316; FCS 326; EDU 313 and major approval. SP

FCS 458 Food Systems Management Practicum (3 credits)

An individual field-based practicum experience focusing on the application of principles of business and foodservice management in institutional foodservice operations. Sites used include nursing homes, hospitals, schools, and commercial foodservice operations. This course is geared to assist the student in understanding and applying management techniques in real world situations. Course requires each student to complete an independent project for use by site facility as an integral part of the course. Prerequisites: FCS 125 (or ServSafe® certified) FCS 326; FCS 345 or taken concurrently. As needed.

FCS 459 Internship Preparation Seminar (2 credits)

Prepares students for internship. Assignments, activities, and strategies used in the course will assist students to be internship-ready in their respective fields. Prerequisite: FCS 301, major approval, senior status or consent of instructor. FA

FCS 485 Public Policy and Advocacy in FCS (3 credits)

Critical examination of current family and consumer sciences public policy initiatives and the role of professional advocacy. Students will explore strategies to promote individual well-being, family strengths, and community vitality. Students will develop and execute public policy or regulatory advocacy plans that seek to empower others. This course is designated as WI by the university. Prerequisite: FCS 340; FA SP

FCS 489 Practicum in Family and Community Resources (2-4 credits)

An individually arranged practicum providing the student with the opportunity to apply principles of management and the content of the student's major in a community-based setting. Prerequisite: FCS 301; EDU 313; major approval. FA, SP, SU

FCS 490 Independent Study (1-4 credits)

Independent study of a problem of specific interest to the student. Open only to students with senior status and permission of instructor and department chairperson.

FCS 494 Special Topics (1-3 credits)

Course offered to supplement regular course listings. Offered on a one-time or periodic basis.

FCS 495 Internship (2-7 credits)

A supervised, off-campus field-based experience at an approved site specifically related to students' career goals; integrates and applies academic knowledge and skills; emphasizes professional development. Prerequisite: major approval and FCS 489. FA, SP

FCS 498 Senior Synthesis: Research in Family & Consumer Sciences (2 credits)

Critical evaluation and discussion of trends and needs in a specific area of interest in the broad field of family and consumer sciences; based on an independent project with a research orientation, analysis of results, and drawing of conclusions as they relate to the quality of life of individuals and families. Active research, written paper, and oral presentation required. Prerequisite: FCS 485; PSY 330 and instructor approval. As Needed