

# FAMILY AND CONSUMER SCIENCES (FCS)

## **FCS 500 INDEPENDENT STUDY OR RESEARCH1-3 Credits**

Selected problems of interest to advanced students.

**Add Consent:** Instructor Consent

**Requirements:** Permission of the instructor, Dean of Graduate Studies, and Academic Vice President.

## **FCS 517 LIFESPAN WELLNESS3 Credits**

Students will discuss current health issues and incorporate wellness practices that lead to positive personal changes in health and wellness lifestyle as well as understand the importance of a healthy lifestyle throughout the lifespan. Examination of health, history, medications, culture, ages, lifestyles, predisposed health conditions, injury/physical challenges, and the individual's goals/objectives. Students will use both wellness and developmental models as a basis for learning skills and strategies which promote a lifetime of wellness. Emphasis is on empowering students to work with individuals across the lifespan (birth through old age) in promoting optimal wellness choices.

**Dual-listed:** FCS 417

## **FCS 520 LOSS ACROSS THE LIFESPAN3 Credits**

A study of the "losses" experienced by individuals and families. This includes the loss of things, relationships, and function, as well as intrapsychic loss, social loss, and systemic loss. Losses and the interpretation of loss change as individuals progress through the life cycle. This course will focus on loss and grief across the lifespan.

**Dual-listed:** FCS 420

## **FCS 527 WORKSITE WELLNESS3 Credits**

This course covers the assessment, development/design, implementation and evaluation of worksite health promotion programs and the benefits these programs have for employees, their families, employers and society. Students will review various health risk appraisals and plan theory-based incentive programs designed to promote positive lifestyles. Students will learn how to facilitate implementation and evaluation of wellness programs for individuals and worksite locations. An examination of the physical and psychological factors that affect health throughout the life cycle will be made by applying fundamental knowledge and skills of designing, planning, and evaluating a basic workplace wellness program. Students will also conduct and report on a workplace needs assessment and prepare a proposal to implement a sustainable, comprehensive, and integrated workplace health and wellness program.

**Dual-listed:** FCS 427

## **FCS 532 PLAY BASED LEARNING IN EARLY CHILDHOOD3 Credits**

Play is an integral part of a child's life. This course will focus on the importance, value and benefits of Play-Based learning in the overall scheme of child development. Students will gain knowledge and skill in the pedagogy of play as a foundation for curriculum development.

## **FCS 534 ISSUES IN HEALTH AND HUMAN SERVICES3 Credits**

Provides an opportunity to concentrate on current issues in the human services field including policies, programs, funding, consumer rights and administrative issues. Significant emphasis is placed on effective grantsmanship, including writing and administering grant proposals.

**Dual-listed:** FCS 434

## **FCS 537 FAMILY STRENGTHS3 Credits**

This is an advanced study in the dynamics of successful family relationships, investigation into the attributes of vital families which contribute toward the resolution of stressors in meaningful and positive ways. Lecture, discussion, and case study.

**Dual-listed:** FCS 437

## **FCS 540 SPECIAL TOPICS IN FAMILY AND CONSUMER SCIENCES1-6 Credits**

Contemporary concepts and issues in Family and Consumer Sciences as well as attendance and participation in conferences and leadership development opportunities.

**Notes:** May be repeated with different emphases for up to six credits.

## **FCS 541 EARLY CHILDHOOD: METHODS AND MATERIALS1-6 Credits**

Methods and materials for teaching and learning will be the focus of the course. The course is designed to provide students the opportunity to explore and examine developmentally appropriate practices, theory, procedures, strategies, techniques, and general principles associated with current methods used in the early childhood learning environments. A second major emphasis of the course allows students the opportunity to discover models for best practices as they are integrated into the natural, inclusive early learning experience. Skills for applying best practices will be developed through field experiences.

## **FCS 547 ADVANCED NUTRITION FOR SPORT AND WELLNESS3 Credits**

A study of the nutrients and their relationship to sport and wellness. Will address the special nutritional and training needs of athletes and all physically active individuals. Major topics include the function and sources of each of the nutrients; fueling for pre-exercise, during exercise and after exercise; specific meal planning, nutrient needs for specific athletes and wellness lifestyles; and more.

## **FCS 557 NUTRITION FOR COMMUNITY WELLNESS3 Credits**

An evidence-based study of the science of nutrition and its relationship to improving public health. Emphasis on the campus-community approach to improving health. Special emphasis on the relationship between nutritional epidemiology and the research, policies and programs in regards to prevention/treatment and lifestyle/hereditary diseases.

**Dual-listed:** FCS 457

## **FCS 567 EPIDEMIOLOGY AND GLOBAL HEALTH3 Credits**

This course will provide a comprehensive understanding of sources of population data in terms of morbidity, mortality, and other vital statistics. Scientific methods for approaching population data and identifying public health problems and empirical analysis of data will be emphasized. This course will provide a purposeful and applicable sense of citizenship and civic mindedness by developing a comprehensive understanding of one's personal and social responsibility in the ethical application and advocacy of public health; locally, nationally, and globally. Critical evaluation of medical and public health literature is included.

**Dual-listed:** FCS 467

## **FCS 600 INDEPENDENT STUDY OR RESEARCH1-3 Credits**

Selected problems of interest to advanced students.

**Add Consent:** Instructor Consent

**Requirements:** Permission of instructor, Dean of Graduate Studies, and Academic Vice President.

**FCS 690 INTERNSHIP1-6 Credits**

Provides practical experience in an agency related to Family and Consumer Sciences. Interested students should contact the Career and Academic Planning Services office to secure application materials. The amount of credit will be based on the availability of a suitable work position, the qualifications of the applicant, and the required work hours.

**Add Consent:** Department Consent

**Requirements:** Students must first complete a minimum of 18 credits in their degree program; application should be made prior to the semester in which the internship will be started.