

Family and Consumer Sciences

Family and Consumer Sciences (FCS) prepare majors to manage professional responsibilities while balancing family and career. Students are challenged with quality courses and programs in education (elementary and secondary), nutrition and wellness, interior design, and fashion merchandising. Internships are available to all majors to provide additional important practical application. An FCS minor complements most any major at Bridgewater and adds to a student's career choices.

FCS is housed in Moomaw Hall, completed in 1970, which includes a play-school room (renovated in 2004 by interior design students), an eight-kitchen foods laboratory, a clothing/text-

iles/design lab, and classrooms equipped with computer projection systems. A student computer/study room is available for FCS students.

A major in Family and Consumer Sciences consists of a minimum of 30-41 credit hours depending upon the area of specialization. A Family and Consumer Sciences major may be earned in any of the following four areas of specialization: Family and Consumer Sciences Education; General Family and Consumer Sciences; Fashion Merchandising; and Interior Design. A major in Nutrition and Wellness is also offered.

► FOR INFORMATION ON CAREERS IN FAMILY AND CONSUMER SCIENCES, VISIT
THE OFFICE OF CAREER SERVICES OR GO TO: WWW.BRIDGewater.EDU

FAMILY AND CONSUMER SCIENCES EDUCATION REQUIREMENTS

Designed for those seeking certification to teach in secondary schools with an endorsement in Family and Consumer Sciences. Requires a minimum of 41 credit hours in Family and Consumer Sciences including:

FCS 102	Clothing Selection and Construction
FCS 110	Orientation to Family and Consumer Sciences Professions
FCS 201	Food Science
FCS 321	Housing
FCS 340	Methods of Teaching and Communicating FCS
FCS 400	Child Growth and Development
FCS 412	Family and Consumer Sciences Curriculum & Instruction

FCS 430	Family Management
FCS 471	Senior Seminar

And one additional course in each of the five areas of Family and Consumer Sciences: textiles/clothing; nutrition/foods; child development/family life; interior design/housing; and consumer studies/management. (15 credit hours)

IN ADDITION, THE FOLLOWING EDUCATION COURSES ARE REQUIRED FOR CERTIFICATION:

EDUC 140	Introduction to Foundations of American Education
EDUC 200	Psychology of Education and Development
EDUC 201	Field Experience I
EDUC 215	Exceptional Student in the Classroom
EDUC 302	Field Experience II
EDUC 303	Field Experience III

EDUC 334	Reading in the Content Area
EDUC 370	Classroom Management
EDUC 380	Practicum in Current Teaching Techniques
EDUC 450	Seminar in Special Topics
EDUC 470	Professional Student Teaching

GENERAL FAMILY AND CONSUMER SCIENCES MAJOR REQUIREMENTS

Required are a minimum of 32 credit hours in Family and Consumer Sciences including FCS 110 and FCS 471 and at least one course in each of the five areas of Family and Consumer Sciences: textiles/clothing; nutrition/foods; child development/family life; interior design/housing; and consumer studies/management.

Remaining required credits are to be selected in consultation with the student's advisor based on career objective (e.g., preK-6 certification, day care, community services, gerontology).

FASHION MERCHANDISING SPECIALIZATION REQUIREMENTS

Required are 32 credit hours, consisting of 20 credits from Family and Consumer Sciences and 12 credits in supporting fields including business, communications, or art. It is highly recommended for fashion merchandising majors to double major in business administration or to minor in business administration.

REQUIRED COURSES FROM FAMILY AND CONSUMER SCIENCES ARE:

FCS 102	Clothing Selection and Construction
FCS 110	Orientation to Family and Consumer Sciences Professions
FCS 230	Textiles
FCS 304	Fashion Merchandising
FCS 306	Fashion Promotion
FCS 401	Historic Costume
FCS 471	Senior Seminar

INTERIOR DESIGN SPECIALIZATION REQUIREMENTS

REQUIRED ARE:

FCS 110	Orientation to Family and Consumer Sciences Professions
FCS 230	Textiles
FCS 303	Applied Design
FCS 321	Housing
FCS 322	Interior Design I
FCS 323	Interior Design II
FCS 324	20th-Century Interiors
FCS 330	Household Equipment
FCS 425	Family Economics
FCS 471	Senior Seminar
ART 120	Introduction to Visual Design
ART 130	Introduction to Drawing and Compositions
ART 200	Survey of Art History (prehistory to 1400)
	OR
ART 201	Survey of Art History (1400 to present)
BUS 120	Survey of Business
	OR
BUS 210	Organization Dynamics and Communication

FAMILY AND CONSUMER SCIENCES MINOR REQUIREMENTS

A minor in Family and Consumer Sciences consists of 18 credit hours, nine hours of which must be chosen from courses numbered 300 or above.

NUTRITION AND WELLNESS MAJOR REQUIREMENTS

A major in Nutrition and Wellness consists of:

FCS 240	Contemporary Nutrition and Wellness
FCS 350	Lifespan Nutrition and Wellness
FCS 355	Nutrition for the Athlete
FCS 455	Community Nutrition
ES 300	Personal and Community Health
ES 320	Kinesiology

ES 325	Principles of Health and Physical Fitness Assessment
ES 335	Physiology of Exercise
ES 427	Health Promotion and Wellness
BIOL 305	Introduction to Human Anatomy
CHEM 250	Fundamentals of Organic Chemistry
MATH 200	Introduction to Statistics
SOC 355	Counseling and Personal Development

THE FOLLOWING COURSES ARE RECOMMENDED ELECTIVES TO BE CHOSEN ACCORDING TO CAREER OBJECTIVES:

FCS 250	International Foods and Nutrition
FCS 460	Professional Family & Consumer Sciences Practicum
ES 205	Introduction to the Allied Health Professions
ES 480	Internship
BIOL 207	Organisms I
CHEM 405	Biochemistry
And any fitness activity course	

NUTRITION AND WELLNESS MINOR REQUIREMENTS

A MINOR IN NUTRITION AND WELLNESS CONSISTS OF:

FCS 240	Contemporary Nutrition and Wellness
FCS 355	Nutrition for the Athlete
BIOL 305	Introduction to Human Anatomy
CHEM 250	Fundamentals of Organic Chemistry
ES 300	Personal and Community Health
ES 325	Principles of Health and Physical Fitness Assessment
ES 335	Physiology of Exercise
ES 427	Health Promotion and Wellness

COURSES

FCS 102 Clothing Selection and Construction
3 Credits F

Factors influencing fashion, including the sociological and psychological aspects of clothing, wardrobe analysis, and basic construction.

Alternate years – offered 2008-2009

FCS 110 Orientation to Family and Consumer Sciences Professions
3 Credits F

An exploration of the field of Family and Consumer Sciences and its career opportunities.

FCS 201 Food Science
3 Credits F

Scientific principles involved in basic cookery are investigated with emphasis on quality characteristics and product evaluation. Structure, composition, and nutritive value of foods are studied as well as food selection, storage, preparation, processing, and meal management techniques.

Alternate years – offered 2008-2009

FCS 230 Textiles
3 Credits S

Textile fibers, texts for identification, yarn and fabric constructions, methods of finishing, characteristics, uses and economics of textiles.

Alternate years – offered 2008-2009

FCS 240 Contemporary Nutrition and Wellness
3 Credits F

Basic nutrition concepts, nutrition needs throughout the life cycle, and current nutrition issues.

FCS 250 International Foods and Nutrition
3 Credits F, I, S

The importance of food and nutrition in individual lives, communities, and nations. This course develops an understanding of food customs and the influence of culture and religion on food habits, with emphasis on the non-western or Third

World nations. Problems in nutrition and solutions currently being tried or projected through national, international, and voluntary agencies are studied. Laboratory experiences emphasize cultural influences on food ways.

General Education: Global Diversity

FCS 303 **Applied Design**
3 Credits F

Basic methodology of working with materials in special projects useful in interior design. Projects to be included are: furniture refinishing, upholstery, seat caning, window treatments, slipcovering, picture framing, and accessorizing.

Alternate years – offered 2007-2008

FCS 304 **Fashion Merchandising**
3 Credits I

Consideration of the major factors involved in the buying and merchandising of fashion products. Discussion of the dynamics of fashion: consumer buying, patterns, fashion buying, and fashion makers and retailers. Local and regional fashion industry visits.

FCS 306 **Fashion Promotion**
3 Credits S

Investigation and application of effective promotional procedures of retail organizations including display, publicity, fashion show production, and various modes of advertising.

Prerequisite: FCS 304 or permission of instructor.

Alternate years – offered 2008-2009

FCS 312 **Perspectives on Aging**
3 Credits I

Geriatrics with emphasis on current issues including family and societal responsibilities, housing, clothing, economics, and nutritional needs. Opportunities are provided for observation of residential and intermediate facilities and for field experiences with appropriate agencies.

Offered on demand

FCS 319 **Contemporary Family Relationships**
3 Credits S

Designed to analyze family and interpersonal relationships from a variety of conceptual frameworks to gain an understanding of the changes in society relative to marriage and family. Emphasis is placed upon the reciprocal impacts of relationships within the family and a person's relationships to individuals and organizations outside the family. Knowledge and skills that facilitate an individual's choices and actions are examined.

FCS 320 **Sociology of the Family**
(Cross-listed as Sociology 320)
3 Credits F

Examination of the human family historically and comparatively in various cultures with major emphasis placed upon the modern American family. Included are such topics as the diversity of family structures, the social construction of emotions, gender expectations and roles, parenting, the life cycle, and family tensions.

FCS 321 **Housing**
3 Credits S

Aesthetic and economic factors and current problems in planning for family housing needs.

Alternate years – offered 2007-2008

FCS 322 **Interior Design I**
3 Credits S

The interior environment of the home; selection, use, and care of home furnishings.

Prerequisite: ART 120

Alternate years – offered 2008-2009

FCS 323 **Interior Design II**
3 Credits F

An advanced course in architectural interiors, including recent developments in lighting and acoustical technology. Included are the history, function, and planning of architecture; interior design in current practice; introduction to interior

construction and mechanical systems; and overview of the total profession.

Prerequisite: FCS 322 or permission of instructor

Alternate years – offered 2008-2009

FCS 324 **20th-Century Interiors**
3 Credits I

A survey of interiors from 1900 to the present. Emphasis will be placed on the relationship of architecture and interior furnishings to the economic, political, religious, social and technical climate of the times.

Prerequisite: FCS 323

FCS 330 **Household Equipment**
3 Credits F

Principles involved in intelligent choice, care, and efficient operation of equipment in the home. Consideration is given to research findings and technological advances.

Alternate years– offered 2007-2008

FCS 340 **Methods of Teaching and Communicating Family and Consumer Sciences**
3 Credits S

Objectives, organization of materials, planning, special methods and techniques of communicating Family and Consumer Sciences. Consideration is given to current trends in Family and Consumer Sciences education and to presenting Family and Consumer Sciences to the general public. Organizational techniques and effective teaching methods and strategies are discussed to ensure the teaching of the content areas of the secondary Virginia Standards of Learning and the Family and Consumer Sciences National Standards.

Prerequisite: Junior classification

Offered on demand

FCS 350 **Life Span Nutrition and Wellness**
3 Credits F

Nutritional needs throughout each phase of the life cycle are emphasized. Instructional delivery appropriate to each age group is stressed.

FCS 355 **Nutrition for the Athlete**
3 Credits S

A study of the effects of nutrition on the well-being of the athlete and the relationship of good nutrition to optimum performance.

Prerequisite: FCS 240

FCS 400 **Child Growth and Development**
3 Credits F,S

Physical, psychological, and social development of the child from conception through puberty. Provisions are made for observing and working with preschool children.

Prerequisite: Sophomore, Junior, or Senior classification

FCS 401 **Historic Costume**
3 Credits S

Historical, literary, and artistic background of the costume of various countries from early civilizations to the present.

Prerequisite: History 105 or 110

Alternate years – offered 2007-2008

FCS 408 **Parent and Child Relationships**
3 Credits S

Parent-child interactions through the child rearing years. The roles of parents, the changing nature of the parent-child relationships throughout life-cycle stages, and changes in contemporary family structures with concomitant effects on parent-child relations are considered.

Offered on demand

FCS 412 **Family and Consumer Sciences Curriculum and Instruction**
3 Credits S

This course is designed to address instructional practice, management, and evaluation appropriate for the secondary Family and Consumer Sciences classroom. Laws governing vocational education, its management and guidance and its relationship to state and national programs is considered. Experiences with the Family and Consumer Sciences student organization, FCCLA, will be provided.

Offered on demand

FCS 425**Family Economics**
3 Credits F

Principles of economic systems in relation to standards in selection of goods and services and sources of reliable consumer information.

Prerequisite: Economics 200

FCS 430**Family Management**
3 Credits S

Management process and its significance on the quality of life experienced by families with consideration of values, goals, standards, decision making and resources.

Prerequisite: Junior or Senior classification

Alternate years – offered 2007-2008

FCS 455**Community Nutrition**
3 Credits S

A study of the health and nutritional concerns and needs of a community; the nutritional services available to the community; preventive nutrition practices; and the process involved in identifying, designing, and implementing programs for the community.

Prerequisite: FCS 240

Alternate years – offered 2008-2009

FCS 460**Professional Family and Consumer Sciences Practicum**
3 or 6 Credits F, I, S

Field experiences in occupations related to Family and Consumer Sciences. Opportunities, qualifications, skills, and professional standards and ethics are studied. Two hours per week in class and a minimum of 100 (3 credits) or 200 (6 credits) hours of field experiences.

Prerequisite: Senior classification

FCS 471**Senior Seminar**
2 Credits F

A capstone course emphasizing goal setting as well as personal and professional development and leadership skills. Involvement in professional organizations, the immediate and global community and service will be encouraged. Special topics and problems will be developed according to the individual's specialization and professional interests.

FCS 480**Internship**
3 Credits F, I, S**FCS 490****Independent Study**
3 Credits F, I, S**FCS 491****Research**
3 Credits F, I, S**FCS 500****Honors Project**
3 Credits F, I, S