FAMILY, INTERIORS, NUTRITION & APPAREL

College of Health and Social Sciences
Dean: Dr. Alvin Alvarez

Department of Family, Interiors, Nutrition & Apparel (FINA)
Burk Hall, Room 329
(415) 338-1219
Website: fina.sfsu.edu
Chair: Dr. Gus Vouchilas
Graduate Coordinator: Dr. Gus Vouchilas

Mission Statement
The mission of the Department of Family, Interior, Nutrition & Apparel (FINA) is to provide experiential programs focused on empowering individuals and strengthening families, communities, and the institutions which serve them, with a commitment to social justice and a goal of improving the quality of life within a dynamic and diverse global environment.

Program Scope
FINA, formerly the Department of Child & Family Studies/Dietetics, offers four undergraduate degrees and one graduate degree:

- Bachelor of Science in Interior Design
- Bachelor of Science in Dietetics
- Bachelor of Science in Apparel Design & Merchandising
- Bachelor of Arts in Family & Consumer Sciences
- Masters of Art in Family & Consumer Sciences

Students earning a Bachelor of Arts in Family and Consumer Sciences, or the Bachelor of Science in Dietetics, Apparel Design and Merchandising, or Interior Design, with a 3.0 grade point average, may qualify for admission to the Master of Arts in Family and Consumer Sciences.

Advising
The department faculty offers much advising to assist students with their program and graduation needs as well as understanding the relevancy of the courses they take and their career outlook.

Career Outlook
The diversity of career options for students within our programs is great as each program offers particular paths to employment.

Child & Family Studies – Business, Consumer, & Family Resource Specialist; Youth Development Coordinator; Family Life or Early Childhood Educator; Child & Family Advocate and Policy Analyst

Interior Design – Residential and Commercial Interior Design

Dietetics – Food Specialist; Clinical Dietician; Food Service Systems Management; Nutrition Education in Hospitals, Industry or Government Agencies

Apparel Design & Merchandising – Apparel designer; Fashion Merchandiser; Visual Merchandiser; Brand Manager; Textile Specialist; Product Development; Textile & Apparel ReUse or Extended Life Specialist

Professor
CONNIE ULASEWICZ (1992), Professor of Consumer and Family Studies/Dietetics; B.A. (1976), Syracuse University; M.S. (1981), University of Maryland; Ph.D. (2003), Fielding Graduate University.


Associate Professor

Assistant Professor
GRETCHEL LYN GEORGE (2013), Assistant Professor of Consumer and Family Studies/Dietetics; B.S. (2000), California Polytechnic State University, San Luis Obispo; M.A. (2002), Appalachian State University; Ph.D. (2013), University of California, Davis.


SUBAIDA QAMAR (2018), Assistant Professor of Consumer and Family Studies/Dietetics; B.A. (2000), Oral Roberts University; M.A. (2003), Texas AM University.

SHERRIA TAYLOR (2015), Assistant Professor of Consumer and Family Studies/Dietetics; B.A. (2000), Oral Roberts University; M.A. (2003), University of Nevada, Reno; Ph.D. (2013), Loma Linda University.

Majors
- Bachelor of Arts in Family and Consumer Sciences
- Bachelor of Science in Apparel Design and Merchandising: Concentration in Design
- Bachelor of Science in Apparel Design and Merchandising: Concentration in Merchandising
- Bachelor of Science in Nutrition and Dietetics: Concentration in Dietetics and Nutrition Science
- Bachelor of Science in Nutrition and Dietetics: Concentration in Foods and Community Nutrition
- Bachelor of Science in Interior Design

Masters
- Master of Arts in Family and Consumer Sciences

Certificate
- Certificate in Dietetics
Family & Consumer Sciences

FCS 220 Young Children and Families (Units: 3)
Growth, development, and enculturation of the child within the family setting through age nine; intra-family relationships; parent-child relations. Environmental influences affecting children’s cognitive, emotional, social, and physical development. [Formerly CFS 420]

FCS 223 Infants, Toddlers, and Families (Units: 3)
Prerequisite: Restricted to upper-division Family and Consumer Sciences and Child and Adolescent Development majors.

Prenatal, infants, and toddlers: factors that influence growth. Parental and adult influences on the sensorimotor, cognitive, emotional, and social growth of infants/toddlers. Physiological changes and psycho-social aspects of pregnancy and the birth process. [Formerly CFS 323]

FCS 312GW Gender, Race, Class, and Family Diversity - GWAR (Units: 3)
Prerequisite: Restricted to upper-division Family and Consumer Sciences majors; GE Area A2.

Gender, social class, and racial and ethnic diversity in family life, theories of intersectionality, colorism, and racial identity. Family life and how we “do” family within systems (e.g., social, political, economic systems) that privilege some while hindering others in their ability to function and thrive. (Plus-minus ABC/NC) [Formerly CFS 312GW]

Course Attributes:
- Graduation Writing Assessment

FCS 321 Adolescents and Families (Units: 3)
Prerequisite: Upper-division standing.

Growth and development of children from middle childhood through adolescence. Patterns of maturation and individual differences. Parent-child interactions. The transition from a family-centered toward a peer-centered environment. Problems confronting adolescents in contemporary society. [Formerly CFS 321]

FCS 325 Transitions in the Family Life Cycle (Units: 3)
Prerequisite: Restricted to upper-division Family and Consumer Sciences majors.

Transitions in relations throughout the family life cycle. Dynamics of family interactions within family systems. Divorce, remarriage, stepfamilies, and related issues. Implications of recent research for personal and family decisions. The role of family life educators in family transitions. (Plus-minus letter grade) [Formerly CFS 325]

FCS 355 Nutrition for Wellness (Units: 3)
Prerequisites: Restricted to upper-division standing; GE Areas A1, A2, A3, and B4; or consent of the instructor.

Reliable and unreliable health information sources, present research and current controversies on common health problems and dietary inter-relationships. [Formerly CFS 355]

Course Attributes:
- UD-B: Physical Life Science

FCS 420 Assessment and Observation with Children (Units: 3)
Prerequisite: CAD 210* or FCS 220* or equivalent.

Interpretation, evaluation, and practice of measurement and assessment tools used with children including observation techniques and standardized tests. [Formerly CFS 420]

FCS 422 Early Childhood Education Curriculum: Birth to Five (Units: 3)
Prerequisites: Restricted to upper-division Family and Consumer Sciences majors; CAD 210 or FCS 220 or equivalent.

Activities and learning materials that facilitate cognitive, emotional, social, physical, language, and creative development of children from birth to five: art, music, language arts, science, and dramatic play. Observing and recording children’s behavior. [Formerly CFS 322]

FCS 423 Administration of Programs for Young Children (Units: 3)
Prerequisites: FCS 220 and FCS 223 or equivalents.

Organization, administration, development, and evaluation of programs serving young children in group settings: philosophy, program design, staffing, licensing, housing, equipment, funding, and parent involvement. [Formerly CFS 423]

FCS 426 Family Stress, Coping, and Resilience (Units: 3)
Prerequisite: Upper-division standing.

Family resilience and ways in which diverse families react to and resolve crises with an emphasis on the nature of crises, impact on family functioning, and methods of prevention, management, and intervention. [Formerly CFS 426]

FCS 428 Children and Families with Violence, Abuse, and Neglect (Units: 3)
Prerequisite for FCS 728: Graduate standing or consent of the instructor. Prerequisites for FCS 428: Restricted to upper-division Family and Consumer Sciences and Child and Adolescent Development majors; GPA of 3.0 or higher; or consent of the instructor.

Child and family violence, abuse, and neglect throughout the life cycle with a cross-cultural focus. Family patterns of victimization, profiles of victims and perpetrators, family and child relationship perspectives, and intergenerational patterns of victimization. Intervention issues and services. (FCS 728/FCS 428 [Formerly CFS 728/CFS 428] is a paired course offering. Students who complete the course at one level may not repeat the course at the other level.)

FCS 430 Management Dynamics: Life Goals and Decisions (Units: 3)
Prerequisite: Restricted to upper-division Family and Consumer Sciences majors.

Needs, values, goals, standards, policies, and decision-making processes central to the dynamics of managing resources in the performance of individual, family, and professional roles. (Plus-minus letter grade) [Formerly CFS 430]

FCS 481 Family and Consumer Sciences and Nutrition and Dietetics Field Experience (Units: 3)
Prerequisites: Upper-division standing and consent of the instructor. Advance course application is required. Forms can be obtained from the department office.

Field experiences may be taken concurrently with approval. Field experience in an area of emphasis. May be repeated for a total of 6 units. [Formerly CFS 481]
FCS 524 Supervised Experiences with Children, Family, and Community (Units: 3)
Prerequisites: Restricted to upper-division Family and Consumer Sciences majors; FCS 220, FCS 223, and FCS 422.
Preparation for professional employment in organizations that serve children, families, and the greater community. Discussion of topics related to standards and ethics, creative thinking, problem-solving, and collaborative decision-making. Completion of 120 hours of supervised and documented field experience with in-class reflection and review. (Plus-minus letter grade) [Formerly CFS 424]

FCS 543 Sustainability in the Textile, Housing, and Food Industries (Units: 3)
Prerequisite for FCS 743: Graduate standing or consent of the instructor. Prerequisites for FCS 543: Upper-division standing; GE Areas A1, A2, A3, and B4; GPA of 3.0 or higher; or consent of the instructor.
Sustainable principles and practices, energy and water efficiency, resource conservation, economic, health, and environmental issues, and rating systems applied to projects. Evaluation of sustainable products and processes.
(FCS 743 [Formerly CFS 743]/FCS 543 [Formerly CFS 543] is a paired course offering. Students who complete the course at one level may not repeat the course at the other level.)
Course Attributes:
• UD-D: Social Sciences
• Environmental Sustainability

FCS 600 Professional Development (Units: 3)
Prerequisites: Restricted to graduating Apparel Design and Merchandising, Family and Consumer Sciences, Interior Design, and Foods & Community Nutrition concentration in Nutrition & Dietetics seniors; GWAR course.
Professional roles and career opportunities. Portfolio development. Trends and issues in the fields of apparel, interior design, and family and consumer sciences using an integration of subject matter. [Formerly CFS 600]

FCS 657 New York Fashion Study Tour (Units: 3)
Prerequisite: Six units of coursework in Apparel Design & Merchandising or consent of the instructor.
The New York fashion center. Guided tours of Seventh Avenue designer salons, the garment district, museums, famous retailers, and other areas influencing today's fashion. [Formerly CFS 657]

FCS 685 Projects in Teaching of Family Interiors Nutrition & Apparel (Units: 3)
Prerequisites: Upper-division Family Interiors Nutrition & Dietetics (FINA) majors; approval of the supervising instructor; grade of B or better in course in which student will be a teaching assistant.
Teaching experiences in Family Interiors Nutrition & Apparel (FINA) through assigned instructional projects in a classroom and under the guidance of a member of the faculty. Training in pedagogical principles including supervised classroom teaching activities. (Plus-minus letter grade only) [Formerly CFS 685]

FCS 699 Independent Study (Units: 1-3)
Prerequisite: Upper-division standing or consent of the instructor.
Intensive study of a particular problem under the direction of a member of the department. Enrollment by formal petition requiring signed approval of instructor. Advance course reservation in the department. May be repeated for a total of 6 units. [Formerly CFS 699]

FCS 700 Seminar: Trends and Issues (Units: 3)
Prerequisite: Graduate standing in Family and Consumer Sciences or School of Design.
Trends and issues in discipline-specific fields affecting individuals, families, and communities. Review of research and application of findings to problems. (This course is offered as FCS 700 [Formerly CFS 700] and DES 701 [formerly DAI 701]. Students may not repeat the course under an alternate prefix.)

FCS 710 Family and Consumer Sciences Research Applications (Units: 3)
Prerequisites: Restricted to graduate standing in Family and Consumer Sciences; FCS 700; first level writing proficiency.
Critical analysis of existing research and the development of the culminating experience proposal. [Formerly CFS 710]

FCS 728 Children and Families with Violence, Abuse, and Neglect (Units: 3)
Prerequisite for FCS 728: Graduate standing or consent of the instructor. Prerequisites for FCS 428: Restricted to upper-division Family and Consumer Sciences and Child and Adolescent Development majors; GPA of 3.0 or higher; or consent of the instructor.
Child and family violence, abuse, and neglect throughout the life cycle with a cross-cultural focus. Family patterns of victimization, profiles of victims and perpetrators, family and child relationship perspectives, and intergenerational patterns of victimization. Intervention issues and services.
(FCS 728/FCS 428 [Formerly CFS 728/CFS 428] is a paired course offering. Students who complete the course at one level may not repeat the course at the other level.)

FCS 743 Sustainability in the Textile, Housing, and Food Industries (Units: 3)
Prerequisite for FCS 743: Graduate standing or consent of the instructor. Prerequisites for FCS 428: Restricted to upper-division Family and Consumer Sciences and Child and Adolescent Development majors; GPA of 3.0 or higher; or consent of the instructor.
Sustainable principles and practices, energy and water efficiency, resource conservation, economic, health, and environmental issues, and rating systems applied to projects. Evaluation of sustainable products and processes.
(FCS 743 [Formerly CFS 743]/FCS 543 [Formerly CFS 543] is a paired course offering. Students who complete the course at one level may not repeat the course at the other level.)
Course Attributes:
• UD-D: Social Sciences
• Environmental Sustainability
FCS 761 Advanced Apparel Design (Units: 3)
Prerequisite for FCS 761: Restricted to Family Interiors Nutrition & Apparel graduate students or consent of the instructor.
Prerequisites for ADM 661: Restricted to Apparel Design & Merchandising graduating seniors; ADM 361 and ADM 362; concurrent enrollment in ADM 560 and FCS 600; GPA of 2.5 or higher; or consent of the instructor.

Advanced apparel design related to diverse populations. Development of design prototypes based on creative research and market analyses. Lecture, 2 units; laboratory, 1 unit. Extra fee required. (FCS 761 [Formerly CFS 761]/ADM 661 is a paired course offering. Students who complete the course at one level may not repeat the course at the other level.)

FCS 769 Visual Merchandising and Promotion (Units: 3)
Prerequisite for FCS 769: Restricted to Family and Consumer Sciences graduate students or consent of the instructor.
Prerequisites for ADM 569: Restricted to Apparel Design & Merchandising graduating seniors; ID 240; a college-level drawing class; concurrent enrollment in ADM 560 and FCS 600; GPA of 3.0 or higher; or consent of the instructor.

Application of principles of visual presentation in window displays, point-of-purchase, and other retail venues. Practice with equipment, materials, and techniques used in the presentation of merchandise. Principles and methods of promotion for manufacturers and retailers. [CSL may be available]
(FCS 769 [Formerly CFS 769]/ADM 569 is a paired course offering. Students who complete the course at one level may not repeat the course at the other level.)

FCS 863 Seminar in Social Entrepreneurship (Units: 3)
Prerequisite for FCS 863: Graduate standing.
Prerequisite for MGMT 863: Restricted to graduate Business students; graduate students in other majors with the consent of the Faculty Director of Graduate Programs.

Exploration of how entrepreneurial individuals and companies find innovative methods to leverage scarce resources in the pursuit of social values. Special focus on socially responsible business practices used in the apparel industry. (AB/NC grading only) [CSL may be available]
(This course is offered as FCS 863 [Formerly CFS 863] and MGMT 863. Students may not repeat the course under an alternate prefix.)

FCS 881 Internship (Units: 3-6)
Prerequisite: Graduate standing or consent of the instructor.

Field experience offered in cooperation with a private or public profit or non-profit organization that enables students to acquire competencies and experience required for fulfilling professional responsibilities. Written critique of experience required. May be repeated for a total of 6 units [Formerly CFS 881]

FCS 891 Directed Readings in Family Interiors Nutrition & Apparel (Units: 3)
Prerequisite: Graduate standing in Family and Consumer Sciences.

Directed reading under the supervision of a faculty member in the department. [Formerly CFS 891]

FCS 895 Field Study (Units: 3)
Prerequisites: Consent of the instructor and approval of Advancement to Candidacy (ATC) for the Master of Arts and Culminating Experience (CE) forms by Graduate Studies. ATC and Proposal for Culminating Experience Requirement forms must be approved by the Graduate Division before registration.

(CR/NCR, RP grading option) [Formerly CFS 895]

FCS 897 Research in Family Interiors Nutrition & Apparel (Units: 3)
Prerequisite: Approval of the department.

Research topics germane to Family and Consumer Sciences and/or Nutrition and Dietetics. May not be used to satisfy the 30-unit minimum for ATC. May be repeated with departmental approval. (CR/NC grading only)

FCS 898 Master's Thesis (Units: 3)
Prerequisites: Consent of the instructor and major adviser; approval of Advancement to Candidacy (ATC) for the Master of Arts and Culminating Experience (CE) forms by Graduate Studies. ATC and Proposal for Culminating Experience Requirement forms must be approved by the Graduate Division before registration.

(CR/NC grading only) [Formerly CFS 898]

FCS 899 Independent Study (Units: 2-4)
Prerequisite: Graduate standing or consent of the instructor.

An intensive study of a particular problem under the direction of a faculty member in the department. Enrollment by formal petition requiring signed approval of the instructor, adviser, and department chair. Available only to students who have done previous work in the department. Must be scheduled with the instructor one semester in advance. May be repeated for a total of 6 units. [Formerly CFS 899]

Dietetics and Food Management

DFM 751 Seminar in Nutritional Assessment Across the Lifespan (Units: 3)
Prerequisites: Baccalaureate degree and admission to the dietetics certificate program.

Nutritional assessment of patients and clients in the community. Assessment of children, adults and the older adult. (Plus-minus letter grade, RP)

DFM 755 Seminar in Human Nutrition and Metabolism (Units: 3)
Prerequisites: Baccalaureate degree and admission to the dietetics certificate program.

Nutrition and the metabolism of nutrients in varying stages of wellness. Recent research related to energy nutrients, vitamins, minerals, and non-nutritive substances. (Plus-minus letter grade only)

DFM 758 Seminar in Foodservice and Nutrition Program Management (Units: 3)
Prerequisite: Admission to the dietetics certificate program.

Management of quantity foodservice operations and nutrition programs in the community. Financial management, management principles, operations, marketing, menu development, program development and evaluation, and quality improvement. (Plus-minus letter grade, RP)
DFM 785 Seminar in Medical Nutrition Therapy (Units: 3)
Prerequisites: Baccalaureate degree and admission to the dietetics certificate program.

Medical nutrition therapy for patients and clients in acute care settings. Practical aspects of nutritional assessment and care planning. (Plus-minus letter grade, RP)

DFM 881 Internship in Dietetics (Units: 6)
Prerequisites: Baccalaureate degree and admission to the dietetics certificate program.

Field experience in dietetics in private/public for-profit or non-profit organizations which enable acquisition of knowledge and performance competencies required by The American Dietetic Association. May be repeated for a total of 12 units. (CR/NC grading only)

Nutrition and Dietetics

NUTR 253 Nutrition, Health, and Disease (Units: 3)
Prerequisite: One semester of chemistry or physiology or consent of the instructor.

Nutrient needs for maintaining positive nutritional status. Diets to fit specific health needs. Primary nutritional care. Use of self-paced learning materials and computer-assisted instruction. [Formerly DFM 253]

NUTR 353GW Foodservice Systems Management - GWAR (Units: 3)
Prerequisites: Restricted to upper-division Nutrition & Dietetics majors; GE Area A2; NUTR 253 with a grade of C- or higher.

Organization and management of foodservice systems. Areas within foodservice systems: production and service management, sanitation and safety, cost control, and human resources. Daily business operation procedures. (ABC/NC grading only) [Formerly DFM 353GW]

Course Attributes:

• Graduation Writing Assessment

NUTR 356 Foods and World Culture (Units: 3)
Prerequisite: Upper-division standing.

Art and science of foods and their consumption in relation to historical, national, geographical, racial, and religious customs. Distinctive cuisine of various cultures. Evaluation of dietary habits in relation to the nutritional needs of individuals. [Formerly CFS 356]

NUTR 357 Principles of Food Preparation (Units: 3)
Prerequisites: Restricted to upper-division standing; GE Areas A1, A2, A3, and B4; or consent of the instructor.

Standards and techniques in food preparation with an emphasis on factors affecting the quality of food. Practical experience in food production in accordance with food standards, sanitation, and safety. Lecture, 2 units; laboratory, 1 unit. Extra fee required. [Formerly DFM 352]

Course Attributes:

• UD-B: Physical Life Science

NUTR 450 Advanced Nutrition I (Units: 3)
Prerequisites: Restricted to Nutrition and Dietetics majors; BIOL 212, BIOL 213, CHEM 349, and MATH 124 with grades of C- or better.

Research in human nutrient requirements and metabolic interrelationships of proteins, carbohydrates, and lipids found in foods. (Plus-minus letter grade only) [Formerly DFM 350]

NUTR 453 Nutrition in the Life Cycle (Units: 3)
Prerequisites: Restricted to upper-division and second baccalaureate Nutrition & Dietetics majors; NUTR 253 with a grade of C- or better.

Modification of nutritional needs with changes in the life cycle. The significance of nutrition for growth and development from conception through adolescence. Influence of nutrition on the aging process. [Formerly DFM 453]

NUTR 457 Management of Quantity Food Purchasing and Production (Units: 3)
Prerequisites: Restricted to Nutrition & Dietetics majors; NUTR 357 with a grade of C- or better.

Implementation of purchasing, specifications, and procedures related to quantity food production, management, menu planning, standardized recipes, merchandising, cost, and quality control. [Formerly DFM 458]

NUTR 484 Medical Nutrition Therapy I (Units: 3)
Prerequisites: Restricted to graduating senior and second baccalaureate Nutrition and Dietetics majors; BIOL 212, BIOL 213, CHEM 349, and NUTR 253 with grades of C- or better.

The healthcare team and roles in the nutritional care of clients in various settings. Assessment strategies and record keeping for clinical dietetics. Quality assurance. Nutrition education for outpatient clients. [Formerly DFM 484]

NUTR 550 Advanced Nutrition II (Units: 3)
Prerequisites: Restricted to graduating senior and second baccalaureate Nutrition and Dietetics majors; BIOL 212, BIOL 213, CHEM 349, MATH 124, and NUTR 450 with grades of C- or better.

Research in human nutrient requirements and metabolic interrelationships of vitamins, minerals, water, and non-nutritive substances found in foods. [Formerly DFM 450]

NUTR 551 Nutrition Education and Communication (Units: 3)
Prerequisites: Restricted to graduating senior and second baccalaureate Nutrition and Dietetics majors; NUTR 353GW.

Objectives, methods, resources, and evaluation techniques for educational programs in commercial and community settings in dietetics. Knowledge, attitudes, and skills as a dietetic educator. Lecture, 2 units; activity, 1 unit. (Plus-minus letter grade only) [Formerly DFM 655]

NUTR 557 Experimental Food Study (Units: 3)
Prerequisites: Restricted to graduating senior and second baccalaureate Nutrition and Dietetics majors; CHEM 115, MATH 124, and NUTR 357 with grades of C- or better.

Food components and their interactions. Chemical and physical principles applied to foods. Recipe testing and formulation. Developments of experimental attitudes and techniques applicable to food science. Lecture, 2 units; laboratory, 1 unit. Extra fee required. [Formerly DFM 357]

NUTR 584 Medical Nutrition Therapy II (Units: 3)
Prerequisites: Restricted to graduating senior and second baccalaureate Nutrition and Dietetics majors; BIOL 212, BIOL 213, CHEM 349, NUTR 253, NUTR 484, NUTR 550 (may be taken concurrently) with grades of C- or better.

Analyzing and integrating research in nutritional diet therapy. Application to health care in clinical and community environments. Designing dietary components of patient care plans. Diet counseling techniques. [Formerly DFM 485]
NUTR 651 Community Nutrition and Assessment (Units: 3)
Prerequisites: Restricted to graduating senior and second baccalaureate Nutrition and Dietetics majors; NUTR 551 with a grade of C- or better.

Nutritional assessment applied to community and clinical settings. Assessment protocols and practice. Nutrition counseling strategies, program planning and evaluation, legislation, and public policy. Lecture, 2 units; laboratory, 1 unit. [Formerly DFM 451]