FAMILY INTERIOR NUTRITION & APPAREL

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

Department of Family Interior Nutrition & Apparel (FINA)
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Chair: Connie Ulasewicz
Graduate Coordinator: Connie Ulasewicz

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 (http://cfsd.sfsu.edu/InteriorDesign)
- Bachelor of Science in Dietetics (http://cfsd.sfsu.edu/Dietetics)
- Bachelor of Science in Apparel Design & Merchandising (http://cfsd.sfsu.edu/ApparelDesign20and20Merchandising)
- Bachelor of Family & Consumer Sciences (http://cfsd.sfsu.edu/Family%20Design%20Consumer%20Sciences)
- Masters of Art in Family & Consumer Sciences (http://cfsd.sfsu.edu/MA%20Family%20Consumer%20Sciences)

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

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
GRETCHEH LYNN 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.

IVANA MARKOVA (2018), Assistant Professor of Consumer and Family Studies/Dietetics; B.A. (2003), San Francisco State University; Ed.D. (2013) University of San Francisco.

ZUBAIDA QAMAR (2018), Assistant Professor of Consumer and Family Studies/Dietetics; B.A. (2000), San Francisco State University; M.A. (2003), University of Nevada, Reno; Ph.D. (2013), Loma Linda University.

Major
- Bachelor of Arts in Family and Consumer Sciences (bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/ba-family-consumer-sciences)
- Bachelor of Science in Apparel Design and Merchandising: Concentration in Design (bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/bs-apparel-design-merchandising-design)
- Bachelor of Science in Apparel Design and Merchandising: Concentration in Merchandising (bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/bs-apparel-design-merchandising-merchandising)
- Bachelor of Science in Nutrition and Dietetics: Concentration in Dietetics and Nutrition Science (bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/bs-dietetics-conc-nutrition-science)
- Bachelor of Science in Nutrition and Dietetics: Concentration in Foods and Community Nutrition (bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/bs-dietetics-conc-foods-community-nutrition)
• Bachelor of Science in Interior Design (bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics-bs-interior-design)

Masters
• Master of Arts in Family and Consumer Sciences (bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/ma-family-consumer-sciences)

Certificate
• Certificate in Dietetics (bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/certificate-dietetics)

Consumer and Family Studies
CFS 312GW Gender, Race, Class, and Family Diversity - GWAR (Units: 3)
Prerequisites: Restricted to upper-division Family and Consumer Sciences majors; ENG 214 or equivalent with a grade of C- or better.
Gender, social class, and racial/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)
Course Attributes:
• Graduation Writing Assessment

CFS 320 Young Children and Families (Units: 3)
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.
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. Participation in action project involving young children.
Course Attributes:
• UD-D: Social Sciences

CFS 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; transition from family-centered toward peer-centered environment. Problems confronting adolescents in contemporary society.

CFS 322 Early Childhood Education Curriculum (Birth to Five) (Units: 3)
Prerequisite: CFS 320 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.

CFS 323 Infants/Toddlers and Families (Units: 3)
Prerequisite: Restricted to upper division Family and Consumer Sciences or Child and Adolescent Development major.

CFS 324 Administration of Infant/Toddler Programs (Units: 3)
Prerequisites: ENG 114 or equivalent, CFS 323. Administration and supervision of group programs to provide quality care for infants and toddlers. Caregiving to support the development of attachment, perception, motor skills, cognition, language, social skills, feelings, and a sense of self in a safe and healthy environment.

CFS 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)

CFS 351 Asian Food, Culture and Hospitality (Units: 3)
Prerequisite: Successful completion of GE Areas A1, A2, A3 and B4; ENG 214; or consent of the instructor.
Asian cultures and food preferences as they relate to eating habits; the influences of social, economic, and religious factors; Asian foods as herbs and medicinal uses; etiquette and cultural aspects of dining preferences for pleasurable eating. (This course is offered as HTM 351 and CFS 351. Students may not repeat the course under an alternate prefix.)
Course Attributes:
• UD-C: Arts and/or Humanities
• Am. Ethnic & Racial Minorities

CFS 352 Principles of Food Preparation (Units: 3)
Prerequisites: Restricted to students with upper-division standing; successful completion of GE Areas A1, A2, A3, and B4; ENG 214 or equivalent; 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.
Course Attributes:
• UD-B: Physical Life Science

CFS 355 Nutrition for Wellness (Units: 3)
Prerequisites: Restricted to students with upper-division standing; successful completion of 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.
Course Attributes:
• UD-B: Physical Life Science

CFS 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 nutritional needs of individuals.
CFS 420 Assessment and Observation with Children (Units: 3)
Prerequisite: CFS 320 or equivalent.
Interpretation, evaluation, and practice of measurement and assessment tools used with children, including observation techniques and standardized tests.

CFS 423 Administration of Programs for Young Children (Units: 3)
Prerequisites: CFS 320, CFS 323 or equivalent.
Organization, administration, development, and evaluation of programs serving young children in group settings: philosophy, program design, staffing, licensing, housing, equipment, funding, and parent involvement.

CFS 424 Supervised Experiences with Children, Family and Community (Units: 3)
Prerequisites: Restricted to upper-division Family and Consumer Sciences majors; CFS 320, CFS 321, and CFS 326.
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)

CFS 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; emphasis on nature of crises, impact on family functioning, and methods of prevention, management and intervention.

CFS 428 Children and Families with Violence, Abuse, and Neglect (Units: 3)
Prerequisite for CFS 728: Graduate standing or consent of instructor.
Prerequisite for CFS 428: Restricted to upper division students in Family and Consumer Sciences or Child and Adolescent Development program.
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; intergenerational patterns of victimization. Intervention issues and services.
(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.)

CFS 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)

CFS 453 Nutrition in the Life Cycle (Units: 3)
Prerequisites: Restricted to graduating senior in Family and Consumer Sciences or Dietetics programs or Second Bacc Dietetics; DFM 253 or CFS 355 with a grade of C- or better.
Modification of nutritional needs with changes in the life cycle. Significance of nutrition for growth and development from conception through adolescence. Influence of nutrition on the aging process.

CFS 481 Consumer and Family Studies/Dietetics Field Experience (Units: 3)
Prerequisites: Upper division standing and consent of instructor.
Field experiences may be taken concurrently with approval. Field experience in area of emphasis. Advance course application is required. Forms can be obtained from the department office. May be repeated for a total of 6 units.

CFS 543 Sustainability in the Textile, Housing, and Food Industries (Units: 3)
Prerequisite for CFS 743: Graduate standing or consent of the instructor.
Prerequisite for CFS 543: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.
Sustainable principles and practices, energy and water efficiency, resource conservations, economic, health and environmental issues, rating systems applied to projects; evaluation of sustainable products and processes.
(CFS 743/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

CFS 600 Professional Development (Units: 3)
Prerequisites: Restricted to Apparel Design and Merchandising, Family and Consumer Sciences, or Interior Design graduating senior; 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.

CFS 657 New York Fashion Study Tour (Units: 3)
Prerequisite: 6 units of course work in clothing and textiles or consent of 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.

CFS 685 Projects in Teaching of Consumer and Family Studies/Dietetics (Units: 3)
Prerequisites: Upper division standing and consent of instructor.
Teaching experiences in CFS/D 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)

CFS 699 Independent Study (Units: 1-3)
Prerequisite: Upper division standing or consent of instructor.
Intensive study of a particular problem under 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.
CFS 700 Seminar: Trends and Issues (Units: 3)
Prerequisite: Graduate standing in Consumer and Family Studies 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 CFS 700 and DES 701 [formerly DAI 701]. Students may not repeat the course under an alternate prefix.)

CFS 710 Family and Consumer Sciences Research Applications (Units: 3)
Prerequisites: Restricted to graduate standing in Family and Consumer Sciences; CFS 700; first level writing proficiency.

Critical analysis of existing research and the development of the culminating experience proposal.

CFS 728 Children and Families with Violence, Abuse, and Neglect (Units: 3)
Prerequisite for CFS 728: Graduate standing or consent of instructor.
Prerequisite for CFS 428: Restricted to upper division students in Family and Consumer Sciences or Child and Adolescent Development program.

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; intergenerational patterns of victimization. Intervention issues and services.
(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.)

CFS 743 Sustainability in the Textile, Housing, and Food Industries (Units: 3)
Prerequisite for CFS 743: Graduate standing or consent of the instructor.
Prerequisite for CFS 543: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

Sustainable principles and practices, energy and water efficiency, resource conservations, economic, health and environmental issues, rating systems applied to projects; evaluation of sustainable products and processes.
(CFS 743/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

CFS 761 Advanced Apparel Design (Units: 3)
Prerequisites for CFS 761: Restricted to Family and Consumer Sciences graduate students; ADM 361 and ADM 362.
Prerequisites for ADM 661: Restricted to Apparel Design & Merchandising graduating seniors; ADM 361 and ADM 362; concurrent enrollment in ADM 560 and CFS 600.

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.
(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.)

CFS 769 Visual Merchandising and Promotion (Units: 3)
Prerequisites for CFS 769: Restricted to Family and Consumer Sciences graduate students; ID 240, a college-level drawing class.
Prerequisites for ADM 569: Restricted to Apparel Design & Merchandising graduating seniors; ID 240, a college-level drawing class; concurrent enrollment in ADM 560 and CFS 600.

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]
(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.)

CFS 863 Seminar in Social Entrepreneurship (Units: 3)
Prerequisite for CFS 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 CFS 863 and MGMT 863. Students may not repeat the course under an alternate prefix.)

CFS 881 Internship (Units: 3-7)
Prerequisite: Graduate standing or consent of instructor.

Field experience offered in cooperation with a private/public profit or nonprofit 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

CFS 891 Directed Readings in Family and Consumer Sciences/Dietetics (Units: 3)
Prerequisite: M.A. candidacy in Family and Consumer Sciences.

Directed reading under supervision of a faculty member in the department.

CFS 895 Field Study (Units: 3)
Prerequisite: Consent of 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)

CFS 897 Research in Family and Consumer Sciences/Dietetics (Units: 3)
Prerequisite: Approval of department.

Research topics germane to family and consumer sciences and/or dietetics. May not be used to satisfy the 30-unit minimum for ATC. May be repeated with departmental approval. (CR/NCR grading only)

CFS 898 Master's Thesis (Units: 3)
Prerequisites: Consent of 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/NCR grading only)
CFS 899 Independent Study (Units: 2-4)
Prerequisite: Graduate standing or consent of instructor.
An intensive study of a particular problem under the direction of a member of the department. Enrollment by formal petition requiring signed approval of instructor, adviser, and department chair. Available only to students who have done previous work in the department. Must be scheduled with instructor one semester in advance. May be repeated for a total of 6 units.

Dietetics and Food Management

DFM 253 Nutrition in Health and Disease (Units: 3)
Prerequisite: One semester of chemistry, physiology, or consent of instructor. For students in health professions.
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.

DFM 350 Advanced Nutrition I (Units: 3)
Prerequisites: Restricted to Dietetics major; BIOL 212, BIOL 213, CHEM 349, 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)

DFM 353GW Foodservice Systems Management - GWAR (Units: 3)
Prerequisites: Restricted to upper division Dietetics or Family and Consumer Sciences major; ENG 214 or equivalent, DFM 253 or CFS 355, with grades of C- or better.
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)
Course Attributes:
• Graduation Writing Assessment

DFM 357 Experimental Food Study (Units: 3)
Prerequisites: Restricted to graduating senior or a Second Bacc in Dietetics; CHEM 130, CFS 352, MATH 124, 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. Classwork, 2 units; laboratory, 1 unit. Extra fee required.

DFM 450 Advanced Nutrition II (Units: 3)
Prerequisites: Restricted to graduating senior or a Second Bacc in Dietetics; BIOL 212, BIOL 213, CHEM 349, DFM 350, MATH 124, 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.

DFM 451 Community Nutrition and Assessment (Units: 3)
Prerequisites: Restricted to graduating senior or a Second Bacc in Dietetics; DFM 350 with a grade of C- or better.

DFM 458 Management of Quantity Food Purchasing and Production (Units: 3)
Prerequisites: Restricted to Dietetics or Family and Consumer Sciences major; CFS 352 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.

DFM 484 Medical Nutrition Therapy I (Units: 3)
Prerequisites: Restricted to graduating senior or a Second Bacc in Dietetics; DFM 253, CHEM 349, BIOL 212, BIOL 213, with grades of C- or better.

DFM 485 Medical Nutrition Therapy II (Units: 3)
Prerequisites: Restricted to graduating senior or a Second Bacc in Dietetics; BIOL 212, BIOL 213, CHEM 349, DFM 253, DFM 484, DFM 450 (may be taken concurrently), with grades of C- or better.

DFM 655 Nutrition Education and Communication (Units: 3)
Prerequisites: Restricted to graduating senior and second baccalaureate Dietetics majors; DFM 353GW.
Objectives, methods, resources, and evaluation techniques for educational programs in commercial/community settings in dietetics. Knowledge, attitudes, and skills as a dietetic educator. Lecture, 2 units; activity, 1 unit. (Plus-minus letter grade only)

DFM 751 Seminar in Nutritional Assessment Across the Lifespan (Units: 3)
Prerequisite: 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)
Prerequisite: 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)