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 (http://fina.sfsu.edu)
Chair: Dr. Gus Vouchilas
Graduate Coordinator: Dr. Gus Vouchilas

Mission Statement
The Family, Interiors, Nutrition & Apparel (FINA) Department is comprised of four programs, uniquely woven together to provide an integrative student experience, advancing understanding of contemporary issues that impact the food, shelter, clothing, and relationship needs of individuals, families, and communities. At the heart of the FINA programs is the goal of providing an enriched student educational experience that builds on the tenets of the family & consumer sciences (FCS) body of knowledge through research-based practices that address quality of life issues.

Program Scope
FINA offers four undergraduate degrees and one graduate degree:

- Bachelor of Science in Interior Design (https://fina.sfsu.edu/id/)
- Bachelor of Science in Dietetics (https://fina.sfsu.edu/Nutrition-Dietetics/) (Concentrations in Dietetics & Nutrition Science and also Foods & Community Nutrition)
- Bachelor of Science in Apparel Design & Merchandising (https://fina.sfsu.edu/adm/) (Concentrations in Design and also Merchandising)
- Bachelor of Arts in Family & Consumer Sciences (https://fina.sfsu.edu/fcs/)
- Master of Arts in Family & Consumer Sciences (https://fina.sfsu.edu/MA%20Family%20Community%20%26%20Consumer%20Sciences/)

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

Advising
The department faculty offers 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/or Commercial Interior Designer

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

Associate Professor
Gretchen Lynn George (2013), Associate Professor in Nutrition and Dietetics. Ph.D. University of California, Davis.

Assistant Professor
Amy Dorie (2017), Assistant Professor in Apparel Design and Merchandising. Ph.D. Iowa State University.
Ivana Markova (2018), Assistant Professor in Apparel Design and Merchandising. Ed.D. University of San Francisco.
Zubaida Qamar (2018), Assistant Professor in Nutrition and Dietetics. Ph.D. Texas AM University.
Sherria Taylor (2015), Assistant Professor in Family and Consumer Sciences. Ph.D. Loma Linda University.

Lecturer
Jennifer Stimson (2017), Didactic Program in Dietetics, Director. M.S., R.D. University of Georgia.

Majors
- Bachelor of Arts in Family and Community Sciences (http://bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/ba-family-community-sciences/)
- Bachelor of Science in Apparel Design and Merchandising: Concentration in Design (http://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 (http://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 (http://bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/bs-dietetics-conc-nutrition-science/)
Masters

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

Certificate

- Certificate in Dietetics (http://bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/certificate-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, and parent-child relations. Environmental influences affecting children's cognitive, emotional, social, and physical development. [Formerly CFS 320]

Course Attributes:
- D1: Social Sciences

FCS 312GW Gender, Race, Class, and Family Diversity - GWAR (Units: 3)
Prerequisite: Restricted to upper-division Family and Community 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 standing.

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 326 Adulthood and Aging within Families (Units: 3)
Prerequisite: Restricted to upper-division Family and Community Sciences majors.

Exploration of growth and development throughout adulthood, with a focus on changes that occur within and around aging individuals that are influenced by historical, cultural, biological, physiological, psychological, and social contexts. Discussion of the complex interplay of knowledge, values, and practices and its influence on the experiences of aging within the family. (Plus-minus letter grade only)

FCS 355 Nutrition for Wellness (Units: 3)
Prerequisites: Restricted to upper-division standing; GE Areas A1*, A2*, A3*, and B4* all with grades of C- or better; or permission 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 410 Parent-Child Relationships (Units: 3)
Prerequisite: Restricted to upper-division Family and Community Sciences and Child and Adolescent Development majors.

Interrelationships between the child, the child's development, the process of parental development, school, and family relationships; special attention is given to systems theory as it applies to the family. (Plus-minus letter grade only)

FCS 422 Early Childhood Education Curriculum: Birth to Five (Units: 3)
Prerequisites: Restricted to upper-division students; 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. Focus on art, music, language arts, science, and dramatic play. Observing and recording children’s behavior. [Formerly CFS 322]

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 permission of the instructor.

Prerequisites for FCS 428: Restricted to upper-division Family and Community Sciences and Child and Adolescent Development majors; GPA of 3.0 or higher; or permission 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 429 Family Policy and Advocacy (Units: 3)
Prerequisite: Restricted to upper-division Family and Community Sciences majors.

Reciprocal linkages between family functioning and public and private policies in this country and across the globe; ways families contribute to and are affected by social problems; assess the consequences policies may have for family well-being; theoretical frameworks for conceptualizing family policy; and roles professionals can play in building family policy.

FCS 430 Management Dynamics: Life Goals and Decisions (Units: 3)
Prerequisite: Restricted to upper-division Family and Community 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 permission 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 520 Program Development for Young Children, Families, and Communities (Units: 3)
Prerequisites: Restricted to upper-division Family and Consumer Sciences majors; FCS 220*, FCS 321*, and FCS 326*.

Family life education principles and concepts; program planning and implementation; evaluation of family life education materials, student progress, and program effectiveness; emphasis is placed on developing sensitivity to diverse personal and community values and a pluralistic understanding of children, adults, families, and communities. (Plus-minus letter grade only)

FCS 524 Supervised Experiences with Children, Family, and Community (Units: 3)
Prerequisites: Restricted to upper-division Family and Community Sciences majors; FCS 220, FCS 223, FCS 321*, FCS 325*, 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 only) [Formerly CFS 424]

FCS 543 Sustainability in the Textile, Housing, and Food Industries (Units: 3)
Prerequisite for FCS 743: Graduate standing or permission of the instructor.
Prerequisites for FCS 543: Restricted to upper-division standing; GE Areas A1*, A2*, A3*, and B4* all with grades of C- or better; GPA of 3.0 or higher; or permission of the instructor.

Sustainable principles and practices, energy and water efficiency, resource conservations, 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:
- Environmental Sustainability
- UD-D: Social Sciences

FCS 600 Professional Development (Units: 3)
Prerequisites: Restricted to graduating Apparel Design and Merchandising, Family and Community 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 660]

FCS 657 New York Fashion Study Tour (Units: 3)
Prerequisite: Six units of coursework in Apparel Design & Merchandising or permission 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 permission 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 the 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 permission of the instructor.
Prerequisites for FCS 428: Restricted to upper-division Family and Community Sciences and Child and Adolescent Development majors; GPA of 3.0 or higher; or permission 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 permission of the instructor.
Prerequisites for FCS 543: Restricted to upper-division standing; GE Areas A1*, A2*, A3*, and B4* all with grades of C- or better; GPA of 3.0 or higher; or permission of the instructor.

Sustainable principles and practices, energy and water efficiency, resource conservations, 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:
- Environmental Sustainability
- UD-D: Social Sciences

FCS 761 Advanced Apparel Design (Units: 3)
Prerequisite for FCS 761: Restricted to Family Interiors Nutrition & Apparel graduate students or permission 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 permission 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 permission 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 permission 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 permission 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 permission 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]
Nutrition and Dietetics

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

Introduction to the basic principles of nutrition and the relationship of the human diet to health. Overview of the nutrition profession, the biological uses of nutrients and tools for dietary planning. Examination of the importance of food choice on health of the human and global systems. Evaluation of personal dietary habits using current dietary guidelines and nutritional assessment methods. [Formerly DFM 253]

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 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 CFS 453]

NUTR 457 Management of Quantity Food Purchasing and Production (Units: 3)
Prerequisites: Restricted to Nutrition and 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]

NUTR 751 Seminar in Nutritional Assessment Across the Lifespan (Units: 3)
Prerequisites: Dietetics certificate students.

Nutritional assessment of patients and clients in the community. Assessment of children, adults, and the older adult. (Plus-minus letter grade, RP) [Formerly DFM 751]

NUTR 755 Seminar in Human Nutrition and Metabolism (Units: 3)
Prerequisite: Dietetics certificate students.

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.) [Formerly DFM 755]

NUTR 758 Seminar in Foodservice and Nutrition Program Management (Units: 3)
Prerequisite: Dietetics certificate students.

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) [Formerly DFM 758]