

# DEPARTMENT OF FAMILY & CONSUMER SCIENCES

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## About

### Chair

Susan A. Reichelt (srx067@shsu.edu)

## Mission

The Department of Family and Consumer Sciences is dedicated to providing students with intellectual and professional skills relating to family and individual needs. The curriculum aims to provide students with the breadth and depth of competencies needed within the various professional fields associated with the department as they enter a global marketplace.

### Contact Information

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### Website

[www.shsu.edu/~hec\\_www/](http://www.shsu.edu/~hec_www/) (<http://www.shsu.edu/academics/health-sciences/family-and-consumer-sciences>)

- Master of Science in Dietetics ([catalog.shsu.edu/archives/2016-2017/graduate/college-departments/health-sciences/family-consumer-science/dietetics-ms](http://catalog.shsu.edu/archives/2016-2017/graduate/college-departments/health-sciences/family-consumer-science/dietetics-ms))
- Master of Science in Family and Consumer Sciences ([catalog.shsu.edu/archives/2016-2017/graduate/college-departments/health-sciences/family-consumer-science/family-consumer-sciences-ms](http://catalog.shsu.edu/archives/2016-2017/graduate/college-departments/health-sciences/family-consumer-science/family-consumer-sciences-ms))

### FACS 5079. Lab & Fld Exp In Fam & Con Sci. 1-3 Hours.

This course is composed of a supervised internship in an area of specialization. Course may be repeated for credit. Variable Credit (1-3).

### FACS 5087. Independent Study. 1-3 Hours.

Variable Credit (1-3).

### FACS 5097. Special Topics Fam&Con Science. 3 Hours.

### FACS 5323. Interiors & Aging Population. 3 Hours.

This course provides an in-depth study of how interior environments affect the aging population, primarily focusing on housing issues and options. Emphasis is on policy, needs assessment, finances, and physical design.

**Prerequisite:** Graduate Standing.

### FACS 5330. Semnr Fam & Consumer Sci Rsch. 3 Hours.

A course designed to acquaint graduate students with the need for and contribution of research. Criteria are developed for designing and completing research.

### FACS 5341. Family Resource Management. 3 Hours.

The course focuses on factors influencing family decisions, such as finances, time, energy, and education. Individual and family resources are analyzed for efficient management throughout the life cycle.

**Prerequisite:** Graduate standing.

### FACS 5343. Lifespan Devlpt in the Family. 3 Hours.

The course examines the impact of the family unit on cognitive, emotional, physical, and social development. Prenatal through end-of-life stages from the perspective of the family and consumer scientist professional.

**Prerequisite:** Graduate standing.

### FACS 5367. Consumer & Food Technology. 3 Hours.

Investigations of recent developments in food production and marketing; consideration of physical and chemical factors influencing the quality of food; implications and guidelines for the consumer.

### FACS 5375. Seminar in Recent Developments in Family and Consumer Sciences. 3 Hours.

A critical analysis of current trends, issues and problems in Family and Consumer Sciences. Course may be repeated for credit.

### FACS 5377. Wkshp Fam & Consumer Sci Edu. 3 Hours.

Principles and procedures in planning, organizing, and developing occupational programs using knowledge and skills within the discipline of Family and Consumer Sciences are stressed. Emphasis is on curriculum, space, equipment, methods, and teaching materials particular to these programs.

### FACS 5380. Needs of Aging Populations and Their Families. 3 Hours.

This course is focused on the broad principles of family and effects of the environments, nutrition, physical activities, apparel and textiles, and family transitions related to an aging population.

**FACS 5381. Evaluation Techniques in Family and Consumer Sciences. 3 Hours.**

The focus of this course is on individual and program evaluation theories, designs, and processes applicable to those seeking the MS degree in FACS. Selection and development of instruments as well as interpretation and reporting of data are integrated throughout the course.

**FACS 5383. Research Problems. 3 Hours.**

This course is tailored to the needs of students in the Dietetic Internship (DI) Program in regard to research, project development, and problem solving. Each student will conduct an individual project. As a team, students will develop a case study based on a nutrition problem with a culturally diverse target population group. Students will develop and market a brochure based on solutions to the developed study.

**Prerequisite:** FACS 5330 and SOCI 5314.

**FACS 5385. Sports Nutrition. 3 Hours.**

This course is designed for students to review evidence-based research of nutrient requirements of health promotion and wellness, and for competitive sports in children, adolescents, adults and the elite athlete. Students will be taught various strategies and interventions to provide effective dietary changes for the performance enhancement of athletes across the life cycle in multiple levels of sport activities.

**Prerequisite:** Graduate Standing.

**FACS 5395. Dietary Supplements. 3 Hours.**

This course will prepare students for identifying the potential benefits or harmful effects of dietary supplements for health, wellness, and medical intervention for illness or athletic performance. A review of the botanical properties and complementary medicinal claims of popular dietary supplements commonly used in various cultures will be reviewed for preventative health, medicinal intervention, and potential ergogenic aids. The Dietary Reference Intakes (DRI)'s for several vitamins and minerals released by the Institute of Medicine's Food and Nutrition Board will also be reviewed. Credit 3

**Prerequisite:** Graduate Standing.

**FACS 5396. Cultural Food Counseling. 3 Hours.**

This course focuses on nutrition education strategies and interventions that will improve dietary patterns that relate to cultural values and mores associated with food habits and behaviors. Students will explore and appreciate the cultural factors that affect food patterns, cultural competency, and appropriate medical nutrition therapies and interventions.

**Prerequisite:** Graduate Standing.

**FACS 5398. Public Health Nutrition. 3 Hours.**

This course emphasizes the various roles of public health nutritionists in the context of global public health concerns and programs, and the role dietitians play in numerous public health programs. Research approaches and core competencies of public health nutritionists, global, and national public health goals and objectives, and interventions within public health nutrition programs are investigated in the course.

**FACS 6098. Thesis. 1-3 Hours.**

The selection of a suitable problem, a review of related literature, the formulation of a plan of investigation and report. Preparation and approval of a prospectus. Variable Credit (1-3).

**FACS 6099. Thesis. 1-3 Hours.**

The completion and defense of the thesis. Variable Credit (1-3).

Chair: **Susan A. Reichelt**

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