

Family and Consumer Sciences (FCS)

Contact the Design and Consumer Education Department for further information.

(760) 744-1150, ext. 2349

Office: P-8A

For transfer information, consult a Palomar College Counselor.

Associate in Science Degrees -

AS Degree requirements are listed in Section 6 (green pages).

- Family and Consumer Sciences - General

Certificates of Achievement -

Certificate of Achievement requirements are listed in Section 6 (green pages).

- Family and Consumer Sciences - General

PROGRAM OF STUDY

Family and Consumer Sciences-General

For students desiring to improve their skills as home managers or to enter careers in social services or related fields requiring knowledge of family management skills.

Students should be aware that not all Family and Consumer Sciences, Fashion, and Interior Design courses are offered every semester. See Class Schedule or Department Chairperson for additional information.

A.S. DEGREE MAJOR OR CERTIFICATE OF ACHIEVEMENT

Program Requirements		Units
FCS 101	Life Management	3
FCS 105	Family Dynamics	3
FCS/BUS 136	Personal Finance	3
FCS/HE 165	Fundamentals of Nutrition	3
FASH 110	Textiles	3
FASH 135	Introductory Sewing for Apparel	4
ID 100	Interior Design	3
CHDV 100 or PSYC 110	Child Growth and Development Developmental Psychology – Child Through Adult	3
TOTAL UNITS		25

Recommended Electives: It is recommended that candidates for the certificate and transfer students take one or more of the following courses: FCS 197, FASH 100, 105, 136; ID 105, 115; ART 120; CHEM 100; CHDV 145; CE 100; PSYC 100; SOC 100; SPCH 100

Students planning to transfer to San Diego State University should seek counseling from the director of the Family and Consumer Sciences program.

COURSE OFFERINGS

FCS 101 Life Management (3)

3 hours lecture

Transfer acceptability: CSU

Principles of managing human systems through the techniques of goal setting, decision making, communication, and time and energy structuring. Emphasizes problem solving skills transferable to management of education, residence, or work environments.

FCS 105 Family Dynamics (3)

3 hours lecture

Transfer acceptability: CSU

Explores the elements which lead to successful adjustment in family living. Dynamics of love, communication, and sexuality are examined as part of the developmental process of family life.

FCS 110 Microbiology and Foods (3)

2 hours lecture - 3 hours laboratory

Note: Cross listed as MICR 110

Transfer acceptability: CSU

Introduction to the principles of microbiology with an emphasis on foodborne pathogens. Students will explore biological factors and controls relating to reproduction of microorganisms and the effects on public health. This course does not meet microbiology requirement for pre-health students.

FCS 136 Personal Finance (3)

3 hours lecture

Note: Cross listed as BUS 136

Transfer acceptability: CSU

A study of the effective management of personal and family resources. Budgeting, buying of goods and services, banking, credit, taxation, investing, insurance, home ownership, estate planning, and consumer protection.

FCS 150 Food and Culture (3)

3 hours lecture

Transfer acceptability: CSU

Food is an expression of cultural diversity, and traditional foods reflect geographic area and culture. Regional, ethnic, cultural, religious, historical, and social influences on food patterns are explored. Influence of socio-economic class, gender, and age on diet, health, and disease are also discussed.

FCS 165 Fundamentals of Nutrition (3)

3 hours lecture

Note: Cross listed as HE 165

Transfer acceptability: CSU; UC – FCS 165, FCS 185, BIOL 185, HE 165 combined: maximum credit, one course

The study of how food nourishes the body. Investigation of diet fads and fallacies, eating for fitness, and planning meals for optimum health throughout the life cycle.

FCS 170 Nutrition: Eating Disorders and Obesity (3)

3 hours lecture

Transfer acceptability: CSU

Review of etiology, incidence, socio-economic influences, and treatments. Interrelationships of genetics and environment (diet, exercise, and behavior) on weight management. Includes vocational information for working with the obese or eating-disordered.

FCS 185 Science of Human Nutrition (3)

3 hours lecture

Note: Cross listed as BIOL 185

Transfer acceptability: CSU; UC – FCS 165, FCS 185, BIOL 185, HE 165 combined: maximum credit, one course

Science of food, nutrients, and other substances therein; processes by which the organism ingests, digests, absorbs, transports, utilizes, and excretes food substances. Emphasis on biological, chemical, and physiological implications to human nutrition.

FCS 197 Family and Consumer Sciences Workshop (.5-3)

Units awarded in topics courses are dependent upon the number of hours required of the student. Any combination of lecture and/or laboratory may be scheduled by the department. Refer to Class Schedule.

Transfer acceptability: CSU

Materials relative to the field of Family and Consumer Sciences.

Fashion (FASH)

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