

FAMILY AND CONSUMER SCIENCES
Nutrition Education and Promotion Concentration
Catalog Year 2020-2021

Name _____

W# _____

GENERAL EDUCATION (39 HOURS)

	Sub	Grade	Hrs.
†ENG 101			3
†ENG 102			3
ENG 230, 231, OR 232			3
COMM 210 OR 211			3
MUS/ART/THEA/DNC			3
HISTORY ELECTIVE			3
MATH 105 or 161			3
MATH 241			3
BIOLOGICAL SCIENCE			3
PHYSICAL SCIENCE			3
SECOND SCIENCE SEQ			3
†PSYC 101			3
SOCIAL SCI ELECTIVE			3

OTHER (11 Hrs)

	Sub/Course	Grade	Hrs.
SE 101			2
FREE ELECTIVE			3
FREE ELECTIVE			3
FREE ELECTIVE			3

FCS CORE (43 Hrs)

	Sub/Course	Grade	Hrs.
†FCS 100	Foundations of FCS		1
†FCS 302	Individual & Family Dev. across the Lifespan		3
†FCS 304	Parenting		3
†FCS 342	Nutrition		3
†FCS 345	Lifespan Nutrition		3
†FCS 346	Professional Development		3
†FCS 371	Family Finance		3
†FCS 412	Family Stress & Coping		3
†FCS 421	Principles of Weight Mgmt		3
†FCS 441	Family Relations		3
†FCS 448	Communication and Aging		3
†FCS 475	Family Resource Mgmt		3
†English 322	Technical Writing		3
†FCS Elective			3
†FCS Elective			3

Nutrition Education and Promotion (27 Hrs)

	Sub/Course	Grade	Hrs.
†HS 133	Healthy Lifestyles for the 21st Century		3
†HS 252 or HS 331	Health and Stress or Health Info and the Media		3
†HS 351 or HS 420 or HS 454	Health Problems of the Aged and Aging or Health Promotion and Planning or Health Behavior Change		3
†FCS 411	Nutrition and Lifestyle Diseases		3
†FCS 424	Nutrition for Sport and Fitness		3
†FCS 425	Nutrition Presentations and Demonstrations		3
†FCS 426	Food Principles and Preparation		3
†FCS 433	Current Trends and Issues in Nutrition		3
†FCS Elective			3

Notes: Southeastern 101 is not required of transfer or readmitted students with 30 hours or more. Those students must replace SE 101 with 2 hours of electives.

†A grade of C or higher is required for these courses

Please refer to the possible Natural Science combinations under General Education. Sequence requirements are in the University's Policies chapter of the catalog.

Social Science electives to be selected from ANTH, CJ, ECON, GEOG, POLI, PSYC, or SOC.

Students may complete English 121H or English 123H in place of English 101.

Upon completion of this program, students will be eligible to take the certification exam as Nutrition and Wellness Educators through the American Association of Family and Consumer Sciences. Requirements include completing FCS 342, 345, 411, 421, 425, 426, and 433, as well as passing the competency exam.