

# UNIVERSITY OF WYOMING

College of Agriculture

## Family & Consumer Sciences

Undergraduate Advising Check Sheet

2009-2010

## Human Nutrition & Food

Student Name: \_\_\_\_\_ W#: \_\_\_\_\_ Adviser: \_\_\_\_\_

All students pursuing a bachelor of science degree in Family and Consumer Sciences are required to complete: a) University Studies Program (USP) requirements; b) departmental core curriculum; and c) courses within the selected option.

The **University Studies Program** (USP) ensures that each student's program includes the elements essential to a lifetime of personal and professional growth: habits of mind, practices of active citizenship, and development of intellectual skills. The USP program requires students to develop skills that include the ability to express oneself in speech and writing; to locate, evaluate and effectively use information; and to examine problems from quantitative, qualitative, and scientific perspectives. The USP requirements will be approximately 36 credit hours of your overall degree program.

All courses within Family and Consumer Sciences must be completed with a grade of C or better. The **department core curriculum** is required of all majors. This requirement is based on a common body of knowledge in family and consumer sciences which contains concepts relevant to all program options. The department core will be 13-14 credit hours of your overall degree program. FCSC 1010, your first core course, is the beginning of the department mandatory electronic portfolio assessment system. It must be taken in your first year. If you drop, withdraw or do not pass the course with a grade of C or better, you will be prevented from re-enrolling for one semester of the course offering. If you drop, withdraw, or do not pass the course with a grade of C or better after two attempts, you will be dismissed from your family and consumer sciences major.

The **requirements for your selected option** are listed in this check sheet. It is important to understand course sequencing (when courses are offered) and prerequisites (other courses that must be taken first). Each student has a faculty adviser. You will be advised each semester. It is important that you work closely with your adviser to plan your course schedule.

**University Requirement** – All degrees at the University of Wyoming require 48 upper-division credit hours (3000+).

**Residency Requirement** – All degrees must include a minimum of 30 credit hours from UW.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Adviser Signature

\_\_\_\_\_  
Date

Program Contacts:

- K. Shane Broughton Ph.D., Associate Professor, Human Nutrition, 307-766-5248, [broughto@uwyo.edu](mailto:broughto@uwyo.edu)
- D. Enette Larson-Meyer, Ph.D., RD, FACSM, Assistant Professor, Human Nutrition, 307-766-4378, [enette@uwyo.edu](mailto:enette@uwyo.edu)
- Michael Liebman, Ph.D., Professor, Human Nutrition, 307-766-5597, [liebman@uwyo.edu](mailto:liebman@uwyo.edu)
- Rhoda Schantz, Ph.D., RD, Associate Professor, Food and Nutrition, Director, Didactic Program in Dietetics, 307-766-5380, [schantz@uwyo.edu](mailto:schantz@uwyo.edu)

**Department of Family & Consumer Sciences**

**College of Agriculture – Room 251**

**1000 East University Avenue**

**Dept. 3354**

**Laramie, WY 82071-3354**

**(307) 766-4145 (office) ♦ (307) 766-5686 (fax)**

**[fam-consci@uwyo.edu](mailto:fam-consci@uwyo.edu)**

**[www.uwyo.edu/family](http://www.uwyo.edu/family)**

## Required Courses – Human Nutrition and Food

USP	Course#	Title	Cr/Hrs	Grade	Sem/Yr
<b>Freshman Year: Fall</b>					
	FCSC 1150	Scientific Study of Food	3		
QA	MATH 1400	College Algebra**	3		
SB	LIFE 1010	General Biology I	4		
O	COJO 1010	Public Speaking	3		
WA	ENGL 1010	College Composition/Rhetoric	3		
Total:			16		
<b>Freshman Year: Spring</b>					
I, L	FCSC 1010	Perspectives in FCSC	2		
	FCSC 1141	Principles of Nutrition	3		
P	PEAC 1001	Physical Activity & Your Health	1		
SP	CHEM 1020	General Chemistry I**	4		
V	POLS 1000	American & WY Government	3		
CS	SOC 1000	Sociological Principles	3		
Total:			16-19		
<b>Sophomore Year: Fall</b>					
SP	CHEM 1030	General Chemistry II♦	4		
CS	ECON 1010	Principles of Macroeconomics	3		
WB		(WB) Elective***	3		
	FCSC	(FCSC Core) Child and Family <sup>1</sup>	3-4		
		Restricted Elective*****	3		
Total:			16-18		
<b>Sophomore Year: Spring</b>					
	CHEM 2300	Intro to Organic Chemistry**	4		
CS	PSYC 1000	General Psychology	3		
QB	STAT 2050	Fundamentals of Statistics**	4		
	FCSC	Food and Nutrition elective	2-3		
CH		(CH) Elective***	3		
Total:			16-17		

\*\* Course has prerequisite.

\*\*\* Choose appropriate course from USP list

\*\*\*\*\* Restricted Electives can be selected from MOLB 2021, 2300, 3610, 3980, 4600, 4610; FDSC 1410, 2060, 2160, 4100, 4600, 4720, 4810; MGT 3210 and higher level management classes; MKT 4210 and higher level marketing classes; MATH 1405, and higher level math classes; PHCY 4450; STAT 2010, 2020, 2050; ZOO 2100; or other relevant electives as approved by the adviser.

<sup>1</sup> Choose one of the following: FCSC 2121 Child Development or FCSC 2131 Family Relations

<sup>2</sup> Choose one of the following: FCSC 3110 Personal Finance, FCSC 4112 Family Decision Making & Resource Management, or FCSC 4113 Consumer Issues

<sup>3</sup> Choose one of the following: FCSC 2170 Clothing in Modern Society, FCSC 2180 Housing, or FCSC 3171 Introductory Textile Science

## Required Courses – Human Nutrition and Food

USP	Course#	Title	Cr/Hrs	Grade	Sem/Yr
<b>Junior Year: Fall</b>					
	FCSC 3140	Maternal, Infant & Adolescent Nutrition**	3		
	FCSC 4142	Nutrition & The Elderly**	1		
	ZOO 3115	Human Systems Physiology**	4		
		Food and Nutrition Elective	3		
		Restricted Elective*****	3		
		Restricted Elective*****	2		
Total:			16		
<b>Junior Year: Spring</b>					
	FCSC	(FCSC Core) Family Resource Management <sup>2</sup>	3		
WC	ENGL 4010	Tech. Writing in the Professions**	3		
G		(G) Elective***	3		
		Restricted Elective*****	3		
		Restricted Elective*****	3		
Total:			15		
<b>Senior Year: Fall</b>					
	FCSC 4145	Advanced Nutrition**	4		
	FCSC 4010	(FCSC Core) Philosophical & Research Perspectives in FCSC**	2		
CA		(CA) Elective***	3		
		Restricted Elective*****	3		
		Restricted Elective*****	3		
Total:			15		
<b>Senior Year: Spring</b>					
	FCSC 4146	FCSC 4146 – Therapeutic Nutrition lecture (4 credit hours)** plus FCSC 4106-11 – Therapeutic Nutrition Lab Experience (1 credit hour) <u>Must enroll concurrently:</u>	5		
	FCSC 4150	Experimental Foods**	3		
	FCSC	(FCSC Core) Textiles & Merchandising <sup>3</sup>	3		
		Restricted Elective*****	3		
D		(D) Elective***	3		
Total:			17		
<b>DEGREE TOTAL</b>			<b>128-134</b>		

\*\* Course has prerequisite.

\*\*\* Choose appropriate course from USP list

\*\*\*\*\* Restricted Electives can be selected from MOLB 2021, 2300, 3610, 3980, 4600, 4610; FDSC 1410, 2060, 2160, 4100, 4600, 4720, 4810; MGT 3210 and higher level management classes; MKT 4210 and higher level marketing classes; MATH 1405, and higher level math classes; PHCY 4450; STAT 2010, 2020, 2050; ZOO 2100; or other relevant electives as approved by the adviser.

<sup>1</sup> Choose one of the following: FCSC 2121 Child Development or FCSC 2131 Family Relations

<sup>2</sup> Choose one of the following: FCSC 3110 Personal Finance, FCSC 4112 Family Decision Making & Resource Management, or FCSC 4113 Consumer Issues

<sup>3</sup> Choose one of the following: FCSC 2170 Clothing in Modern Society, FCSC 2180 Housing, or FCSC 3171 Introductory Textile Science

## University Studies Checklist

	USP	Prefix	Course#	Cr/Hrs
<b>CORE COMPONENTS</b>				
Intellectual Community (I): 1-3 credit hours				
Complete one approved Intellectual Community course for 1-3 credit hours.	I			
Writing 1(WA): 3 credit hours				
Complete one approved Writing 1 course for 3 credit hours.	WA			
Oral Communication (O): 3 credit hours				
Complete one approved Oral Communications course.	O			
Quantitative Reasoning 1 and 2 (QA and QB): 3 credit hours each				
All students must fulfill the QA requirement – either by placing into a QB course or through successfully completing a QA course.	QA			
Students are required to satisfy both QA and QB requirements. All QB courses have a QA prerequisite.	QB			
Science (S, SB, SP, SE): 4-8 credit hours				
Complete any two approved courses from biological sciences (SB), physical sciences (SP), or earth sciences (SE). One of these courses must have a lab component. An approved integrated science course (S) which has a lab component can be substituted.	S			
	SB			
	SP			
	SE			
Cultural Content (C, CH, CS, CA): 9 credit hours (3 credit hours each from CH, CS and CA – can substitute C course for one)				
Complete nine credit hours, three from each of the following categories: humanities (CH), social and behavioral sciences (CS), and fine arts (CA). One approved three credit hour integrated cultural context course (C) can be substituted for one of the three categories.	C			
	CH			
	CS			
	CA			
U.S. and Wyoming Constitutions (V): 3 credit hours				
Complete one V course for 3 credit hours.	V			
Physical Activity and Health(P): 1 credit hour				
Complete one approved Physical Activity and Health course for 1 credit hour.	P			
<b>EMBEDDABLE COMPONENTS</b>				
Information Literacy				
	L			
Writing 2 and 3				
Successful completion of a WA course is required prior to taking a WB course.	WB			
Successful completion if a WB course is required prior to taking a WC course.	WC			
Global Awareness				
	G			
Diversity in the United States				
	D			

### Family & Consumer Sciences Courses with USP Designation

FCSC 1010	Perspectives in Family and Consumer Sciences	I, L
FCSC 1180	Applied Design	CA
FCSC 2121	Child Development*	CS
FCSC 2170	Clothing in Modern Society	WB
FCSC 3220	Multicultural Influences on the Young Child *	CS, D
FCSC 4127	Directing Preschool and Daycare Programs*	WC
FCSC 4139	Professional Practice Issues in Family & Community Services*	WC
FCSC 4181	Global Textiles Marketplace*	G
FCSC 4182	Textiles Industry and the Environment*	WC
FCSC 4546	Agriculture: Rooted in Diversity*	C, D

\*Course has prerequisites.