

## Consumer Sciences

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### Health and Consumer Sciences, Fashion Design and Retailing, Food and Nutrition

**Chair:** Janet Schwartz

Professors: Marilyn Abernethy, Matha Fletcher, Judith Flynn, Irene Foster, Arlene Handschuch, Patricia Luoto, Suzanne Neubauer, Janet Schwartz\*, Rebecca Taylor

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\*Sabbatical: Fall 2008

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Departmental majors include Health and Consumer Sciences, Fashion Design and Retailing, and Food and Nutrition. Successful completion of college and departmental requirements leads to the Bachelor of Science. Programs prepare the student for positions in human services, consumer information, journalism, secondary teaching, county extension programs, fashion or interiors merchandising, clothing design, fabric design, fashion promotion, dietetics, community nutrition, and other food and nutrition specializations.

**The General Education Requirement**

Students in all majors must satisfy a general education requirement consisting of twelve (12) courses (see page 52).

**Course Prerequisites**

Courses may have specified conditions for enrollment, such as prior completion of less advanced courses, permission of the instructor, or appropriate placement test scores. Students should refer to course descriptions in the department listings for prerequisite requirements.

### Health and Consumer Sciences Major

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The Health and Consumer Sciences major prepares the student with a strong foundation in four bases of study in Consumer Sciences: family studies, consumer studies, natural sciences and the humanities. The Teacher Preparation concentration is designed to meet the state licensure requirements for the Initial license for teachers. The Consumer and Community Services concentration prepares students for careers in consumer affairs, human services and/or business communications depending upon the emphasis selected by the student.

### Teacher Preparation in Health/Family and Consumer Sciences (UHCT)

**Departmental Requirements for Major**

**Department Core Course:**

CONS 210 Consumer Economics

**Concentration Requirements:**

BIOL 101	Biological Concepts (Gen. Ed. Goal 7 Lab)
BIOL 333	Principles of Human Physiology
CHEM 103	General Chemistry <b>OR</b> CHEM 107 Principles of Chemistry (Gen. Ed. Goal 6 Lab)
CHEM 201	Organic Chemistry
CONS 105	Personal and Community Health
CONS 270	Human Sexuality Education
CONS 312	Family and Interpersonal Development
CONS 356	Development and Education of Young Children
CONS 422	Family Financial Decision Making
EDUC 200	Education in American Society with Field Study I
EDUC 317	Professional Preparation and Field Study II: Methods, Special Education, <b>AND</b> Technology for Health/Family <b>AND</b> Consumer Sciences All Levels (two course credits)
EDUC 417	Student Teaching Practicum and Seminar I: Health/Family and Consumer Sciences All Levels (two course credits)

EDUC 418	Student Teaching Practicum and Seminar II: Health/Family and Consumer Sciences All Levels (two course credits)
INTD 420	Drug Addiction
NUTR 271	Nutrition for Sport and Exercise
NUTR 161	Principles of Food
NUTR 205	Nutrition Science and Applications
PSYC 200	Psychology of Development (Gen. Ed. Goal 9)

**Standard First Aid and CPR: Must be taken via the Red Cross (course will be available on campus)**

Suggested Electives:

ECON 101	Principles of Macroeconomics (Goal 10)
PSYC 212	Adolescent Psychology (Goals 9 and 12)
PSYC 322	Abnormal Psychology

## Consumer and Community Services Concentration (UHCC)

### Departmental Requirements for Major

#### Departmental Core Course:

CONS 210	Consumer Economics
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#### Concentration Requirements:

CONS 105	Personal and Community Health
CONS 111	Human Development
CONS 312	Family and Interpersonal Development
CONS 332	Consumer Housing
CONS 422	Family Financial Decision Making
CONS 492	Internship in Consumer and Community
NUTR 161	Principles of Food
NUTR 205	Nutrition Science and Applications Services (course – 2 credits)
BIOL 101	Biological Concepts (Gen. Ed. Goal 7 Lab) <b>OR</b>
	BIOL 142 Introduction to Human Biology (Gen. Ed. Goal 7 Lab)
CHEM 103	General Chemistry (Gen. Ed. Goal 6 Lab) <b>OR</b>
	CHEM 131 Science – Environment and Health (Gen. Ed. Goal 6 Lab)
COMM 115	Introduction to Speech Communication
EDUC 314	Professional Preparation in Consumer and Community Services

A Minor in one of the following areas is required for this concentration: Business, Communication Arts, Information Technology, Professional Writing, Psychology, Sociology, or Spanish. Students should work closely with their advisor in choosing courses for their minors that will enhance their professional background.

#### Suggested Electives:

BADM 280	Applied Organizational Theory and Management
COMM 275	Introduction to Public Relations
COMM 105	Foundations of Communications
COMM 250	Media/Society/Self
CONS 270	Human Sexuality Education
ECON 272	Management Principles
ENGL 286	Professional Writing
ENGL 371	Business Writing
ENGL 372	Technical Writing
FASH 141	Fashion: Designer to Consumer
INTD 310	Drug Addiction
MLSP 131	Elementary Spanish I <b>OR</b>
	MLPO 141 Elementary Portuguese I
MLSP 132	Elementary Spanish II <b>OR</b>
	MLPO 142 Elementary Portuguese II
NUTR 262	Food, Culture, and Society

PSYC 224	Social Psychology
PSYC 231	Psychology of Adulthood and Aging
PSYC 258	Human Relations
SOCI 130	Social Problems
SOCI 245	Race and Ethnic Relations
SOCI 280	Social Gerontology

## Health and Fitness Concentration (UHCF)

The Health and Fitness Concentration prepares students for a variety of careers in fitness and wellness programs including worksite, community, commercial, clinical and hospital-based sites. Graduates will be able to design fitness programs and plan health programs for individuals and groups that incorporate exercise and nutrition recommendations.

This program will provide students with:

- Extensive knowledge and skills to meet the fitness needs of a variety of specific populations (children, adults, elderly, special needs);
- A strong foundation in food and nutrition;
- Management skills for the day-to-day operation of programs in the fitness industry;
- Knowledge and skills to assess the needs of and develop fitness programs for healthy people as well as for those 'at risk' and those who are chronically ill;
- Knowledge and skills to assess the functional capacity of an individual and the effectiveness of interventions; and
- Knowledge of the psychological and sociological aspects of sports and fitness in American society.

All students in the Health and Fitness concentration must demonstrate first aid and CPR competencies at the level of American Red Cross First Aid and Adult CPR before registering for CONS 345 Health and Fitness Assessment and Planning.

All students must pass the American College of Sports Medicine Certification Exam before enrolling in CONS 496 Internship in Fitness and Health. Students are responsible for the exam fee which is \$300. If students fail this exam, the student will appeal to the Professional Standards Committee to identify an alternate course to complete the major.

### Departmental Requirements for Major

#### Departmental Core Course:

CONS 210	Consumer Economics
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#### Concentration Requirements:

CONS 105	Personal and Community Health
CONS 314	Consumer and Health Communication
CONS 345	Health and Fitness Assessment and Planning
CONS 460	Fitness for Special Populations
CONS 496	Internship in Health, Fitness, and Exercise
NUTR 205	Nutrition Science and Applications
NUTR 262	Food, Culture, and Society
NUTR 271	Nutrition for Sports and Exercise
NUTR 482	Management of Food and Nutrition Services
BIOL 142	Introduction to Human Biology (Gen. Ed. Goal 7 Lab) <b>OR</b>
	BIOL 101 Introduction to Human Biology (Gen. Ed. Goal 7 Lab)
BIOL 272	Human Anatomy and Physiology I
BIOL 273	Human Anatomy and Physiology II
BIOL 303	Exercise Physiology
CHEM 103	General Chemistry (Gen. Ed. Goal 6 Lab) <b>OR</b>
	CHEM 107 Principles of Chemistry (Gen. Ed. Goal 6 Lab)
PSYC 101	General Psychology (Gen. Ed. Goal 9)

Restricted Electives:

PSYC 208	Health Psychology
PSYC 258	Human Relations
PSYC 271	Behavior Modification
SOCI 220	Sports in Society (Gen. Ed. Goal 12)

Students completing this concentration may qualify for a minor in Biology; students are encouraged to discuss this minor with their advisor.

## Minor in Consumer and Community Services

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Students must take a total of five (5) courses:

CONS 111	Human Development
CONS 210	Consumer Economics

Choose three (3) courses from the following:

CONS 105	Personal and Community Health
CONS 270	Human Sexuality Education
CONS 312	Family and Interpersonal Development
CONS 422	Family and Financial Decision-making
FASH 141	Fashion: Designer to Consumer
NUTR 205	Nutrition Science and Applications

## Fashion Design and Retailing Major

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The Fashion Design and Retailing program at Framingham State College enables graduates to enter a variety of careers in the fashion industry including technical design, retail management, buyer, product manager, product developer, allocation analyst, buyer, designer, patternmaker, store design, store display, and sales representative.

Students enrolled in the Fashion Design and Retailing program at Framingham State College will:

- Apply the principles of design, motives of dress, concept of business cycles, and the soft goods chain to the fashion industry;
- Investigate and evaluate the interrelationship of textile products, apparel production methods, and product life cycle;
- Demonstrate competency in apparel design and production methods, including women's, men's, and children's wear, from high fashion to mass production by creating aesthetic and functional apparel that meets the needs of society;
- Analyze the apparel design and retailing industry in the global economy as it relates to importing, exporting, licensing, mergers, acquisitions, and legislation;
- Research the economic, sociological, psychological, and aesthetic factors affecting the design, purchase, and sale of textiles, apparel, and home furnishings;
- Identify and apply the principles of retailing to create a buying plan and an assortment plan, based on a specific target market, including demographics and psychographics;
- Internalize a decision making strategy related to business practices, human resources, finance, product knowledge, ethics, promotion, and marketing.

### Departmental Requirements for Major:

#### Departmental core course:

CONS 210	Consumer Economics
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Major requirements (7):

FASH 140	Principles of Apparel Construction
FASH 141	Fashion: Designer to Consumer
FASH 153	Consumer Textiles
FASH 223	History of Costume or FASH 347 History of Textiles
FASH 245	Research Methods for the Fashion Industry

- FASH 326 Fashion Merchandising: Theory and Distribution  
 FASH 362 World Market: Textiles to Retailing

**Fashion Design and Retailing majors must choose one of the following concentrations:**

### Apparel Design Concentration (UFDA)

Concentration requirements (10):

- ARTS 211 Drawing I **OR**  
 ARTS 110 Introduction to Drawing  
 ARTS 301 Color Theory  
 ARTS 357 Fashion Illustration  
 FASH 243 Advanced Apparel Design  
 FASH 342 Flat Pattern Design  
 FASH 352 Draping  
 FASH 355 Fabric Structure and Design  
 FASH 447 Apparel Industry Methods  
 FASH 449 Functional Clothing Design  
 FASH 487 Apparel Design Portfolio

### Merchandising Concentration (UFDM)

**Concentration requirements:**

- FASH 003 Field Study in Merchandising (no credit)  
 FASH 452 Fashion Promotion  
 FASH 464 Fashion Merchandising: Planning, Policies, and Implementation  
 FASH 490 Internship in Merchandising (Credit - two courses)  
 MATH 117 Introduction to Statistics **OR**  
 MATH 200 Precalculus

**Electives (restricted - choose a minimum of three):**

- FASH 243 Apparel Development and Evaluation  
 FASH 253 Cultural Dress **OR**  
 FASH 278 History of Furniture  
 FASH 342 Flat Pattern Design **OR**  
 FASH 352 Draping  
 FASH 354 Advanced Textiles  
 FASH 355 Fabric Structure and Design  
 FASH 455 Case Studies in Fashion

**Electives (general - choose a minimum of two):**

- ACCT 120 Introduction to Financial Accounting  
 ACCT 121 Introduction to Managerial Accounting  
 ARTS 301 Color Theory  
 ARTS 357 Fashion Illustration  
 BADM 215 Legal Environment of Business  
 COMM 245 Cultural Aspects of Media Representation  
 COMM 308 Media Criticism: Principles and Practice  
 CONS 332 Consumer Housing  
 ENGL 225 Introduction to Journalism  
 ENGL 286 Professional Writing  
 FASH \_\_\_\_ Additional Fashion Design and Retailing required course  
 FASH \_\_\_\_ Additional restricted elective  
 FASH 290 Study Tour: Fashion Design and Merchandising  
 FASH 448 Tailoring  
 FASH 449 Functional Clothing Design  
 MRKT 271 Marketing Principles  
 PSYC 258 Human Relations

PSYC 277	Psychology of Work Behavior
PSYC 334	Organizational Behavior
SOCI 340	Sociology of Work-Occupations and Professions
SOCI 342	Sociology of Organizations

## Minor in Apparel Design (5 Courses)

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### Required courses:

FASH 140	Principles of Apparel Construction
FASH 153	Consumer Textiles

### Choose three (3) courses from the following:

FASH 223	History of Costume <b>OR</b> FASH 253 Cultural Dress
FASH 243	Apparel Development and Evaluation
FASH 342	Flat Pattern Design
FASH 352	Draping
FASH 355	Fabric Structure and Design
FASH 447	Apparel Industry Methods
FASH 449	Functional Clothing Design

## Minor in Museum Studies (7 Courses)

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(See Page 48)

## Food and Nutrition Major

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### Food and Nutrition Mission

The Food and Nutrition program at Framingham State College will develop a course of study that enables graduates to actively participate in the changing food environment, in the nutrition education process, and in health care delivery systems according to the highest standards of client service and professional ethics.

The Coordinated Program in Dietetics concentration integrates an academic and supervised practice curriculum to prepare students to be entry-level dietitians. The Nutrition and Dietetics concentration (Didactic Program in Dietetics) offers an academic curriculum to prepare students to be accepted in a dietetic internship to become a Registered Dietitian or into a graduate program, or to pursue a career in a food, nutrition or related field. The Applied Nutrition program offers an academic curriculum to prepare students to pursue a career in a food, nutrition or related field.

**Food and Nutrition Program Goals:** The program will

1. Prepare graduates to become nutrition professionals
2. Prepare graduates to become dedicated learners throughout life and career
3. Foster a variety of careers in food and nutrition
4. Enable students to develop technology proficiency
5. Prepare Coordinated Program in Dietetics and Nutrition and Dietetics concentration students who have completed a dietetic internship to pass the Registration Exam administered by the Commission on Dietetic Registration of The American Dietetic Association

### Nutrition and Dietetics Concentration (UFND)

Students are prepared to assume entry-level positions in settings where applied nutrition and/or foodservice management services are provided. FND meets the requirements of the Didactic Program in Dietetics (DPD). Students in this concentration who wish to pursue eligibility for the Registration Examination for dietitians must apply for admission to a post-baccalaureate ADA-accredited supervised practice program. Students should contact the DPD advisor for assistance with the application process.

Departmental Core Course

CONS 210	Consumer Economics
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**Concentration Requirements:**

BIOL 101	Biological Concepts
BIOL 272	Human Anatomy and Physiology I
BIOL 307	Principles of Microbiology
CHEM 107	Principles of Chemistry
CHEM 108	Principles of Chemistry and Quantitative Analysis
CHEM 207	Organic Chemistry I
CHEM 301	Biochemistry I
CONS 111	Human Development <b>OR</b> PSYC 101 General Psychology
NUTR 205	Nutrition Science and Applications
NUTR 262	Food, Culture, and Society
NUTR 364	Experimental Study of Food
NUTR 374	Human Nutrition Science
NUTR 381	Introduction to Nutrition Practice
NUTR 384	Foodservice Systems
NUTR 478	Community Nutrition
NUTR 479	Computer Applications in Nutrition
NUTR 482	Management of Food and Nutrition Services
NUTR 483	Medical Nutrition Therapy

**Suggested Electives for Food and Nutrition Majors:**

ACCT 120	Introduction to Financial Accounting
COMM 105	Foundations of Communication
COMM 115	Introduction to Speech Communication
CONS 422	Family Financial Decision Making
ENGL 225	Introduction to Journalism
ENGL 286	Professional Writing
FDSC 151	Principles of Food Science
MATH 208	Biostatistics
NUTR 002	Orientation to Dietetics (required for CPD)
NUTR 271	Nutrition for Sports and Exercise
NUTR 440	Geriatric Nutrition
NUTR 491	Independent Study in Food and Nutrition
NUTR 499	Food and Nutrition Internship: US Army Natick Research, Development and Engineering Center (NRDEC)
PSYC 258	Human Relations
PSYC 271	Principles of Behavior Modification
PSYC 286	Psychology of Women
SOCI 101	Introduction to Sociology
SOCI 245	Race and Ethnic Relations
SOCI 280	Social Gerontology
SOCI 325	Medical Sociology

**Coordinated Program in Dietetics Concentration (UFNP)**

Students are prepared to assume entry-level positions in settings where applied nutrition and/or foodservice management services are provided. The Coordinated Program in Dietetics (CPD) includes both the academic requirements and the supervised practice requirements which qualify students to take the Registration Exam for dietitians upon graduation. Admission to the CPD is competitive. Applications are accepted only in the spring semester. A minimum second semester sophomore standing is required but applications are accepted from juniors and seniors. Transfer students must be matriculated at the College before applying.

**Departmental Core Course:**

CONS 210	Consumer Economics
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**Concentration Requirements:**

BIOL 101	Biological Concepts
BIOL 272	Human Anatomy and Physiology I
BIOL 307	Principles of Microbiology
CHEM 107	Principles of Chemistry
CHEM 108	Principles of Chemistry and Quantitative Analysis
CHEM 207	Organic Chemistry I
CHEM 301	Biochemistry I
NUTR 002	Orientation to Dietetics (no credit)
NUTR 205	Nutrition Science and Applications
NUTR 262	Food, Culture and Society
NUTR 364	Experimental Study of Food
NUTR 374	Human Nutrition Science
NUTR 381	Introduction to Nutrition Practice
NUTR 384	Foodservice Systems
NUTR 478	Community Nutrition
NUTR 482	Management of Food and Nutrition Services
NUTR 483	Medical Nutrition Therapy
NUTR 485	Practicum in Foodservice Systems
NUTR 486	Experiences in Community Nutrition
NUTR 488	Seminar in Clinical Nutrition
NUTR 489	Clinical Experience in Dietetics (credit - 2 courses)
PSYC 101	General Psychology <b>OR</b>
	CONS 111 Human Development

**Suggested Electives for Food and Nutrition Majors:**

ACCT 120	Introduction to Financial Accounting
COMM 105	Foundations of Communication
COMM 115	Introduction to Speech Communication
CONS 422	Family Financial Decision Making
ENGL 225	Introduction to Journalism
ENGL 286	Professional Writing
FDSC 151	Principles of Food Science
MATH 208	Biostatistics
NUTR 002	Orientation to Dietetics (required for CPD) (No course credit)
NUTR 271	Nutrition for Sports and Exercise
NUTR 440	Geriatric Nutrition
NUTR 491	Independent Study in Food and Nutrition
NUTR 499	Food and Nutrition Internship: US Army Natick Research, Development and Engineering Center (NRDEC)
PSYC 258	Human Relations
PSYC 271	Principles of Behavior Modification
PSYC 286	Psychology of Women
SOCI 101	Introduction to Sociology
SOCI 245	Race and Ethnic Relations
SOCI 280	Social Gerontology
SOCI 325	Medical Sociology

**Applied Nutrition Concentration (UFNU)**

This concentration is for students who do not plan to pursue requirements for the Registration Exam for dietitians. Students take basic science courses in chemistry and biology in addition to a core of food and nutrition courses that provide a general background in nutrition and health, community nutrition, and foodservice management. Students are required to choose a minor that provides an area of specialization.

Departmental core course:

CONS 210	Consumer Economics
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## Concentration requirements:

BIOL 142	Introduction to Human Biology or BIOL 272 Human Anatomy & Physiology I <b>OR</b> BIOL 333 Human Physiology
CHEM 103	General Chemistry <b>OR</b> CHEM 107 Principles of Chemistry
CHEM 201	Organic Chemistry
CONS 314	Consumer and Health Communication
ENGL 286	Professional Writing
NUTR 205	Nutrition Science and Applications
NUTR 262	Food, Culture, and Society
NUTR 271	Nutrition for Sports and Exercise
NUTR 364	Experimental Study of Food
NUTR 381	Introduction to Nutrition Practice
NUTR 384	Foodservice Systems
NUTR 478	Community Nutrition
NUTR 479	Computer Applications in Nutrition
NUTR 482	Management of Food and Nutrition Services
NUTR 496	Internship in Food and Nutrition
PSYC 101	General Psychology

## Suggested Electives for Food and Nutrition Majors:

ACCT 120	Introduction to Financial Accounting
COMM 105	Foundations of Communication
COMM 115	Introduction to Speech Communication
CONS 422	Family Financial Decision Making
ENGL 225	Introduction to Journalism
ENGL 286	Professional Writing
FDSC 151	Principles of Food Science
MATH 208	Biostatistics
NUTR 002	Orientation to Dietetics (required for CPD) (No course credit)
NUTR 271	Nutrition for Sports and Exercise
NUTR 440	Geriatric Nutrition
NUTR 491	Independent Study in Food and Nutrition
NUTR 499	Food and Nutrition Internship: US Army Natick Research, Development and Engineering Center (NRDEC)
PSYC 258	Human Relations
PSYC 271	Principles of Behavior Modification
PSYC 286	Psychology of Women
SOCI 101	Introduction to Sociology
SOCI 245	Race and Ethnic Relations
SOCI 280	Social Gerontology
SOCI 325	Medical Sociology

A minor is strongly recommended. Students are encouraged to meet with their advisor to select a minor in accordance with their career goals. Recommended minors include: biology, business, information technology, journalism, psychology, sociology, Spanish, communication arts, or professional writing.

### Minor in Nutrition (6 Courses)

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Students complete the following six (6) required courses:

BIOL 272	Human Anatomy and Physiology I
CHEM 301	Biochemistry I
NUTR 205	Nutrition Science and Applications
NUTR 374	Human Nutrition Science
NUTR 478	Community Nutrition
NUTR 483	Medical Nutrition Therapy

Students interested in completing additional coursework to meet the requirements of the American Dietetic Association for a post-graduate dietetic internship and eligibility to take the Registration Exam for Dietitians should contact the Director of the Dietetics Program in the Food and Nutrition program.

### Consumer Sciences Courses Appropriate for General Education (Gen. Ed.)

Courses:	Goal
FASH 223 History of Costume	5
FASH 253 Cultural Dress	11
FASH 278 History of Furniture	5
NUTR 205 Nutrition Science and Applications	7

## Consumer Science Course Descriptions

Subject Code	Course Number	Course Description
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### Health and Consumer Science Course Descriptions

CONS	105	<p><b>Personal and Community Health</b></p> <p>Designed to include discussion and debates on health issues that affect us throughout the life cycle. The course integrates physical, mental, social, emotional, intellectual, and spiritual health. Emphasis is placed on health promotion and disease prevention and includes examination and assessment of community health services.</p>
CONS	111	<p><b>Human Development</b></p> <p>A survey of prenatal through adult development. Physical, social, emotional, and cognitive development throughout the life cycle is examined. Emphasis is placed on the developmental issues facing individuals at the various stages. Students have the opportunity to be involved in direct community experiences.</p>
CONS	210	<p><b>Consumer Economics</b></p> <p>Designed to make the student a more intelligent consumer, considering basic economic concepts as they relate to consumer decision-making. Topics to be considered are consumerism, the dual role of the consumer in our economy, consumer problems, consumer demand, advertising, the budget, credit, saving, investing, insurance, housing, fraud and deception in the marketplace, and consumer protection.</p>
CONS	270	<p><b>Human Sexuality Education</b></p> <p>A combination of discussions, debates, and review of research regarding sexuality from a physiological, psychological, and sociological perspective. Topics include social and biological foundations of human sexuality, human reproduction and contraception, cross-cultural perspectives on sexual behavior and contemporary society, gender roles and stereotyping, current and controversial issues in sex education, and the effects of economics, class, public policy, and the political climate on expression of human sexuality. Students develop teaching competency in human sexuality. Note: Students cannot receive credit for both CONS 270 Human Sexuality Education and 42.269 Human Sexuality.</p>
CONS	312	<p><b>Family and Interpersonal Development</b></p> <p>A study of individual and interpersonal development through the processes of courtship, marriage and family living. Emphasis is on contemporary issues as they relate to understanding family function and dysfunction.</p>

CONS	314	<p><b>Consumer and Health Communication</b></p> <p>Designed to prepare students for a consumer-oriented career in a health, community or business setting. Instruction includes investigation of organization structures, target audiences, consumer issues, client and consumer advocacy, community promotion campaigns, and non-traditional educational strategies. Oral and written communication and technology competencies are developed through application and evaluation. <i>Prerequisite: Junior status; and COMM 115 Intro to Speech Communication or ENGL 286 Professional Writing</i></p>
CONS	332	<p><b>Consumer Housing</b></p> <p>A study of cultural, economic, social, psychological, legislative, and environmental aspects of housing. Emphasis is on contemporary American consumer housing issues as related to the individual and the family. Resources and systems outside the family are examined as they interact to determine housing decisions throughout the life cycle.</p>
CONS	345	<p><b>Health and Fitness Assessment &amp; Planning</b></p> <p>Designed to prepare students with fundamental knowledge and skills to adequately assess clients in order to develop appropriate exercise prescriptions. Basic concepts of assessment and principles of physical training are covered. Students implement an individual training program and demonstrate proficiency in assessment techniques and health-related fitness components. <i>Prerequisite: BIOL 303 Exercise Physiology</i></p>
CONS	356	<p><b>Development and Education of Young Children</b></p> <p>A study of the physical, cognitive, social, and emotional development of the young child from birth to school age. Office of Child Care Services and Massachusetts Department of Education regulations will be used in planning developmentally appropriate curricula and educational settings for young children. Administrative tasks involved in the operation of a child care center and coordination of secondary education students' interaction with young children and parents in a laboratory setting are included. Field experiences include observations of young children and their teachers in a variety of settings. Not open to Coordinate majors in Early Childhood Education. <i>Prerequisite: PSYC 200 Psychology of Development or permission of the instructor.</i></p>
CONS	422	<p><b>Family Financial Decision Making</b></p> <p>Strategies for allocating family economic resources to achieve goals at various life cycle stages and income levels. Emphasis on the legal and political factors that constrain and enhance opportunities. Special focus on making fiscal preparations for retirement, death, illness and other emergencies. The tax consequences of financial decisions will also be considered. <i>Prerequisites: CONS 210 Consumer Economics.</i></p>
CONS	460	<p><b>Fitness for Special Populations</b></p> <p>Designed to prepare students to develop exercise prescriptions for distinct populations. Emphasis is placed on ways to modify exercise programs based upon lifecycle stage, health conditions and/or physical restrictions including visual impairment and mobility. <i>Prerequisites: CONS 345 Health and Fitness Assessment and Planning.</i></p>
CONS	490	<p><b>Independent Study in Consumer and Community Services</b></p> <p>An in-depth investigation in a specific topic relating to the student's major. The selection is made by the student with written approval of the faculty advisor. The use of appropriate research methods in the collection and evaluation of data is stressed. Oral presentation and final written report required. <i>Prerequisite: Junior or senior standing in Consumer Sciences and consent of the instructor.</i></p>
CONS	495	<p><b>Internship in Consumer and Community Services (credit – 2 courses)</b></p> <p>A supervised work experience in consumer and community services such as housing coordinator, event specialist for non-profit organizations, consumer information specialist, or public relation specialist. Students must work a minimum of 180 hours. Students create a portfolio of their work. Monthly seminars are conducted on campus.</p>

<b>CONS</b>	<b>496</b>	<b>Internship in Health, Fitness, and Exercise</b> A 120-hour supervised work experience in an organization or business that is engaged in exercise, fitness, health promotion, and/or rehabilitation. This capstone course brings together theory, knowledge and skills gained in the academic study of health and fitness. A major project and/or case study is required. After completion of the application for internship, placement is based upon student career goals and availability. Prerequisites: Second semester senior status, and permission of the department chair.
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#### Fashion Design & Retailing Course Descriptions

<b>FASH</b>	<b>003</b>	<b>Field Study in Merchandising (No course credit)</b> A non-credit 200 hour field experience for all students preparing for a career in merchandising. The students observe and participate in a wide spectrum of experiences in a retail setting including contact with customers, retail sales and stocking merchandise. Must be completed by the beginning of the junior year. May be waived with approval of the department coordinator of School to Work/Tech Prep/School to Career Programs. Field experience at a two-year college may be used to fulfill the requirement with the approval of the coordinator.
<b>FASH</b>	<b>140</b>	<b>Principles of Apparel Construction</b> A laboratory course in which students use commercial patterns to produce completed garments. Emphasis is on materials selection, construction techniques, and quality standards. A notebook of basic assembly techniques is produced. Students with extensive construction experience may petition for exemption from this course.
<b>FASH</b>	<b>141</b>	<b>Fashion: Designer to Consumer</b> An introductory study of the psychological, sociological, and economic theories of the fashion industry. Elements and principles of design are related to clothing and home furnishings. The flow of the apparel and home furnishings industry is traced from design inspiration to retailer. Consumer issues and industry resources related to clothing and home furnishings are investigated.
<b>FASH</b>	<b>153</b>	<b>Consumer Textiles</b> A study of the interrelationship of fibers, yarns, fabric structures, and finishes. Product suitability for end use, quality in relation to serviceability, and use and care problems are determined from fiber/fabric information. Textile identification, analysis, and testing procedures are explored.
<b>FASH</b>	<b>223</b>	<b>History of Costume (Gen. Ed. Goal 5)</b> The study of costume from ancient Mesopotamia to the present. Costume is viewed as an integrated and characteristic expression of its period. The influence of social, political, technological, and economic conditions on costume is investigated through visual, audio, and written expression. This course examines fabrication, silhouette, color, and the aesthetics of people's costume through works of art and garments throughout history. Note: Credit is not given for both this course and 34.336 History of Costume.
<b>FASH</b>	<b>234</b>	<b>Apparel Development and Evaluation</b> A laboratory course that focuses on advanced apparel construction methods. Emphasis is on construction and quality standards for complex apparel items such as jackets, pants, linings, pockets. Completed garments are produced using commercial patterns. A notebook with examples of advanced techniques is developed.

FASH	245	<p><b>Research Methods for the Fashion Industry</b></p> <p>An analysis of concepts, constructs, models, and theories related to the fashion industry. Demographics/psychographics are related to stages of the family life cycle. The theory, practice and application of the research process in the textile, apparel, and retail industry are analyzed. Students compare research methods used in the fashion industry including peer reviewed literature and participate in a research project. Observations and computer data analysis are utilized. <i>Prerequisites: FASH 141 Fashion: Designer to Consumer and sophomore status.</i></p>
FASH	253	<p><b>Cultural Dress (Gen. Ed. Goal 11)</b></p> <p>An investigation of the dress of selected cultures. Textiles, garment shapes, and design adaptations are examined in relation to technology, geographic environment, social structure, political systems, and economic conditions.</p>
FASH	278	<p><b>History of Furniture (Gen. Ed. Goal 5)</b></p> <p>An examination of the development of furniture, accessories, architectural background and domestic interiors from primitive times to the present. The major emphasis is on the changes generated by the Industrial Revolution and the development of new materials and techniques of the 1950's. Furnishings, architecture, and fine arts are cross-referenced and discussed in relation to the socio-economic conditions existent in each period.</p>
FASH	290	<p><b>Study Tour: Fashion Design and Merchandising</b></p> <p>A fashion design and merchandising course taught through on-site exposure to international or domestic fashion and retailing methods in addition to traditional methods of instruction, including pre and post-trip class meetings. Students learn from direct contact with fashion and retailing in a real world context. The topics/ locations may vary from year to year and are announced in the course schedule bulletin. This course may be repeated for credit if focused on different topics/locations.</p>
FASH	326	<p><b>Fashion Merchandising: Theory and Distribution</b></p> <p>A study of fashion theories related to consumer demand for apparel and home furnishings. Issues in retail organization structure, merchandise policy, merchandise resources, sourcing, and buying office functions for each type of store are analyzed. Topics include vendor relations, business practices, role of buyer, negotiating terms of an order, and evaluation of sale are reviewed. Students calculate and analyze terms for ordering and financing. Note: Student cannot receive credit for both this course and 34.366 Fashion Merchandising: Theory and Distribution. <i>Prerequisite: FASH 245 Research Methods for the Fashion Industry</i></p>
FASH	342	<p><b>Flat Pattern Design</b></p> <p>The study of the theory and application of the flat pattern method used to create patterns for the design of apparel. The drafted master pattern is used to develop a variety of bodices, skirts, sleeves, collars, and shirts. The student applies developed skills in flat patternmaking to create original garments which emphasize design principles, flat sketching, prototype development, fit, and assembly techniques. <i>Prerequisites: FASH 243 Apparel Development and Evaluation.</i></p>
FASH	346	<p><b>Retailing and Consumer Behavior</b></p> <p>A study of consumer behavior and the effects on the retail environment. The influence of psychology, sociology, and consumer behavior on individual and group needs related to purchasing behavior is discussed. Topics include clothing and the life cycle, buying behavior, compulsive shopping behavior, collective selection, motives of dress, body image, nonverbal communication and dress, self concept, and clothing for special needs. <i>Prerequisites: FASH 245 Research Methods for the Fashion Industry.</i></p>

<b>FASH</b>	<b>347</b>	<p><b>History of Textiles</b> The study of the evolution of fibers, fabric structures, design motifs, color processes, and finishing techniques. Textiles are studied in relation to culture, conquest, trade routes, and the Industrial Revolution. Present day fabrics are analyzed based upon their historical development. <i>Prerequisite: FASH 153 Consumer Textiles.</i></p>
<b>FASH</b>	<b>352</b>	<p><b>Draping</b> A study of the theory and application of principles of apparel design on three dimensional body forms. Basic silhouettes and garment style features are draped and fitted in muslin. Students use the principles of draping to create original apparel designs in fashion fabric for specified target markets. <i>Prerequisite: FASH 243 Apparel Development and Evaluation.</i></p>
<b>FASH</b>	<b>354</b>	<p><b>Advanced Textiles</b> The in-depth study of textile products, specialty fibers, and current development in the textile industry. The relationship of textile products to legislation, human and industrial needs, and world political development is explored. Textile testing standards, specifications, and methods are studied and applied in a research project. <i>Prerequisite: FASH 153 Consumer Textiles</i></p>
<b>FASH</b>	<b>355</b>	<p><b>Fabric Structure and Design</b> An introduction to basic fabric construction and embellishment techniques. Students study and experiment with weaving (tapestry and four-harness), knotting, knitting, embroidery, quilting, piecework, and coloration. The elements and principles of design are incorporated. <i>Prerequisites: FASH 140 Principles of Apparel Construction, FASH 141 Fashion: Designer to Consumer, and FASH 153 Consumer Textiles.</i></p>
<b>FASH</b>	<b>362</b>	<p><b>World Market: Textiles to Retailing</b> A study of U.S. and global trade in apparel and home furnishings. Trade principles, history, legislation, and importing/exporting are stressed. Global statistics and trends in relation to the chain of the apparel and home furnishings industries are analyzed. Topics include multinational corporations, mergers, world trade, and market analysis for fashion-related companies including jewelry, cosmetics, footwear, and fur, and children's wear. Note: Student cannot receive credit for both this course and 34.344 World Market: Textiles to Retailing. <i>Prerequisite: FASH 245 Research Methods for the Fashion Industry.</i></p>
<b>FASH</b>	<b>447</b>	<p><b>Apparel Industry Methods</b> The advanced study of professional techniques used in the production of apparel. Course work includes: design criteria and process for developing a line of apparel for specific garment categories, fashion illustration, flat sketching, garment specification writing, sourcing, prototype evaluation, and grading. Computerized illustration and flat sketching are taught. <i>Prerequisites: FASH 342 Flat Pattern Design and 11.357 Fashion Illustration.</i></p>
<b>FASH</b>	<b>448</b>	<p><b>Tailoring</b> A laboratory course which emphasizes the comparison of couture and mass production tailoring methods, selection of fabrics, product standards, and fit. Processes specific to womenswear and menswear are implemented. <i>Prerequisite: FASH 243 Apparel Development and Evaluation or permission of instructor. This course will count as a "General Departmental Elective" in both Apparel Design and Merchandising Concentrations.</i></p>
<b>FASH</b>	<b>449</b>	<p><b>Functional Clothing Design</b> The advanced study and analysis of apparel design with special attention to design lines and materials for specific end use. Students research, design, develop patterns, and construct original garments in categories such as: active sportswear, swimwear, careerwear, protective apparel, childrenswear, and clothing for the handicapped. <i>Prerequisite: FASH 342 Flat Pattern Design.</i></p>

<b>FASH</b>	<b>452</b>	<p><b>Fashion Promotion</b></p> <p>A study of promotional activities related to fashion merchandising. Theory and application of visual display, special events, publicity, and advertising are emphasized. Factors such as organizational philosophy, store image, and budgeting are considered. <i>Prerequisite: FASH 326 Fashion Merchandising: Theory and Distribution.</i></p>
<b>FASH</b>	<b>455</b>	<p><b>Case Studies in Fashion</b></p> <p>A case methods course using real situations from existing textile, apparel, home furnishings, and retail companies. Decision making using facts and concepts exhibited in each case is emphasized. Underscored are factors such as executive responsibility, ethics, consequences, and pressures in the work place. Field trips are an integral part of this course. <i>Prerequisite: FASH 326 Fashion Merchandising: Theory and Distribution.</i></p>
<b>FASH</b>	<b>464</b>	<p><b>Fashion Merchandising: Planning, Policies, and Implementation</b></p> <p>An analysis of industry standards in a business plan for a model retail business. Concepts included are financial planning, store location, organizational structure, merchandise assortment, and financial structure of the apparel and home furnishings industries. The role of the buyers and managers in policy making is analyzed. Open-to-buy and pricing are calculated and evaluated. Procedures and techniques practiced in assortment, movement of goods, customer service, security, and store policies are reviewed. <i>Prerequisite: FASH 003 Field Study in Merchandising and FASH 362 World Market: Textiles to Retailing or permission of instructor.</i></p>
<b>FASH</b>	<b>487</b>	<p><b>Apparel Design Portfolio</b></p> <p>A capstone experience to organize and present design work created in the Fashion Design and Retailing program and to produce a portfolio required to obtain a professional position in the apparel industry. Students develop a portfolio to demonstrate knowledge and skills in: a variety of garment categories; hand and computer illustration; flat sketching techniques; and original full scale garments. Ideas are assembled in an aesthetic and professional format by integrating the components of design, fabric, and end use. A portfolio presentation is required. <i>Prerequisites: 34.447 Apparel Industry Methods, Senior standing.</i></p>
<b>FASH</b>	<b>490</b>	<p><b>Independent Study in Fashion Design and Retailing</b></p> <p>An in-depth investigation in a specific topic relating to clothing, textiles, home furnishings, or design. The student must submit a written proposal for the creative or written project to the faculty member who has agreed to be the supervising instructor. Oral presentations and a final report required. <i>Prerequisite: Junior or senior standing and permission of the instructor.</i></p>
<b>FASH</b>	<b>495</b>	<p><b>Internship in Fashion Design and Retailing (1-2 course credits)</b></p> <p>A supervised work experience in a professional area of clothing and textiles such as clothing design, apparel or textile production, home furnishings, or related occupations. The student must work a minimum of 140 hours for one course credit; a minimum of 280 hours for two course credits. <i>Prerequisite: 2.50 QPA in all Consumer Sciences courses, senior status, departmental requirements completed. Advance permission required. Apply by October 15<sup>th</sup> for spring term and February 15<sup>th</sup> for fall term.</i></p>
<b>FASH</b>	<b>496</b>	<p><b>Internship in Merchandising (Quarter course) (two course credits)</b></p> <p>A supervised full-time management level work experience in a retail-related establishment. During this experience the student must work a minimum of 280 hours. A weekly campus classroom component provides guidance for professional development. A College supervisor and a representative from the retail establishment evaluate student performance. <i>Prerequisite: 2.50 QPA in all Consumer Sciences courses, senior status, departmental requirements completed. Advance permission required. Offered fall term only. Apply by February 15<sup>th</sup> for fall term.</i></p>

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 Nutrition Course Descriptions
 

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NUTR	002	<p><b>Orientation to Dietetics (No course credit)</b>          A non-credit (200 hour minimum work experience in dietetics approved by a Food and Nutrition faculty member. A written evaluation of the student's performance is required from the student's employer. This work experience is recommended for all Food and Nutrition majors and is required prior to admission to the Coordinated Program in Dietetics.</p>
NUTR	161	<p><b>Principles of Food</b>          An understanding and appreciation of the theory and principles involved in food preparation. Emphasis is on professional techniques, efficient work methods, and application of fundamentals of nutrition. Evaluation of new developments in food.</p>
NUTR	205	<p><b>Nutrition Science and Applications (Gen. Ed. Goal 7)</b>          An integration of nutrition science with its application to diet and health. Emphasis is placed on nutrient and energy requirements for individuals throughout the life span. Topics include macro- and micronutrients; digestion, absorption, and metabolism; body composition and weight management; vegetarianism; sports nutrition; chronic disease; and environmental issues. Students conduct a computer analysis of their own diets. Note: Students cannot receive credit for both NUTR 205 Nutrition Science and Applications and 34.120 Current Issues in Nutrition and Health or 34.171 Human Nutrition in the Life Cycle.</p>
NUTR	262	<p><b>Food, Culture, and Society</b>          A study of the sociocultural and economic factors that affect the ways individuals and groups manage food. The impacts of culture, income, gender, age, health concerns, and time management are examined. The food system is studied as it relates to consumers' needs. Food management skills are emphasized in laboratory experiences. Nutritional analyses are performed on the computer. <i>Prerequisite: NUTR 205 Nutrition Science and Applications.</i></p>
NUTR	271	<p><b>Nutrition for Sports and Exercise</b>          The study of the association between nutrition and exercise performance. Metabolism of carbohydrates, fats, proteins, vitamins, minerals and water and its effect on athletic training is stressed. Nutrition assessment of athletes, how to measure body composition, and the use of and controversy over ergogenic aids are explored in depth. <i>Prerequisites: NUTR 205 Nutrition Science and Applications, CHEM 103 General Chemistry or CHEM 107 Principles of Chemistry, BIOL 142 Introduction to Human Biology or BIOL 333 Principles of Human Physiology.</i></p>
NUTR	364	<p><b>Experimental Study of Food</b>          A study of the scientific basis for the selection, preparation and handling of food. Laboratory application includes principles underlying food preparation, experimentation in comparative food preparation, and an independent student laboratory research project. <i>Prerequisite: NUTR 262 Food, Culture, and Society and an organic chemistry course.</i></p>
NUTR	374	<p><b>Human Nutrition Science</b>          A study of the interrelationships and respective functions of nutrients, and the integration of nutrition, biochemistry, and human physiology. Emphasis is placed on research design in classic and current nutrition studies with respect to nutrition and health. <i>Prerequisites: CHEM 301 Biochemistry I; and BIOL 272 Human Anatomy and Physiology I or BIOL 333 Principles of Human Physiology.</i></p>

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<b>NUTR</b>	<b>381</b>	<b>Introduction to Nutrition Practice</b> An introduction to the application of nutrition care of individuals and groups in a variety of health care settings. Topics include nutrition assessment and care plans, medical terminology and documentation, interviewing and counseling skills, and educational theory and material development. The Coordinated Program in Dietetics requires students to complete a concurrent clinical experience in cooperating health care facilities. Food and Nutrition majors with a minimum 2.50 QPA may elect to complete a clinical experience. A physical exam and liability insurance are required for clinical experience. <i>Prerequisites: BIOL 272 Human Anatomy and Physiology I or BIOL 142 Introduction to Human Biology; NUTR 262 Food, Culture, and Society</i>
<b>NUTR</b>	<b>384</b>	<b>Foodservice Systems</b> A study of current trends and practices in the management of foodservice systems. Using a problem-based learning approach, the course includes the concepts of food safety, menu planning, procurement, quantity food production, delivery systems, and financial management. Topics are augmented by a laboratory experience in a foodservice facility. Liability insurance is required. <i>Prerequisite: NUTR 364 Experimental Study of Food.</i>
<b>NUTR</b>	<b>440</b>	<b>Geriatric Nutrition</b> An overview of the physiological and socioeconomic aspects of aging and their impact on nutrition. Course includes an in-depth discussion of nutritional assessment, nutrition programs, and chronic medical disorders associated with the older adult. <i>Prerequisite: NUTR 374 Human Nutrition Science.</i>
<b>NUTR</b>	<b>478</b>	<b>Community Nutrition</b> An introduction to the program, policies, and institutions that influence nutrition services at the local, state, and national levels. Special attention is given to the assessment, planning, intervention, and evaluation of programs targeted to populations with high nutritional risk. The role of the political process in the promotion of food and nutrition programs is examined. <i>Prerequisite: NUTR 381 Introduction to Nutrition Practice.</i>
<b>NUTR</b>	<b>479</b>	<b>Computer Applications in Nutrition</b> A study of technology designed to enhance the efficiency and accuracy of practice in nutrition professions. Investigations include development, application and evaluation of computer hardware and software and other technology used in nutrition practice. Topics include computer-based instruction, nutrient analysis, foodservice management, medical nutrition therapy, business applications, presentation software and Internet use in the professions. <i>Prerequisite: NUTR 262 Food, Culture, and Society.</i>
<b>NUTR</b>	<b>482</b>	<b>Management of Food and Nutrition Services</b> The application of principles of management as they relate to the administration of human, physical, and financial resources of food and nutrition services. Topics include management theory, personnel selection, training, evaluation, organizational behavior, communication, governmental influences, labor management relations, marketing, and budgeting. This course, designed for Food and Nutrition majors, utilizes the case study approach, and requires the development of a business plan. Note: Credit will not be given for both NUTR 482 Management of Food and Nutrition Services, and 12.272 Management Principles.
<b>NUTR</b>	<b>483</b>	<b>Medical Nutrition Therapy</b> An integration of pathophysiology, biochemistry, and nutrition concepts that form the basis for medical nutrition therapy in health care. Case study discussions and nutrition care plans are included. An additional three-hour lab is required for Coordinated Program in Dietetics students. <i>Prerequisites: NUTR 374 Human Nutrition Science and NUTR 381 Introduction to Nutrition Practice.</i>

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NUTR	485	<p><b>Practicum in Foodservice Systems</b></p> <p>A concentrated continuous experience in an off-campus foodservice system in which concepts taught concurrently in NUTR 384 Foodservice Systems are utilized and applied. NUTR 482 Management of Food and Nutrition Services must be taken simultaneously. <i>Prerequisite: Acceptance in the Coordinated Program in Dietetics.</i></p>
NUTR	486	<p><b>Experience in Community Nutrition</b></p> <p>Field experience in community health settings coordinated with campus seminars. Students utilize their knowledge of normal and modified nutrition, skills in communications, recognition of socio-economic influences, and familiarity with community health agencies, resources and the legislative process. Education and motivation of individuals and groups and contributions to total health care in a community are explored. <i>Prerequisite: Acceptance in the Coordinated Program in Dietetics.</i></p>
NUTR	488	<p><b>Seminar in Clinical Nutrition</b></p> <p>A study of advanced topics in clinical nutrition, in particular, enteral, parenteral and critical care nutrition. Students present a seminar on a current topic in medical nutrition therapy. Current issues in health care as they relate to clinical nutrition management are also included. <i>Prerequisite: NUTR 483 Medical Nutrition Therapy</i></p>
NUTR	489	<p><b>Clinical Experience in Dietetics (Credit - 2 courses)</b></p> <p>Concentrated, supervised, continuous experience in various aspects of medical nutrition therapy. Students are placed in a cooperative medical facility where they work as a member of the health team to develop skills as an entry level dietitian. This course must be taken simultaneously with NUTR 488 Seminar in Clinical Nutrition or by permission of the instructor. <i>Prerequisite: Acceptance in the Coordinated Program in Dietetics.</i></p>
NUTR	490	<p><b>Independent Study in Food and Nutrition</b></p> <p>An in-depth investigation of a specific topic relating to the student's area of interest in food and nutrition. A written proposal on the topic selected is made by the student to the faculty advisor. An oral presentation and final written report of the student's topic is required. <i>Prerequisite: NUTR 374 Human Nutrition Science. Application due by October 15<sup>th</sup> for spring semester and February 15<sup>th</sup> for fall semester.</i></p>
NUTR	496	<p><b>Internship in Food and Nutrition</b></p> <p>A supervised work experience in community nutrition, foodservice management, or medical nutrition therapy. Students submit an application that identifies specific goals for the experience and a résumé. An ability to work independently is expected. A major project is required. A minimum of one eight-hour day per week is required. <i>Prerequisites: Senior standing and permission of department chair. A QPA of 2.50 in all courses for the major.</i></p>
NUTR	499	<p><b>Food and Nutrition Internship: U.S. Army Natick Research, Development and Engineering Center (NRDEC)</b></p> <p>A supervised work experience in food or nutrition as it pertains to the military. The student joins a research team in one of two areas: U.S. Army Research Institute of Environmental Medicine (USARIEM), or U.S. Army Sustainability Directorate (SusD). One eight-hour day per week required. <i>Prerequisites: NUTR 264 Experimental Study of Food, NUTR 381 Introduction to Nutrition Practice, and QPA of 2.50 in all courses for the major. Departmental permission required.</i></p>