

# Home Economics - Family and Consumer Sciences

*Mrs. Beth Mackey, Chairperson*

Titus 2:3-5 instructs the older women to “admonish the young women to love their husbands, to love their children, to be discreet, chaste, homemakers, good, obedient to their own husbands, that the word of God will not be discredited.” This passage implies that the younger woman learns how to:

- Use time management skills in her home.
- Manage the family finances.
- Cook nutritious meals.
- Practice hospitality.
- Joyfully submit to her husband.
- Raise her children in the “fear and admonition of the Lord” (Ephesians 6:4)

The Home Economics--Family and Consumer Sciences discipline encompasses the six areas described in Titus 2:3-5. It is simply good stewardship to merge the Biblical Mandate with one’s professional pursuits.

## Acquire Professional Preparation

Professional opportunities abound in Home Economics--Family and Consumer Sciences! A sampling of career tracks at The Master’s College include Home Economist-Family and Consumer Scientist in Business, Child Development, Clothing, Textiles and Design (both Clothing and Interior), Human Services (Biblical Counseling with the ability to diagnose and prescribe), Foods and Nutrition, Home Economics-Family and Consumer Sciences Education, Communications, or International Service (Missions). Generating from these career tracks, the course in Entrepreneurship trains our students to establish home-based businesses. Marketability is a consistent thread throughout the Home Economics--Family and Consumer Sciences curriculum at The Master’s College. Beginning with vocational assessment and investigation of career options in the Orientation to Home Economics--Family and Consumer Sciences course and concluding with the finalization of an electronic professional portfolio in the Resource Management Practicum the concept of professional stewardship is encouraged.

## Experience The Department’s Distinctives

Today’s world demands a flexibility and response to change for which many are not prepared. Home Economics--Family and Consumer Sciences at The Master’s College is designed to train Christian women to meet these changes with confidence. Courses within the department promote individual character development, increase one’s professional skills, develop insights into home and family living, and prepare its students to enter a wide range of vocational options. As a profession, Home Economics--Family and Consumer Sciences applies the findings of the physical, biological, and social sciences to improving the quality and standards of individual and family life. Additionally, it cultivates a knowledge of the arts to make life more creative, enjoyable, and emotionally satisfying. Master’s students majoring in Home Economics--Family and Consumer Sciences participate in a number of learning and enrichment activities, which emphasize:

- Maximizing human resources
- Coping with economic uncertainty
- Assessing the importance of fibers and fabric in today’s clothing
- Maintaining lifetime nutrition
- Understanding growth and development from infancy to aging
- Creating positive parenting attitudes
- Interpreting the housing needs of the individual and the family
- Understanding family differences and cultures
- Responding to twenty-first century issues facing individuals and families
- Utilizing modern scientific methods and resources to enhance quality of life
- Generating research to identify the needs of individuals and families
- Approaching individuals and families with preventative measures rather than crisis intervention
- Educating the public to ensure productive and harmonious individual and family lifestyles

## Home Economics--Family & Consumer Sciences General Education

The General emphasis allows the student to acquire a solid foundation in Home Economics--Family and Consumer Sciences. Courses are divided into three categories:

**Character** - designed to develop the character of the Christian woman.

**Principle** - acquisition of the academic knowledge necessary for a strong foundation in the Home Economics--Family and Consumer Sciences profession.

**Laboratory** - perfection of the skills unique to the Home Economics--Family and Consumer Sciences profession.

Students may focus on a specific concentration in Home Economics--Family and Consumer Sciences in the junior and senior year. Where possible, they engage in an internship leading to professional employment in such areas as:

- Home Economist--Family and Consumer Scientist in Business
- Clothing, Textiles & Design
- Foods & Nutrition
- Early Childhood Education
- Preparation for Graduate School
- Home Economist--Family and Consumer Scientist in International Service (Missions)
- Home Economist-- Family and Consumer Scientist in Human Services (Biblical Counseling)

### HOME ECONOMICS--FAMILY AND CONSUMER SCIENCES CORE COURSES

HE-FCS10	Orientation to Home Economics-Family and Consumer Sciences.....	3
HE-FCS102	Fund. of Clothing Construction.....	4
HE-FCS200	Nutrition Symposium.....	1
HE-FCS201	Nutrition.....	3
HE-FCS202	Principles of Food Preparation.....	4
HE-FCS203	Fundamentals of Interiors, <b>or</b>	
HE-FCS204	Clothing Selection.....	3
HE-FCS205	Textiles.....	1
HE-FCS305	Meal Management.....	4
HE-FCS306	Principles of Family Finance.....	3

HE-FCS307	Resource Management for the Aging.....	3
HE-FCS308	Home Management Theory.....	3
HE-FCS309	Introduction to Entrepreneurship.....	1
HE-FCS310	Early Childhood Education.....	3
HE-FCS401	Phil. and Prof. Issues in H.E--Family and Consumer Sciences.....	3
HE-FCS402	Dynamics of Family Living.....	3
HE-FCS410	Resource Management Practicum.....	3
	Upper Division Home Economics Electives.....	6
	<i>Total units required for major.....</i>	<i>51</i>

## Minor in Home Economics--Family & Consumer Sciences

The requirements for a minor in Home Economics--Family and Consumer Sciences are 21 semester units in the Department course offerings. This includes HE101 and a minimum of 12 units of upper division coursework. All prerequisites for upper division coursework must be fulfilled.

## Course Offerings in Home Economics--Family & Consumer Sciences

### HE-FCS101 Orientation to Home Economics--Family and Consumer Sciences (3)

Introduction to the requirements and opportunities for the Home Economist--Family and Consumer Scientist in various professional fields. Basic personality qualities that contribute to one's professional and personal success are explored. (Supply fee \$10.) *Prerequisite: Freshman, Sophomore or transfer student status only.*

### HE-FCS102 Fundamentals of Clothing Construction (4)

Development of proficiency in the execution of professional clothing construction skills. Introduction to fabric selection, clothing construction equipment, and garment construction. (Lab fee \$100.)

### HE-FCS200 Nutrition Symposium (1)

Application of nutrition principles and science concepts. *Concurrent enrollment in HE-FCS201.* (Lab fee \$25.)

**HE-FCS201 Nutrition (3)**

Fundamentals of nutrition, with emphasis on practical application of principles throughout the life cycle. *Prerequisite: Science background recommended. Concurrent enrollment in HE-FCS200.*

**HE-FCS202 Principles of Food Preparation (4)**

Principles and techniques of food preparation. Consideration of the physical and chemical properties of food as related to methods and techniques of preparation. (Lab fee \$150.)

**HE-FCS203 Fundamentals of Interiors (3)**

Basic design concepts as applied to interior environments. The history of architecture is discussed. Analysis of functional and aesthetic factors involved in planning interior spaces. (Lab Fee \$35.)

**HE-FCS204 Clothing Selection (3)**

Basic design concepts as applied to clothing. The history of costume is discussed. (Lab Fee \$35.)

**HE-FCS205 Textiles (1)**

Introduction to basic textiles which includes a study of fiber types, yarns, fabric types, finishes, dyes, textile care, performance testing, as well as textile laws and regulations. Selection, use, and care of textiles are addressed. (Lab Fee \$25)

**HE-FCS300 Fundamentals of Home Economics--Family and Consumer Sciences Research (3)**

Research fundamentals which assist in the understanding, interpretation, implementation, and completion of research studies. (Course Fee \$20.)

**HE-FCS301 Women in Society (3)**

Emphasis upon the individual uniqueness of the woman, her human potential, and her impact upon society.

**HE-FCS302 Principles of Pattern Alteration (1)**

Concepts of pattern alteration as they relate to the construction of garments which reflect professional fit. *Prerequisite: HE-FCS102 recommended.*

**HE-FCS303 Intermediate Clothing (4)**

Advanced clothing construction skills and study of specified fibers. *Prerequisite: HE-FCS102; concurrent enrollment in*

*HE-FCS302 recommended.* (Lab fee \$100.)

**HE-FCS304 Nutrition for Children (3)**

An integrated course covering the specific nutritional requirements of children for optimal mental and physical growth. *Prerequisite: HE-FCS200, HE-FCS201, HE-FCS202, HE-FCS305, HE-FCS305L suggested.* (Lab fee \$25.)

**HE-FCS305 Meal Management (4)**

The planning, preparation, and service of nutritionally adequate and aesthetically pleasing meals. Emphasis on management of physical, personal, financial resources, as well as biblical hospitality in relation to family goals and needs concerning food. *Prerequisites: HE-FCS200, HE-FCS201 and HE-FCS202.* (Lab fee \$175.)

**HE-FCS306 Principles of Family Finance (3)**

Development of a financial planning system based on personal and family goals, including the evaluation of banking services, consumer credit, housing costs, insurance, investments, taxes, and retirement and estate planning.

**HE-FCS307 Resource Management for the Aging (3)**

An overview of the basic issues related to the elderly and aging population. Topics include Biblical care giving principles, long-term care, housing alternatives, health care, social security, Medicare, Medicaid, retirement and estate planning strategies, issues related to the caregiver, and creating a legacy.

**HE-FCS308 Home Management Theory & Analysis (3)**

Management process and its relationship to the use of resources based upon the values, goals and standards of the family. Efficient management of the home, establishment of goals and productive use of money, time and energy.

**HE-FCS309 Introduction to Entrepreneurship (1)**

Overview of basic entrepreneurship principles as they relate to the establishment of a home-based business or other entrepreneurship enterprises. Discussion of marketing strategies, equipment needs, finances, legal concerns and management issues, including time, home and family. *Prerequisite: 15 units of HE-FCS courses.*

**HE-FCS310 Early Childhood Education (3)**

Principles of physical, cognitive, social, spiritual, and emotional development of children from conception through adolescence.

**HE-FCS401 Philosophic & Professional Issues in Home Economics--Family and Consumer Sciences (3)**

Intensive examination of the philosophic and personal aspects related to the professional Home Economist--Family and Consumer Scientist. Investigation of professional issues; development of mentoring and discipleship resources. *Prerequisites: HE-FCS101*

**HE-FCS402 Dynamics of Family Living (3)**

Studies in basic family relationships: a woman's relationship to her husband, children, church, government, culture, friends, and other individuals. *Prerequisite: 15 units of HE-FCS courses.*

**HE-FCS403 Principles of Fitting (1)**

Principles of fitting as they relate to the construction of professional garments. Construction of a basic sloper. *Prerequisite: HE-FCS302.* (Lab fee \$25.)

**HE-FCS410 Resource Management Practicum (3)**

Synthesis and application of the Home Economics curriculum with a focus on personal resource management skills. Development of an electronic portfolio which demonstrates mastery of the department Student Learning Outcomes. *Prerequisites: HE-FCS101, HE-FCS202, HE-FCS305 or concurrent enrollment, HE-FCS306, and HE-FCS308.* (Lab fee \$100.)

**HE-FCS411 Advanced Garment Design (4)**

Principles of tailoring. Construction of coats and/or suits. *Prerequisite: HE-FCS303.* (Lab fee \$100.)

**HE-FCS412 Flat Pattern Design (3)**

Principles and techniques of flat-pattern design. Use of the basic sloper pattern for the purpose of interpreting new design. *Prerequisite: HE-FCS302, HE-FCS303, HE-FCS403.* (Lab fee \$30.)

**HE-FCS414 Principles of Parenting (3)**

Parenting concepts viewed through the grid of Scripture. Complements Nutrition for Children (HE-FCS304), Child

Development (HE-FCS310), and Dynamics of Family Living (HE-FCS402).

**HE-FCS415 Methods & Materials for Teaching Home Economics--Family and Consumer Sciences (3)**

Principles of learning as they relate to the instruction of Home Economics; organization of materials; selection, use and evaluation of teaching techniques. *Prerequisite: 15 units of Home Economics recommended.*

**HE-FCS480 Thesis Publication (1)**

Preparation of undergraduate thesis for research publication.

**HE-FCS482 Independent Study (1-3)**

Independent study on a topic not covered in organized classes. May be repeated, but the total number of units in independent study may not exceed ten percent of the total number of units required for graduation. The topic must be approved by the instructor and the academic advisor. *Prerequisite: 15 units of HE-FCS courses.*

**HE-FCS483 Topics in Home Economics--Family and Consumer Sciences (1-3)**

A class or seminar in which significant topics in Home Economics are explored. HE 483B-Culture and Lifestyle of Women in Israel fulfills a Cross-Cultural Elective. *Prerequisite: HE-FCS101.*

**HE-FCS484 Internship in Home Economics--Family and Consumer Sciences (1-3)**

Supervised professional experience in an approved Home Economics related position. May be repeated for up to 6 credits. *Prerequisite: 15 units of HE-FCS courses.*