

Academic Fact Sheet

Wayne State College

Family & Consumer Sciences Major Foods and Nutrition Concentration (51-54 Hours)

The Food and Nutrition Concentration is administered by the
Technology and Applied Sciences Department.

Facts about the Program

Degrees Offered:

B.A.
B.S.

Faculty:

Judy Lindberg, Ph.D.
Sally Ebmeier, M.S.E.
Pam Langlie, Ph.D.

Career Opportunities

Nutrition Educator/Coordinator
Community/Public Health Nutrition
Food Service Management
Catering
Nutrition/Fitness Counseling
Wellness Coordinator
Dietetics (requires graduate degree)
Public Relations/Consumer Affairs/Marketing

Scholarships and Financial Aid

Wayne State College is committed to providing a quality, affordable education for its students. There are several types of financial assistance available for Wayne State students, including grants, loans, work-study and scholarships. The aid packages are composed of money from Pell grants, SEOG grants, SSIG grants, Perkins loans, Stafford student loans, PLUS loans and a variety of scholarships. Contact the Financial Aid Office at (402) 375-7230 for further information.

Scholarships available in the Technology and Applied Sciences Department include:

Family and Consumer Sciences Alumni Scholarship
Ida M. Warner Memorial Scholarship
Family and Consumer Sciences Faculty Scholarship

Program Description

Diet plays a significant role in health maintenance and disease prevention, fueled by a growing and aging population, increased public interest in nutrition, and the food industry's desire to meet public demand for a wider variety of nutritious products. Nutrition education offers an opportunity to develop practical skills in making decisions regarding nutrition and health.

The Foods and Nutrition concentration offers a flexible program for students interested in healthy lifestyles with careers in health promotion, wellness programs, and food service management. Course work includes a blend of classes in nutrition, foods, other consumer science areas, and electives in business or science.

Some careers require further professional registration, certification, or licensure.

Special Offerings

Opportunities with the Co-op Education Program

For more information contact:

Mrs. Sally Ebmeier
Technology and Applied Science Department
Wayne State College
1111 Main Street
Wayne, NE 68787
(402) 375-7287 or 1-800-228-9972
E-mail: saebmei1@wsc.edu

FOODS AND NUTRITION CONCENTRATION (51-54 Hours)

FRESHMAN YEAR

1st Semester

* FCS 103	Clothing Construction	3
	(OR, take FCS 302 fall of junior year)	
* FCS 104	Principles of Food Preparation	3
* FCS 108	Intro to FCS	1
FCS 110	Family and Personal Relationships	3
ENG 102	Composition Skills	3
	General Education	

2nd Semester

** FCS 205	Meal Management	3
CNA 100	Princ. of Human Communications	3
MAT	General Education	3
	General Education	

SOPHOMORE YEAR

3rd Semester

FCS 207	Nutrition	3
FCS	Elective	3
	Physical Sciences	3
	General Education	

4th Semester

** FCS 306	Family Resource Management	3
	Life Sciences	3
	General Education	

JUNIOR YEAR

5th Semester

*** FCS 317	Nutrition through the Life Cycle	3
* FCS 315	Consumer Economics	3
	General Education	

6th Semester

** FCS 313	Techniques in Professional Presentation	3
** FCS 305	Housing Development & Design	3
**** FCS 322	International Foods & Cultures	3
	General Education	

SENIOR YEAR

7th Semester

* FCS 410	Professional Development in FCS	2
*** FCS 407	Nutritional Counseling & Assess	3
FCS	Electives	
EPS 300	Educated Perspective Seminar	3

8th Semester

**** FCS 308	Household Technology	3
**** FCS 340	Community Nutrition	3
FCS 416	FCS Practicum	3
FCS	Electives	

Choose 9-12 hours of electives from the following: BUS 222, 240, 360, 367, 370; CHE 106, 107, 208; PED 207, 310.

* Offered fall semester only
 ** Offered spring semester only

*** Offered fall semester every other year
 **** Offered spring semester every other year