FOODS AND NUTRITION

Everyone needs to eat. Some eat for pleasure; some eat to meet their athletic training needs. Different people have different nutritional needs. Sometimes, however, people are not informed on the healthiest ways to fuel themselves. If you have an interest in healthy eating and public wellness, consider a foods and nutrition degree. Diet plays a significant role in health maintenance and disease prevention. The study and application of this field is influenced 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 is an opportunity to help others make decisions regarding nutrition and health. With a foods and nutrition degree, careers in health promotion, wellness programs, and food service management are good possibilities. Become a well-rounded nutrition expert with additional coursework such as consumer sciences, business, and science, and you’ll be prepared to educate the public and help individuals protect their health through consuming quality food and meeting their nutrition needs.

Skills Learned
• Food preparation and baking
• Meal management
• Family resource management
• International foods and cultures
• Community nutrition programs
• Nutritional needs throughout the human life cycle
• Nutritional needs for athletics and exercise
• Nutritional counseling
• Human anatomy and physiology
• General chemistry
• Principles of marketing
• Introductory accounting and finance

Possible Careers
• Nutrition consultant
• Nutrition counselor
• Dietitian / dietary aide
• Public health specialist
• Food service manager
• Wellness coordinator
• Food preparation specialist
• Restaurant manager
• Kitchen supervisor
• Food store manager
• Food marketing and sales

Types of Employers
• Health clubs / fitness centers
• Restaurants
• Hospitals and medical clinics
• Health and fitness stores
• Catering companies
• Government agencies
• Wellness centers
• Community programs
• Non-profit organizations
• Schools and universities
• Assisted living facilities
• Food manufacturers

Activities / Opportunities
• Competitions and events in the FCCLA organization
• Peer tutoring and mentoring
• Service-Learning
• Study Abroad

Clubs / Organizations
• Association of Family and Consumer Sciences Professionals (AFCSP)

Focus on results

Focus on

2018-19 Academic Year

18-19 Academic Year

FAST FACTS

Hours:
51-54 hours for concentration
30 hours in general education

At least 120 hours are required for graduation from Wayne State College. You may add a second major, minor, or electives to help meet these requirements.

Degrees offered: B.A. or B.S.

Departments: Technology and Applied Science

Schools: Business and Technology

Internship: Encouraged but not required

Popular minors: Exercise Science, Family Life Studies, Chemistry, Business Administration

Focus on results

outside the classroom

Visit www.wsc.edu/clubs to learn more about clubs and organizations on campus.

Focus on the classroom

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Revised 8/6/18

Focus on the classroom

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FRESHMAN/SOPHOMORE
FCS 103 Clothing Construction (or take FCS 302 fall of junior year) (fall only) ................................................................. 3
FCS 104 Principles of Food Preparation (fall, odd years only) ........ 3
FCS 107 Principles of Baking (fall, even years only) .......................... 3
FCS 108 Intro to Family and Consumer Sciences (fall only)............... 1
FCS 110 Family and Personal Relationships (spring, even years only) 3
FCS 205 Meal Management (spring only) ........................................... 3
FCS 207 Nutrition (fall recommended) ................................................. 3
FCS 306 Family Resource Management (every spring) .................... 3
General Studies

JUNIOR - 1st semester
FCS 302 Textiles (fall only or take FCS 103 earlier) ............................. 3
FCS 315 Consumer Economics (fall, odd years only) .......................... 3
FCS 317 Nutrition through the Life Cycle (fall, even years only) .... 3
Elective .......................................................................................................... 3
General Studies

JUNIOR - 2nd semester
FCS 305 Housing Development and Design (spring, odd years only) .... 3
FCS 313 Techniques in Professional Presentation (spring only) ........ 3
FCS 322 International Foods and Cultures (spring, odd years only) ... 3
Electives
General Studies

SENIOR - 1st semester
FCS 340 Community Nutrition (fall, odd years only) ......................... 3
FCS 410 Professional Development in FCS (fall only) ................. 2
Electives

SENIOR - 2nd semester
FCS 308 Household Technology (spring, even years only) .............. 3
FCS 407 Nutritional Counseling/Assessment (spring, even years only) ................................................................. 3
Electives

Choose 6 to 9 hours of electives from the following:
BUS 222 Business Law I ........................................................................ 3
BUS 240 Accounting I ................................................................. 3
BUS 260 Management Theory and Practice ................................. 3
BUS 270 Principles of Marketing .................................................... 3
BUS 367 Foundations of Human Resource Management .......... 3
CHE 106 General Chemistry I ......................................................... 3
CHE 107 General Chemistry II .......................................................... 3
CHE 208 Intro to Organic Chemistry ................................................. 3
FCS 416 Family and Consumer Sciences Practicum ...................... 1-3
PED 105 Anatomy and Physiology I ................................................. 3
PED 207 Athletic Performance and Nutrition ......................... 3
PED 310 Professional and Leadership Development in Exercise Science ........................................................................ 3

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