

## Family & Consumer Science

### FCS 120 Principles of Foods 1

#### 4.0 units

Acceptable for credit: Transfer CSU

C-ID Course Number: NUTR 120

Advisories: CA 124 - Sanitation, Safety, and Equipment

Provides knowledge and experience in food preparation terminology, equipment, and techniques to increase proficiency, coupled with investigation of the science principles involved. Emphasis is on ingredient functions and interactions; production and sensory evaluation standards; food safety and sanitation; nutrient composition; and food aesthetics and presentation. Content includes recipe and menu development, stocks, sauces, meat, poultry, fish and shellfish. This course is not open to students who have received credit for CA 120. (Fall, Spring) (Letter Grade Only)

### FCS 130 Consumer and Family Finance

#### 3.0 units

Acceptable for credit: Transfer CSU

Designed to assist individuals and/or those working with individuals to analyze and direct their financial affairs. Elements and concepts of financial planning and decision making in the areas of budgeting, taxes, borrowing, money management, consuming, insurance, investments, retirement, and estate planning will be analyzed with an emphasis on application to changing family needs. This course is not open to students who are enrolled in or have received credit for BUS 130 or ECON 130. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

### FCS 131 Life Management

#### 3.0 units

Acceptable for credit: Transfer CSU

C-ID Course Number: N/A

Advisories: ENGL 101 - Freshman Composition: Exposition

Provides individuals with skills for understanding and using internal and external resources to function effectively in our present and future society. Major topics include: effects of cultural forces and future trends on values, standards, and goals; skills for decision making, time, energy, stress, and conflict management; and techniques for improving self-understanding and interpersonal relationships in a culturally diverse society. Students who have received credit for more than three life management modules may not enroll in this course. (Fall, Spring) (Letter Grade or Pass/No Pass)

### FCS 149 Cooperative Work Experience: Occupational

#### 1.0 - 8.0 units

Acceptable for credit: Limited transfer to CSU

Limitations on Enrollment: To participate in Cooperative Work Experience: (1) students must be working at a job within their major, (2) students must be able to become involved in new or expanded responsibilities on the job, (3) the employer must be willing to cooperate with the college in the supervision and evaluation of the student and (4) the student must attend all coordination/consultation meetings in addition to other work and

class responsibilities. CWE Units Unpaid Placement: 1 unit 60 hours 2 units 120 hours 3 units 180 hours 4 units 240 hours 5 units 300 hours 6 units 360 hours 7 units 420 hours 8 units 480 hours OR CWE Units Paid Placement: 1 unit 75 hours 2 units 150 hours 3 units 225 hours 4 units 300 hours 5 units 375 hours 6 units 450 hours 7 units 525 hours 8 units 600 hours Supervised employment extending classroom-based learning to an on-the-job learning environment relating to the student's career and educational goals. In addition, these work experiences improve the student's basic work skills and professional competencies by creating career awareness, improving work habits, and fostering positive workplace attitudes. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

### FCS 189 Independent Projects

#### 0.0 units

Acceptable for credit: Transfer CSU

Courses for students capable of independent work who demonstrate the need or desire for additional study beyond the regular curriculum. Enrollment allows students to pursue activities such as directed field experience, research, or development of skills and competencies under faculty advisement and supervision. Independent projects may be earned in most disciplines. Students wishing to enroll in Independent Projects should contact the appropriate instructor identified in the class schedule. If the project proposed is acceptable to that instructor, a contract will be developed. All contracts for these classes must be completed and submitted to the Records Office no later than the end of the second week of the semester. Students may enroll for any combination (unit value) of Independent Projects 189 and/or 389 for a total of four semesters in a specific discipline. Units are awarded depending upon satisfactory performance and the amount of time committed by the student to the course. Allowable units vary according to discipline, and are based on the following formula: 1 unit - 48 hours per semester 2 units - 96 hours per semester 3 units - 144 hours per semester (Letter Grade or Pass/No Pass)

### FCS 199 Special Topics in Family and Consumer Sciences

#### 0.5 - 3.0 units

Acceptable for credit:

- (Letter Grade or Pass/No Pass)