

Family & Consumer Science

[FCS 124 Introduction to Nutrition \(3 credit, 3 lecture, 0 lab\)](#)

Presents the basic principles and applications to everyday nutritional problems. Includes a study of the major food nutrients, their chemical properties, sources, metabolism and the minimum daily requirements for each age group in the life cycle.

[FCS 280 Selected Topics in Family and Consumer Science \(3 credit, 3 lecture, 0 lab\)](#)

An in-depth study of selected problems or topics in family and consumer science. The exact content and instructional methodology will vary from semester to semester depending on the subject to be studied. A syllabus or course outline containing additional information will be available with pre-registration materials each time the course is offered. This course may be repeated three times if different topics are considered, but cannot exceed a total of six (6) credits toward graduation. May be offered as variable credit.