

# Family Studies and Human Development (FSDH)

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## Courses

### **FSDH 1000. Breadmaking. 1 Hour.**

Open to all students interested in working with yeast and non-yeast breads. Techniques of basic bread making are taught through practical application. Some lecture, but the primary focus is on actual preparation and evaluation of bread dough products. Successful students should be able to trouble shoot problems and prepare a variety of breads. Course fee required. FA, SP.

### **FSDH 1001. FYE: Family Studies and Human Development. 1 Hour.**

A First Year Experience course designed to help student adapt to college life and become integrated into Dixie State University. Students will refine academic skills, create and foster social networks, learn about university resources, and explore different fields of study, degree options, and career opportunities. Sections offered by academic departments will include information pertinent to that discipline, while open major sections will include information about choosing a major or area of study. Multiple listed with all other sections of First Year Experience (all 1001 courses, ENGR 1000). Students may only take one FYE course for credit. FA.

### **FSDH 1020. Sci Foundations of Nutrition. 3 Hours.**

Fulfills General Education Life Science requirement. Open to all students who have an interest in human nutrition and how it relates to individual dietary requirements. May be of particular interest to students with an emphasis in Health Sciences, Education, or related fields. Various periods during the life cycle--infancy, childhood, adolescence, pregnancy, and the later years--and their specific nutrient needs will be analyzed as well as the basic nutrients and how they are absorbed and used by the body. Other areas of focus will include nutrition for athletes, eating disorders, weight control, and food safety. Includes lecture, multi-media, applied nutrition group activities, guest lecturers, and computer analysis of personal diet. Students will record and analyze their own diet. FA, SP.

### **FSDH 1030. Lifespan Fitness and Nutrition. 2 Hours.**

Open to all students with an interest in learning appropriate fitness and nutrition practices over the lifespan. Of special interest to athletes, and students studying nutrition or physical fitness. Basic nutrition and fitness concepts will be taught. Weight control, nutrition for the athlete, low fat and healthy cooking, and stress management will be emphasized. Includes lecture, Fitness Center activities, group work, dietary analysis, and food labs. Students will develop an individualized fitness and nutrition plan. FA, SP.

### **FSDH 1100. Basic Food Prep Techniques. 3 Hours.**

Open to all students with an interest in food preparation techniques and healthful nutrition practices for the lifespan, and recommended for students with an emphasis in Foods, Nutrition, or Family Consumer Science. Covers the principles and practices of food preparation, healthful food choices, consumer and health information and the management of meals, food, time, and economic resources. Includes preparation of food, lectures, group projects, and field trips. Successful completers should be able to use and apply a variety of food preparation and meal management techniques and nutrition concepts. Combined lecture / lab. Course fee required. FA, SP.

### **FSDH 1150. Marriage Preparation and Enhancement. 3 Hours.**

For students wishing to personally prepare for or enhance their marriage. Marital philosophies, theories and research will be studied with an applied focus. Course covers communication and conflict resolution skills, character development, and attitudes of successful marriages. Through engagement in practical personal development, students will also be introduced to career options in marital counseling and education. SP.

### **FSDH 1220. Culinary Arts. 3 Hours.**

This course is for students interested in learning fundamentals in the culinary arts. Intermediate skills will be taught as well as learning the production of international foods. This class is a combination of lecture, demonstration and preparing foods. FA, SP.

### **FSDH 1240. Fashion Sewing. 3 Hours.**

For students interested in learning to use the sewing machine, serger, pressing tools, and other equipment, as well as skills and knowledge for cutting, sewing, and working with fabrics. Techniques of pattern selection, minor fitting and design, adjustments, and fabric identification and selection will be presented. Combined lecture / lab. Course fee required. FA.

### **FSDH 1370. Intro to Interior Design. 3 Hours.**

For all students who have an interest in well-planned, aesthetic interior human environments that contribute to positive human behavior, well-being, and aesthetic satisfaction. Includes a survey of basic design principles and elements as they apply to planning, designing and furnishing human environments. Color principles and selection skills for window treatments, wall and floor coverings, furniture and accessories will be taught by lecture, by guest professionals, and through student completion of design projects. FA, SP.

### **FSDH 1500. Human Development Lifespan. 3 Hours.**

Fulfills General Education Social and Behavioral Sciences requirement and is a Global & Cultural Perspectives (GLOCUP) course. Of particular interest to those interested in education and health. Utilizes theory and current practices in child development as they apply to the effects of culture and the bio-social, cognitive, and psychosocial development through the lifespan. Diversity as well as global issues affecting human populations is integrated into each section of the course. Lecture-based course with a strong laboratory involvement in the Dixie State University Preschool. Includes observations and active learning approaches in class. Dual listed with PSY 1100 (students may only take one course for credit). FA, SP.

### **FSDH 2020. Nutrition and Food Science. 3 Hours.**

For students interested in nutrition or health sciences. Includes the application of nutrition principles to the human life cycle, nutrient function, needs sources and alterations during pregnancy, lactation, growth development, maturation and aging. Different types of nutritional assessment are taught using lecture, labs, activities, guest lecturers and student projects. Offered based on sufficient student need. Prerequisite: FSDH 1020.

**FSHD 2120. Infant and Child Nutrition. 3 Hours.**

For students interested in nutrition. Includes strategies for meeting the nutrient needs of infants, toddlers, preschool, and school-age children. Covers menu planning for children in day care and preschool settings and methods for teaching nutrition to children. Uses guest speakers, student presentations, lecture, observations, and group work. Prerequisite: FSHD 1020. SP.

**FSHD 2160. Child Guidance Based on Developmental Theory. 3 Hours.**

Required of students pursuing the associate's degree in Early Childhood Education, but valuable to parents, prospective parents, and educators. Applies the principles of child guidance and discipline from currently accepted theories by using the DSU Preschool to complete assignments. Students will be required to complete hours in the DSU Preschool. Prerequisites: FSHD 1500 (can be concurrently enrolled); or FSHD 2500 (can be concurrently enrolled); or PSY 1100 (can be concurrently enrolled). SP.

**FSHD 2180. Partnering With Parents. 3 Hours.**

Required of students pursuing the associate's degree in Early Childhood Education, but valuable to all educators. Prepares educators to competently structure the vital collaboration between educational agencies and the home by highlighting the fact that school and the home are intertwined in the support of healthy childhood development. Focuses on the development of attitudes, knowledge and skills that educators bring to strengthen school and home relationships. Prerequisites: FSHD 1500 (can be concurrently enrolled); or FSHD 2500 (can be concurrently enrolled); or PSY 1100 (can be concurrently enrolled); AND FSHD 2610 (can be concurrently enrolled). SP.

**FSHD 2240R. Intermediate and Advanced Fashion Sewing. 3 Hours.**

A self-directed class for students who want to develop intermediate and/or advanced sewing skills. Provides students with instruction and hands-on learning experiences in developing advanced techniques in sewing as they design and produce wearables, create home decorations, and work with man-made and natural fibers. Students will use a variety of applications and concepts to create their own designs. Combined lecture/lab class. Prerequisite: FSHD 1240 and Instructor permission. SP.

**FSHD 2400. Family Relationships. 3 Hours.**

Fulfills General Education Social & Behavioral Sciences requirement and is an approved Global & Cultural Perspectives course. Introductory course on the study of family systems, sociology of the family, and interaction patterns within families. It includes an analysis on research methods of studying the family, conceptual theories for understanding family dynamics, and family systems theory. Other topics covered will be resource management within the family, parent-child relationships, marriage relationships, patterns of problem solving within families, and the study of family change and transition. Family Relationships is a course that prioritizes mindfulness regarding demographic diversity. Every study unit examines current and past research regarding race, ethnic origins, gender, age, religious affiliation, geographic influences, and socioeconomic status, among other demographics. The emphasis in the course is always in applying critical thinking skills to create deeper understanding of beliefs and practices in a multicultural society. FA, SP.

**FSHD 2410. Self-Protection. 3 Hours.**

Open to all students interested in learning how to live with more safety in this society. Provides students with knowledge and skills that can: strengthen cognitive awareness, increase knowledge of bystander activation, increase physical self-defense skills, develop resistance strategies, increase understanding of the effects of drugs and alcohol on sexual assault, and enhance self-confidence. It is an in-depth study of gender dynamics and cultural norms that make sexual assault and domestic violence a national as well as transnational problem. The course examines historical attitudes and current events to encourage activism towards social and cultural change to a safer world. Lab included in course. Course fee required.

**FSHD 2430. Balancing Stress. 1 Hour.**

For all students. Theory and skills to maximize and to manage life stressors. Explores the social, mental, physical, emotional, and spiritual impact of stress on individuals and relationships, as well as coping mechanisms. By emphasizing "the art of turning adversity into adventure," successful completers will be able to distinguish between stressors and stress and to compile an arsenal of stress management coping skills.

**FSHD 2500. Child Devel - Birth to Eight. 3 Hours.**

Designed for early childhood educators, but open to all students. Focuses on the physical, cognitive, and psychosocial development of young children through infancy, toddlerhood, and early childhood, using a combination of lecture, interactive learning processes, and lab experiences to promote student mastery of normal developmental processes through the first eight years of life. FA, SP.

**FSHD 2600. Intro to Early Childhood Educ. 2 Hours.**

An introductory course designed for preschool educators, but open to all students. Includes historical background, professional issues, theories, and an overview to developmentally appropriate educational practices. FA.

**FSHD 2610. Child Guidance Based on Developmental Theory. 3 Hours.**

Required of students pursuing the associate's degree in Early Childhood Education, but valuable to parents, prospective parents, and educators. Applies the principles of child guidance and discipline from currently accepted theories by using the DSU Preschool to complete assignments. Students will be required to complete hours in the DSU Preschool. Prerequisites: FSHD 1500 (can be concurrently enrolled); or FSHD 2500 (can be concurrently enrolled); or PSY 1100 (can be concurrently enrolled). SP.

**FSHD 2620. Designing Integrated Curriculum with Play. 3 Hours.**

Required of students pursuing the associate's degree in Early Childhood Education, but valuable to parents, prospective parents, and educators. Explores the value of developmentally appropriate play for young children and how to provide a rich curricular environment for early childhood settings, including planning, preparation, and implementation of activities for early childhood education. Prerequisites: FSHD 1500 (can be concurrently enrolled); or FSHD 2500 (can be concurrently enrolled); or PSY 1100 (can be concurrently enrolled). FA.

**FSHD 2630. Literacy and Literature for Early Childhood. 3 Hours.**

For Early Childhood Education associate degree students. This course introduces practical aspects of fostering literacy development in young children. It focuses on emerging and early literacy in the home, early care, and in educational settings with an emphasis on ages three through six. Studies strategies for holistic integration of the various literacy processes. Addresses the role of children's literature, the relationship between early language development and literacy opportunities and methods for developing language and positive attitudes toward books. This course has an embedded lab experience in the preschool where students will apply concepts they have learned in class. SP.

**FSHD 2710. EI Specialist: Service, Coordination, Evaluation, & Assessment. 1 Hour.**

Overview of early intervention and the theory behind the legislation of Part C of the Individuals with Disabilities Education Act (IDEA), including the history of early intervention; program purpose; system development; regulations and oversight; components of state-wide early intervention system; how complaints are resolved; and early intervention yesterday, today, and tomorrow. Also covers the processes of evaluation and assessment as related to Individual Family Service Plan and implementation. FA.

**FSHD 2711. EI Specialist: Health & Safety for Special Needs Children. 1 Hour.**

Explores child care health and safety issues. Topics include communicable diseases, controlling the spread of disease, nutrition, medication management, promoting infant and toddler emotional well-being, injury prevention, SIDS, Shaken Baby Syndrome, child abuse and neglect, and preventative oral health. FA.

**FSHD 2712. EI Sp: Motor, Sensory Integ Ad. 1 Hour.**

Explores motor development as it pertains to early intervention children. Topics include reflexes, early warning signs of delay, atypical development, pre- and post-natal causes of disability, sensory processing and integration, typical diagnosis positioning, equipment, toys, medical services, and case studies. Development of strategies for treatment in motor needs of the atypically developing child. FA.

**FSHD 2713. EI Specialist: Development of Special Needs Children & Families in Early Intervention. 1 Hour.**

Explores the importance of family partnerships in programming for the special needs child. Topics include understanding the how special needs children can affect family and involving father, siblings, and grandparents; families as partners; cultural awareness; increasing sensitivity in working with culturally diverse families; understanding grief and loss and providing support; service coordination definition and qualifications; models; scenario; conflict management; and grief and teaming. Formulation of family outcomes using evidence-based strategies and interventions.

**FSHD 2714. EI Specialist: Cognitive Development & Special Needs Children. 1 Hour.**

Overview of principles of cognition and cognitive development in early childhood. Study of atypical cognitive development and adaptive programming for special needs children in the area of cognition. Development of strategies for treatment of atypical development in cognition.

**FSHD 2715. EI Specialist: Communication & Social/Emotional Development. 1 Hour.**

Explores assisting early intervention children with their growth of communication skills. Topics include typical and atypical language development, naturalistic instruction techniques, and language treatment and production strategies. Overview of social emotional development, the importance of healthy attachment and bonding, child temperament, atypical social-emotional development, and strategies for supportive interventions in communication and social-emotional development.

**FSHD 2880. Practicum Early Childhood Educ. 3 Hours.**

Required of students pursuing the associate's degree in Early Childhood Education. Designed to provide on-the-job learning opportunities for prospective teachers of young children, including teaching opportunities in the early childhood setting under the supervision of the program director and/or classroom teacher. Students meet weekly with an FCS faculty member in a seminar to establish semester learning objectives for the student and the site placement, including each of the following areas: curriculum development, classroom management, lesson preparation and delivery, working with parents of young children, and supervising workers in an early childhood educational setting. Prerequisites: FSHD 2600, AND FSHD 2610, AND FSHD 2620; AND FSHD 1500 or FSHD 2500 or PSY 1100; AND instructor permission. FA, SP.

**FSHD 2990. Seminars in Family Studies and Human Development. 0.5-3 Hours.**

For students wishing instruction that is not available through other regularly scheduled courses in this discipline. Occasionally, either students request some type of non-traditional instruction, or an unanticipated opportunity for instruction presents itself. This seminar course provides a variable credit context for these purposes. As requirements, this seminar course must first be pre-approved by the department chair; second, it must provide at least nine contact hours of lab or lecture for each credit offered; and third, it must include some academic project or paper (i.e., credit is not given for attendance alone). This course may include standard lectures, travel and field trips, guest speakers, laboratory exercises, or other nontraditional instruction methods. Note that this course is an elective and does not fulfill general education or program requirements. Fees may be required for some seminar courses and instructor permission will be optional at the request of the instructor.