

**ACADEMIC POLICIES COMMITTEE
LONG FORM PROPOSAL TEMPLATE**

- Proposals should use this long form if they:
 - Need faculty and/or WASC approval.
 - Request elimination, addition or revision of multiple courses and/or courses impacting other departments or schools.
 - Request elimination, addition or revision of a major, minor, concentration or credential program.
- All submitted proposals need to adhere to the following template in order to facilitate the work of the Academic Policies Committee.

Section 1: Proposal Summary

1. **Today's Date:** 9/10/2018
2. **Academic Unit Name:** Sociology, Social Work, and Family Sciences
3. **Submitted by:**
4. **Recorded Department/School Vote** (Please provide the number and percentage of department/school faculty who voted in approval for this proposal):
5. **Academic Year** (Provide academic year and semester changes are to take place): Fall 2019
6. **Is this proposal a result of a Program Review (Yes/No)? If not, please provide explanation:** Yes
7. **Overall Proposal Rationale** (Briefly describe the nature of the proposed changes or the proposed new academic offering): We are proposing to develop 2 concentrations to the Nutrition major. There will be no development of new courses to add to the curriculum, but these concentrations will add existing courses from other departments. We feel the overall curricular structure for the Nutrition major is currently not as complex or in depth as it could be. We could be doing a better job of preparing students for the work force by developing concentrations that relate to distinct career paths.

Section 2: Impact

1. **Impact on Other Department(s)/School(s)** (Are there other departments/schools impacted by this proposal? If so, how did the other department[s]/school[s] vote on this proposal?): Yes, the Biology, Kinesiology, and Psychology departments will be impacted with the new proposal. Biology 210 would have an increased number of students enrolled as it will now be a required lower division for all nutrition majors. Dawne Page was contacted via email and the proposal was explained how it would impact BIO 210. She was in full support of adding the course for the nutrition major. The Psychology department is in full support of creating a nutrition counseling concentration. The suggested additional courses were presented to the faculty of the psychology department and they agreed. The

Kinesiology department was supportive of the recommended courses to add for the Sports Nutrition and Fitness Concentration. There will be a continued conversation with the nutrition minor and developing a Sports Nutrition minor in collaboration with Kinesiology. The Kinesiology and Psychology departments would be taking a small handful of the concentration students. Both departments provided their support.

2. Impact on Library Services:

- a. Will there be any new library acquisitions needed to support the proposed changes? (Yes/No): No new library acquisitions.
- b. If yes, please contact the Director of Ryan Library and provide further information below.
 - i. Provide the date the director was contacted: n/a
 - ii. Briefly describe the needed acquisitions: n/a

Section 3: What and Why

Proposals (For each proposal or group of proposals, provide a description and rationale.): Our Nutrition and Health (N/H) curriculum is not nearly as in depth as our comparators. N/H majors do not take courses in Advanced Nutrition, disease, assessment, metabolism, advanced food science, etc. as seen with our comparators. We are proposing to offer three concentrations in the Nutrition major and continue the Foodservice Management concentration change to its own major

The first concentration is similar to the current N/H concentration, and includes all the food preparation courses plus two additional marketing courses. We are adding **BIO 210** (as a prerequisite to FCS 365), FCS 335 (Nutrition Research through the Lifecycle), FCS 365 (Advanced Nutrition) and FCS 455 (Food Science), MKT 332- Principles of Marketing, and MKT 333 (**C**onsumer and Organizational Buying Behavior). Room to add these courses will be offset by eliminating FCS 150, reducing FCS 315 from 3 units to 2 and reducing electives.

The second concentration will be Nutrition and Counseling. This track will eliminate our upper division food courses (FCS 300, 303, 435) for a total of 7 units. It will add 5 psychology courses (320, 321, 325, 341, 380) for a total of 17 units. It will also add Bio 210 and FCS 365 for another 7 units. Room to add these courses will be offset by eliminating FCS 150, reducing FCS 315 from 3 units to 2, eliminating our upper division food courses (FCS 300, 303, 435) and reducing electives from 21 units to 8 units.

The third concentration will be **Nutrition for Sport and Fitness**. This track will also eliminate FCS 150, reduce FCS 315 from 3 units to 2, and eliminate our upper division food courses (FCS 300, 303, 435) for a total of 11 units. It will add **BIO 210**, FCS 365, **KIN 340**, 340L, EXE 330, EXE 201 and PSY 321 for a total of 19 units. We will need to reduce electives from 21 to 13 units.

By offering 3 tracks to the Nutrition degree, we hope to better prepare graduates for the workforce. Students can specialize food and work in the industry creating new food products or testing for quality control. Students can specialize in sports nutrition & fitness and work in the fitness, wellness or employee health fields. They can choose to

specialize in counseling and work with individuals or families in weight management or eating disorder fields.

Section 4: *FOR NEW PROGRAMS ONLY*****

- A. Course Learning Outcomes** – Please provide the course learning outcomes.
- B. Assessment Plan** – Please provide an assessment plan.

Not a new program.

Section 5: Catalog Edits

- **Step 1:**
 - Use *track changes* to revise, add or eliminate the current and/or proposed catalog text. This applies to majors, minors, concentrations or certificates. This proposed text will accompany the proposal. If you need a copy of your catalog sections sent to you, contact sfruchey@pointloma.edu.

**See proposal for Sociology, Social Work, and Family Sciences core curriculum- 13-15 units*

CORE:

Lower Division for all Nutrition Majors

~~FCS 101 Introduction to Family and Consumer Sciences(1)~~

~~An introduction to the integration of professional specializations within the Department of Family and Consumer Sciences. A wide array of options in each major and the career paths are presented. Discussion addresses how each specialization enhances the quality of life for individuals, families and communities. Offered every fall.~~

XXX Introduction to Social Problems

Welcome to SOC 100! *Living Justly in a Contemporary Society* is a general education course aimed at helping students understand and engage human society and the social world, while providing vocational direction for those interested in cultivating a more just and caring society. The course will seek to introduce basic sociological theories used to frame social life; present methodological tools used to view, assess, and understand how social processes influence individuals, families, and society; and provide examples of the practical vocational application of the theories and methods used to live more justly in our contemporary society. Over the semester, this course will explore ways of “thinking sociologically” and acting justly. We will consider how things like gender, age, race, socioeconomic standing, etc. shape the opportunities people have and influence the decisions they make. Major ideas, concepts, and methods in the study of society including socialization, culture, social structure, social stratification, social control, and social change will be examined.

FCS-NUT 110 Fundamentals of Food (2)

Development of technique and application of fundamental scientific principles of food preparation. Establishment of quality standards for food products and food safety. Lecture and food preparation laboratory. Offered every semester.

FCS 150 Human Development (3)

A study of the physical, social, emotional, and intellectual development of the individual throughout the lifespan. Observation and field experience required. Offered every semester. Must not be taken concurrent to FCS 120.

FCS-NUT 225 Fundamentals of Nutrition (3)

A study of the principles of nutrition science and their evidence-based application of nutrition to health/homeostasis, and disease prevention ~~and disease treatment~~. Offered every semester. Prerequisite(s): CHE 103 or CHE 152 or equivalent.

FCS 230 Personal and Consumer Financial Management

(2)

Relationship of values, standards and goals to the allocation of resources and the personal and consumer decision-making process. Emphasis is placed on the standards for selection of consumer goods, protection of the consumer, and conditions which influence individual and family management. Offered every semester.

XXX-SSF Research Basics

Learn the basics behind the design and development of a research project. From conception to feasibility to proposal. Even if you do not intend to pursue graduate work in the social sciences, understanding social research methodology is vital for almost any career or service position that interacts with statistics, studies, reports, etc. Developing these skills will serve you in becoming a more discriminating consumer of media as well, as media outlets report on studies, polls, and more. At its essence, a methodology course is a sub-division of epistemology (“how do we know what we know”), methodology seeks to answer the related question, “how do we find out?” Students will design and write a research proposal.

CHE 103 - Introduction to General, Organic, and Biological Chemistry (GE)

(5)

Examination of those aspects of inorganic and organic chemistry that are pertinent to

biology and chemistry. Examines the structures and metabolic reactions of biomolecules. Provides a background for nursing, family and consumer sciences and physical education majors. (Meets a general education requirement; does not count toward any Chemistry Department majors.) One three-hour laboratory each week.

Corequisite(s): [MTH 099](#) or equivalent.

BIO 130 - Human Anatomy and Physiology I (GE)

(4)

The first course of a two-semester sequence which examines the human body from an integrated perspective. Topics include an introduction to chemistry and cell function, tissue types, skeletal system, muscular system, and nervous system. Does not count for credit in the Biology major. Lecture and lab. Offered every year.

Pre or Corequisite: [CHE 103](#) or [CHE 152](#).

BIO 140 - Human Anatomy and Physiology II

(4)

The second semester of a sequence which examines the human body from an integrated perspective emphasizing the interrelationship of structure and function. Topics include endocrine system and reproduction, cardiovascular system, immune system, respiratory system, digestive system, and urinary system. Does not count for credit toward the Biology major. Lecture and lab. Offered every year.

Prerequisite(s): [BIO 130](#); [CHE 103](#), or [CHE 152](#).

BIO 210 - Cell Biology and Biochemistry (GE)

(4)

An introduction to the principles of cell biology, molecular biology, and biochemistry. Topics include the chemical basis of life, basic membrane functions and membrane transport, basic metabolic pathways including cellular respiration and photosynthesis, cell division, and expression of the genetic material. Lecture and lab. Offered every semester.

Prerequisite(s): Must have a previous course in high school or university-level chemistry.

PHL 211 - Ethics (GE) (3 units)

The study of right and wrong in principle, character, and conduct; practical moral issues analyzed from the basis of sound moral theory; characteristics of an adequate, consistent code of ethics.

SOC 201 – Cultural Anthropology (GE)

(3)

An introduction to the basic concepts, methods and findings of cultural anthropology. Emphasis is on the comparative study of contemporary cultures to develop an understanding of the cultural diversity that confronts society and the common threads that bind people together.

Total Units: 31 units

Upper Division for all Nutrition Majors

FCS 300 Food Economics & Management (2)

A study and application of food management skills, including food selection, food preparation techniques and budgetary control, in meal planning and meal service. Lecture, food preparation laboratory, and computer applications. Offered every fall. Prerequisite(s): FCS 110 and consent of instructor.

FCS 303 Cultural Foods (2)

The influence of world cultures and ethnic food habits on food patterns. Lecture, computer applications and food preparation laboratory. Offered every spring. Prerequisite(s): FCS 110 and consent of instructor.

FCS 315 - Personal, Family, and Community Health (GE)

~~(3)~~

~~An introduction to and analysis of the family's responsibility in personal, family, and community health. Emphasis in physical, emotional, social, and mental well-being. Not repeatable. Offered every semester. Letter grade.~~

~~Prerequisite(s): Completion of forty-eight (48) units.~~

~~XXX-SSF~~ **Health & Wellbeing (2)**

Examines a personal approach to healthful living that encompasses physical, mental, emotional, relational, spiritual, and environmental aspects of wellness and self-care. Course topics to include nutrition and exercise, cultivating joy, stress reduction, and gratitude.

~~FCS-NUT~~ **330 - Community Nutrition**

~~(3)~~

A study of the delivery of nutrition services in the community setting, with an emphasis on disease prevention and health promotion in vulnerable populations. Topics discussed include nutrition epidemiology, food policy, cultural competence in nutrition education, food insecurity, and socioeconomic factors affecting food consumption, nutrition status and health. Lecture, computer applications, laboratory and field experiences. Offered alternate years.

Prerequisite(s): ~~FCS-225~~**NUT 225**.

Corequisite(s): ~~FCS-331~~**NUT 331** (required).

~~FCS-NUT~~ **331 - Community Nutrition Practicum**

~~(1)~~

Application of principles of community nutrition programming, including field experience and observation of nutrition services provided by community-based organizations and governmental entities. Offered alternate years.

Prerequisite(s): ~~FCS-225~~**NUT 225**.

Concurrent: Must enroll concurrently ~~FCS-330~~**NUT 330**.

Corequisite(s): ~~NUT 330~~ (required).

NUT 335 - Nutrition Research Through the Life Cycle

(2)

A study of nutrition specifically applied to the stages of human development and the life cycle. Current scientific literature is reviewed and applicable research methodologies are discussed. The role of statistics in scientific research is reviewed. Computer applications and laboratory. Offered alternate years.

Prerequisite(s): [NUT 225](#) and [NUT 250](#)

NUT 365 - Advanced Nutrition

(3)

Theories integrated from physiology, biochemistry and nutrition. an in-depth study of nutrients and their role in human metabolism. Current research on human metabolic processes is analyzed. Laboratory applications. Offered every year.

Prerequisite(s): [NUT 225](#), Chemistry 294 or [CHE 1035](#), [BIO 130](#), [BIO 210](#).

NUT 414 - Practices in Nutrition Education and Dietary Counseling

(2)

Practical experience in techniques that will enhance patient/client communication for nutrition education. Discussion and application of counseling methods, adult learning, motivation theory, lesson planning, group communication techniques, medical charting techniques and the general nutrition care process. Offered alternate years.

Prerequisite(s): [NUT 225](#).

~~FCS 435 Food Service Production and Management (3)~~

~~Principles of successful organization and management with their application to the effective operation of food services. Administrative responsibilities of a food manager. Planning and preparing food to meet specific product standards for large groups. Lecture, computer applications, additional two hours per week spent in a food service organization, laboratory setting, and field experiences required. Offered alternate years. Prerequisite(s): FCS 110~~

NUT 480 - Internship in Nutrition and Food

(2 or 4)

Career-related work experience in which students observe and actively participate using their acquired skills and knowledge. Students are under the supervision of a department faculty supervisor and a qualified on-site supervisor. For 2 units of credit, 80 hours of work experience is required; for four units, 160 hours of work experience is required. May be repeated up to a total of four units. Offered every semester. Graded Credit/ No Credit.

Prerequisite(s): Senior standing in the Department of Sociology, Social Work, and Family Sciences. Consent of department chair.

FCS SSF 497 - Family and Consumer Sciences Senior Seminar

(2)

Analysis and discussions of interrelated issues found within the areas of Family and Consumer Sciences. Topics studied are research, public policy, professionalism, leadership, and historical significance. Required of all seniors graduating in the Department of Family and Consumer Sciences, Sociology, Social Work, and Family Sciences. Offered every semester.

Prerequisite(s): FCS 101, SOC 1010 and senior standing in the Department of Family and Consumer Sciences, Sociology, Social Work, and Family Sciences.

Total Units: 17-19 units

Food Concentration

FCS 300—Food Economics and Management

(2)

~~A study and application of food management skills, including food selection, food preparation techniques and budgetary control, in meal planning and meal service. Lecture, food preparation laboratory, and computer applications. Offered every fall.~~

~~Prerequisite(s): FCS 110 and consent of instructor.~~

XXXNUT?? Quantity Food Production (3 units)

The fundamentals of food preparation, and application of these principles to quantity food production in commercial and non-commercial settings. Emphasis is placed on the use of quantity food preparation equipment, menu planning, and production. Lecture and laboratory. Offered every other year??

Prerequisite: FCS-NUT 110

FCS-NUT 303 - Cultural Foods

(2)

The influence of world cultures and ethnic food habits on food patterns. Lecture, computer applications and food preparation laboratory. Offered every spring.

Prerequisite(s): FCS-110NUT 110 and consent of instructor.

FCS-NUT 455 - Food Science

(3)

Analysis of the composition and chemical structure of food that affect the color, flavor, texture, aroma, and nutritive quality. the application of this information for careers in the food industry. Current research in food technology and food consumption patterns is investigated. Computer applications and laboratory required. Offered alternate years.

Prerequisite(s): FCS-110NUT 110 and Chemistry 294 or CHE 103.

FCS-435 – Food Service Production and Management

(3)

Principles of successful organization and management with their application to the effective operation of food services. Administrative responsibilities of a food manager. Planning and preparing food to meet specific product standards for large groups. Lecture, computer applications, additional two hours per week spent in a food service organization, laboratory setting, and field experiences required. Offered alternate years.

- **XXX-NUT Foodservice Management (2)**

Application of the principles of successful organization and management for effective food service operations. Topics include responsibilities of food service manager and administrative responsibilities of a food manager.

Lecture. Offered every other year??

Prerequisite: [FCS-NUT 110](#)

MKT 332 - Principles of Marketing (3)

A study of the role of marketing in the organization, in society, and in a global economy. Topics include market analysis, consumer and business marketing, product planning, pricing, distribution, promotion, and ethical issues. Special emphasis will be given to marketing strategy formulation.

MKT 333 - Consumer and Organizational Buying Behavior (3)

A study of how individuals process information and make purchase decisions. Topics include internal influences such as consumer psychology and personality, and external influences such as social environment and situational influences. A qualitative research study will provide special emphasis on understanding buying behavior to develop a marketing strategy. Prerequisite(s): MKT 332

16 units total

Nutrition for Sport and Fitness Concentration

KIN 340 - Physiology of Exercise

(3)

A study of the effects of vigorous physical activity upon the systems of the body; development of an understanding of factors which constitute training of the human body for high levels of health and physical performance. Laboratory experiences included. Special fee.

Prerequisite(s): [BIO 140](#) or consent of instructor.

EXS 201 - Fundamentals of Fitness Assessment and Development

(2)

Fundamental knowledge needed to assess and implement health and fitness programs. Students will assess and develop the five health-related components of physical fitness: body composition, muscular strength, muscular endurance, flexibility and cardiorespiratory fitness.

EXS 330 - Nutrition for Exercise and Sport Performance

(3)

This course provides essential knowledge in the roles of nutrients to improve and sustain optimal performance in sport and exercise. Specific emphasis will be placed on understanding the functions of macro and micronutrients in the body which fuel energy systems, prevent injury, enhance recovery and optimize health. Current research and practices will be incorporated that use nutritional intervention to improve performance.

Prerequisite(s): [PED 200](#) or consent of instructor.

EXS 350 - Fitness Assessment and Exercise Prescription

(3)

In-depth study of the principles and techniques used to assess health and physical fitness and to design and prescribe exercise programs and physical activities. Students will acquire the knowledge and skills necessary to address the fitness needs of apparently healthy populations, those with medical considerations, and athletic populations. Special fee.

Prerequisite(s): [KIN 340](#) and [KIN 340L](#).

Corequisite(s): [EXS 350L](#).

EXS 350L - Fitness Assessment and Exercise Prescription Lab

(1)

Practical laboratory experiences in fitness assessment and exercise prescription. Special fee.

Corequisite(s): [EXS 350](#).

PSY 321 - Abnormal Psychology

(3)

Study of etiology, assessment, diagnosis, and treatment of various forms of abnormal behavior from various psychological perspectives.

Prerequisite(s): One of [PSY 103](#), [PSY 308](#), [FCS 150](#) or consent of instructor.

16 units

Nutrition Counseling Concentration

PSY 341- Group Counseling

(3)

A group method experience which introduces theories used to modify, ameliorate, or change personal behavior. Each student is required to lead discussions with a group of up to ten freshmen students in order to discuss and explore various topics pertaining but not limited to social, mental, and spiritual development as they transition to college.

Prerequisite(s): Consent of instructor.

PSY 320 - Social Psychology

(3)

A study of the theories and methods of social interactions in the development of personal and group behavior. Topics include attitudes, communication, and pro-social and anti-social behaviors. Offered fall only.

Also offered as [SOC 320](#) in the spring.

PSY 321 - Abnormal Psychology

(3)

Study of etiology, assessment, diagnosis, and treatment of various forms of abnormal behavior from various psychological perspectives.

Prerequisite(s): One of [PSY 103](#), [PSY 308](#), [FCS 150](#) or consent of instructor.

PSY 325 - Clinical and Community Interventions

(4)

This course provides an overview of the fields of clinical and community psychology. It focuses on individual, family and systems, social-community, bio-psycho-social, and health interventions. Career directions within the mental health professions are introduced. Theories and interventions include cognitive-behavioral, humanistic-existential, psycho-dynamic-psychoanalytic, and systems. Focus is on how therapists apply therapeutic knowledge in a variety of settings.

PSY 380 - Family Development and Family Therapies

(3)

Introduction to the normative stages and crises affecting families over the life span, and to the major theories of family and marital psychotherapy. Emphasis on how various models work with relational systems to facilitate development through times of crisis and developmental transition. Also focuses on therapeutic issues of substance abuse, and on legal issues involved in child, spousal, and elder abuse. Family developmental theories are applied to community organizations in order to assist students in understanding how system principles are used in community consultation.

Prerequisite(s): [PSY 321](#) and [PSY 325](#) or consent of instructor.

16 units total

- **Step 2:**
 - Arrange a meeting with the APC chair to review the completed portion of the proposal and to receive assistance from the Records liaison in submission of current and/or draft proposed catalog copy called for.

Section 6: Summary Checklist

Review course and staffing impact with your academic unit's direct report (College Dean or Provost).

Total course additions: 10-11 (5 for major curriculum including new merged core curriculum + 5-6 courses for each [concentrations](#) but all the same number of units)

Total course deletions: 8

Total unit additions: **8 units to major courses which include the new concentration units**

Total unit deletions: **0**

Staff impact (increase or decrease): **no impact except the core curriculum**

Rotation of courses or deletions of sections to accommodate additions:

I have reviewed this proposal and the items above and believe the proposal meets all university requirements and is ready for APC review.

Department or School Direct Report:

_____ **Date** _____

College Dean or Provost as applicable:

_____ **Date** _____