

FAMILY STUDIES CERTIFICATE - 18 CREDITS

OVERVIEW

REQUIREMENTS

COURSES

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WHAT IS FAMILY STUDIES?

Family relationships tend to pervade all aspects of our personal and professional lives. Consequently, the systematic study of these relationships can serve to improve our lives. They can also help us to better understand the lives of others. This certificate is intended to provide a foundation for all of these desirable outcomes. The Family Studies Certificate offers students foundational coursework in preparation to transfer to a four-year college in the area of Family Studies. Or it offers students a credential to find employment in areas associated with Family Studies. While no ta required credential for students who work in areas associated with Family Studies, it quickly communicates a relevant background to prospective employers. Students will gain knowledge from various fields of study by completing this certificate.

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REQUIRED COURSES - 18 CREDITS

Code	Title	Credits
COMM 2111	Family Communication	3
HIST 1131	Family: Sex/Gender/Power: A Cross-Cultural, Historical Perspective	3
SOC 1102	Love, Sex and Family	3
SOC 2114	Families in Crisis	3

COMPLETE TWO OF THE FOLLOWING COURSES:

Code	Title	Credits
ANTH 1120	Introduction to Women's Studies	3
ANTH 1121	Women Across Cultures	3
SOC 1115	Sociology of Sex and Gender Roles	3
PSYC 1109	Child and Adolescent Development	3
PSYC 1220	Psychology of Adulthood and Aging	3
HIST 2111	Lesbian, Gay, Bisexual, and Transgender U.S. History	3

OTHER CERTIFICATE REQUIREMENTS

- Earn a minimum cumulative grade point average (GPA) of 2.0 for college-level coursework (courses numbered 1000 and above) completed at Normandale.
- Earn at least one third of the required certificate credits from Normandale.

COURSES

BUSN 2100 HUMAN RELATIONS AND EFFECTIVE TEAMS | 3 CR

Focuses on the importance of personal and group interrelationships within an organization. Topics covered are behavioral types, the communication process, diversity, equal opportunity, workplace bias, group leadership, and the psychological aspects of group dynamics.

Credits: 3 Semesters: Fall, Spring

COMM 1111 INTERPERSONAL COMMUNICATION | 3 CR

Recommended: [ENGC 1101](#) , and [READ 1106](#) MnTC Goals: 1

The primary purpose of this course is to assist the student in examining and developing competence as an interpersonal communicator. Students will practice skills and learn strategies to develop and manage relationships more effectively in a variety of contexts.

Credits: 3 Semesters: Fall, Spring

HLTH 1104 PERSONAL AND COMMUNITY HEALTH | 3 CR

This course examines current health issues affecting the individual and community such as disease prevention, stress, nutrition, fitness, mental health, sexuality, and aging. Emphasis is placed on developing critical thinking skills to assist the student in creating a holistic plan for optimal personal and community health.

Credits: 3 Semesters: Fall, Spring

HLTH 1107 PRINCIPLES OF NUTRITION | 3 CR

Recommended: Eligible for [READ 1106](#)

Emphasis on physiological function of nutrients in the human body, including digestion, absorption, and metabolism. Basic principles of nutrition are used to demonstrate

and evaluate disease preventing diets that are determined by scientific criteria. Application of nutrition theories are illustrated by an in-depth dietary analysis utilizing databases, calculations, and scientific inquiry. Taught by registered dietitians.

Credits: 3 Semesters: Fall, Spring

NUTR 1110 LIFE CYCLE NUTRITION | 3 CR

Prereq: **HLTH 1107**, or other nutrition course

Nutritional needs for pregnancy, lactation, infancy, childhood, adolescents, and people who have allergies. Nutritional requirements and problems of the elderly.

Credits: 3 Semesters: Fall

NUTR 1154 NUTRITION EDUCATION AND COUNSELING | 3 CR

Prereq: **HLTH 1107** Co-req: **NUTR 2259**

Interviewing, counseling and education principles applied to normal and therapeutic nutrition. Computer use in nutritional assessment. Students plan, develop, present and evaluate a lesson for a group. Students provide nutritional counseling to a client.

Credits: 3 Semesters: Fall

NUTR 1269 FOOD SYSTEMS MANAGEMENT | 3 CR

Quantity food production, menu planning, cost controls, food purchasing, and financial controls.

Credits: 3 Semesters: Fall

NUTR 2145 EXPERIMENTAL FOODS | 3 CR

Prereq: **CHEM 1062**, or **HLTH 1107**

Discover the scientific explanation responsible for changes during cooking while conducting experiments on vegetables, fruits, eggs, milk, and cheese products. Lecture 2 hours; lab 2 hours. (same as FSCI 2100.)

Credits: 3 Semesters: Spring

NUTR 2270 COMMUNITY NUTRITION: POLITICAL AND CULTURAL CONCERNS | 2 CR

Prereq: **HLTH 1107**

Study of federal and local nutritional concerns, feeding programs, poverty, and ethnic food habits. Ten hours of service learning is incorporated into this class.

Credits: 2 Semesters: Spring