

# DEPARTMENT OF FAMILY STUDIES

## Mission

The mission of Family Studies is to enable families, both as individual units and generally as a social institution to build and maintain systems of action which lead

1. to maturing in individual self formation,
2. to encourage enlightened, cooperative participation in the critique and formation of social goals and means of accomplishing them; and
3. to enable individuals to be critically aware of consumer resources and their management as well as to develop the competence to base actions upon rational, responsible decisions.

(The Department's mission statement is adopted in part from the Mission Statement of the American Association of Family and Consumer Sciences.)

## Department Objectives

- Family Studies: To present opportunities to identify universal principles governing development in the family, encounter and analyze a variety of theories, and study the complex but integrated life-styles and family structures which evolve over the life span.
- *The Family Studies program is certified by the National Council on Family Relations.*

(Students fulfilling the NCFR Curriculum requirements may apply for the Provisional Certified Family Life Educator (CFLE) designation.)

## Department Policy

All students completing a major or minor in the department will be required to earn a "C" or better grade in all FAMS courses in the major or minor.

## College of Business and Technology Graduation Requirements

All students graduating with a degree from the College of Business and Technology must take at least 50% of their major area credit hour requirements from the College of Business and Technology at the University of Nebraska at Kearney.

All students graduating with a degree from the College of Business and Technology must take a minimum of 30 of their last 36 credit hours of credit needed for their degree from the University of Nebraska at Kearney.

All students graduating with a degree from the College of Business and Technology are required to complete 3 credit hours of designated Experiential Learning (EL) coursework.

## Family Studies Major

Two options are available in this major:

1. Family Studies (<http://catalog.unk.edu/catalog-archive/2019-2020/undergraduate/departments-programs/family-studies/family-studies-bs>) - Bachelor of Science Degree
2. Early Childhood and Family Advocacy Comprehensive (<http://catalog.unk.edu/catalog-archive/2019-2020/undergraduate/>

[departments-programs/family-studies/early-childhood-family-advocacy-comprehensive-bs](http://catalog.unk.edu/catalog-archive/2019-2020/undergraduate/departments-programs/family-studies/early-childhood-family-advocacy-comprehensive-bs)) - Bachelor of Science Degree

Family Studies offers minors in Family Studies (<http://catalog.unk.edu/catalog-archive/2019-2020/undergraduate/departments-programs/family-studies/family-studies-minor>) and Nutrition (<http://catalog.unk.edu/catalog-archive/2019-2020/undergraduate/departments-programs/family-studies/nutrition-minor>).

Sylvia Asay (<http://aaunk.unk.edu/catalogs/current/fac/facultya.asp#asaysy>), **Chair**

Professor: Sylvia Asay, Tami Moore, Jeanne Stolzer

Associate Professor: Toni Hill

Assistant Professor: Rebecca Hermance, Sharon Obasi, Dana Vaux

Senior Lecturer: Peggy Johnston

Lecturer: Theodore Larsen, Jeff Nordhues

## Family Studies

### FAMS 110 – Introduction to Nutrition 3 credit hours

Scientific basis of nutrition, nutrients and their functions, sources of deficiency diseases requirements and basic interrelationships of nutrients. Nutrition throughout the life cycle.

### FAMS 150 – Lifespan Development and the Family 3 credit hours

This course is designed to facilitate an initial, critical understanding of human development. Various aspects, themes, and influences of development are examined across the lifespan, with particular emphasis placed on the familial, cultural, cognitive, theoretical and physical aspects of the ever developing human.

### FAMS 151 – Human Sexual Behavior 3 credit hours

A course designed to help the individual to understand himself as a whole person so that he relates to others in a healthy, constructive and meaningful manner. Evaluation of one's own values in relation to life-style and the value structure of society.

### FAMS 160 – Personal Money Management 3 credit hours

Fundamentals of personal finance: budgeting, banking, life insurance, accident, health, and casualty insurance, investments, taxes, and social security.

### FAMS 188 – GS Portal 3 credit hours

Students analyze critical issues confronting individuals and society in a global context as they pertain to the discipline in which the Portal course is taught. The Portal is intended to help students succeed in their university education by being mentored in process of thinking critically about important ideas and articulating their own conclusions. Students may take the Portal in any discipline, irrespective of their major or minor. Satisfies the General Studies Portal course requirement. Students may take their Portal course in any discipline. Students who transfer 24 or more hours of General Studies credit to UNK are exempt from taking a portal course.

Total Credits Allowed: 6.00

Prerequisite: First year freshman standing or sophomore standing only.

### FAMS 250 – Infant Development 3 credit hours

A study of growth and development, principles of guidance, and care of children from conception through two years of age including changing concepts affecting parenthood.

**FAMS 251 – The Developing Child 0-8 3 credit hours**

The course is designed to facilitate an in depth study of developmental processes from conception to age eight. Readings, lectures, and class discussions will provide students with a fundamental understanding of particular developmental stages using a multi-theoretical framework.

**FAMS 253 – Child and Adolescent Development 3 credit hours**

A study of the growth, maturational and developmental characteristics of children from early childhood through adolescence. Principles, examples and practical issues involved in the guidance of children through childhood through adolescence as they traverse various stages of psycho-social, cognitive and physical development.

Additional Course Fee Required

**FAMS 280 – Field Experience: Diversity in the Profession 2 credit hours**

The experience provides the student with an introduction to the diverse work world of Family Studies. It is designed to help the student to focus on a particular area in career preparation.

**FAMS 302 – Parent Education 3 credit hours**

The purpose of this course is to give students and understanding of parenting and the parent-child relationship from a theoretically-guided and research based perspective. Students also will gain a better understanding of the basic principles relating to the process of creating parent education materials and facilitating parent education programs. This course is designed to give students a base upon which to work with parents and to further develop parent education skills by applying and practicing concepts related to parenting and parent education.

**FAMS 340 – Family Life Education 3 credit hours**

The purpose of this course is to give students an understanding of the general philosophy and broad principles of family life education methodology. By the end of the course, students will have the ability to develop, facilitate, locate, and evaluate family life education programs. It is recommended that students take FSID 302: Parent Education before taking this course.

**FAMS 351 – Marriage and Family Relationships 3 credit hours**

A course designed to help the individual develop some very personal insight and a sensitive awareness about the feelings and meanings of relationships in love, marriage and family relationships.

**FAMS 362 – Families and Social Policy 3 credit hours**

The Study of social policy and its impact on families.

**FAMS 380 – Advanced Nutrition 3 credit hours**

The study of the cell and its nourishment, the metabolism of macronutrients, the regulatory nutrients, the impact of nutrients on homeostasis in body, and the design and interpretation of nutrition research.

Prerequisite: FAMS 110

Additional Course Fee Required

**FAMS 395 – Individual Studies in FAMS 1-3 credit hours**

Independent study of Family Studies to meet the needs of the student. For majors only.

Department Consent Required

Total Credits Allowed: 18.00

**FAMS 402 – Research and Analysis in Family Studies 3 credit hours**

Analysis of major studies and current literature.

Prerequisite: FAMS 150 and junior standing or permission

**FAMS 404 – Family Studies Ethical and Professional Practice 3 credit hours**

Research/grant acquisition, fundraising fundamentals and career preparation.

Prerequisite: Junior or senior standing

**FAMS 406 – Family Resource Management 3 credit hours**

Theory and experiences in management dealing with the problems of individual and family living.

**FAMS 430 – Grantwriting and Fundraising for Human Service Programs 3 credit hours**

This course introduces the student to the fundamentals of grantwriting and fundraising including the principles of marketing used to identify need, locating funding sources, using persuasive technical writing to create a grant proposal and a fundraising plan, and preparing necessary budgets for allocation of resources available. The course includes hands-on experience in preparing a grant proposal and in creating effective fundraising campaigns.

**FAMS 450 – The Aging Adult 3 credit hours**

This course examines the various aspects of aging including the physical, psychological, and social issues of elders. These aspects of aging are examined from individual, cohort, family and global perspectives. Students explore and examine aging issues through the use of formal research, personal interviews, site visits, and agency presentations.

**FAMS 465 – Advanced Study of Sexual Behaviors 3 credit hours**

An in-depth survey of human sexual behavior from psychological, sociological, biological, ethological, historical, and economic perspectives

Prerequisite: Junior or senior standing

**FAMS 475 – Internship 1-9 credit hours**

Internship is defined as a set of variable experiences, inter- or intra-institutions to include clinical or work-related experiences. The purpose of this course is to provide experiences in the various areas of Family Studies. It provides students with opportunities for broader experience and enables them to develop competencies which meet requirements of professional accrediting agencies.

Total Credits Allowed: 12.00

**FAMS 476 – Child & Family Home Visitation 3 credit hours**

This course focuses on issues relevant to professionals engaged in home visits with families parenting infants and young children. The course is designed to enhance the skill set required to effectively work with diverse children and their families. Family empowerment and advocacy skills will be enhanced.

Prerequisite: FAMS 150 or FAMS 251 or FAMS 253 or permission of instructor

**FAMS 481 – Cross-Cultural Family Patterns 3 credit hours**

Comparative research of familial behavior and structural patterns of various cultures. Analysis and evaluation of the impact of differing cultures on societal and family interactions.

**FAMS 486 – Families in Crisis 3 credit hours**

This course enables Family Studies and other service and social support-oriented students to understand the trauma and recovery process associated with normative and catastrophic family crisis.

Prerequisite: FAMS 351 and junior standing or permission or permission of instructor

**FAMS 490 – Special Problems in FAMS 3 credit hours**

For Family Studies professionals who wish to update their understanding of accepted educational procedures and practices.

**FAMS 492 – Advanced Developmental Theories 3 credit hours**

Seminal as well as current developmental theories will be examined in depth. Particular emphasis will be placed on the most influential theories and their relevance to infant, child, and adolescent development. Prior completion of FAMS 150, 250 and 253 is highly recommended.

Prerequisite: Senior standing

**FAMS 495 – Special Problems in Nutrition 3 credit hours**

The study of nutrition issues/challenges facing our nation and world today, with a focus on controversial topics and the research supporting both sides of each argument.

Prerequisite: FAMS 110