Family and Consumer Science

Overview

The Family and Consumer Science Associate in Arts Degree is designed to provide an occupational program of study for students interested in pursuing careers related to Child Development, Early Childhood Education, Family Studies, Fashion, Food Preparation, Interior Design, Gerontology, Life Management, or Nutrition. Courses within the curriculum provide course work to meet state licensing requirements to work with individuals across the age span and provide part of the undergraduate requirements necessary for students wishing to transfer to a four-year institution. Selected courses provide students with lifelong learning skills. Students with Associate in Arts degrees in Family and Consumer Science will have studied the relationship between the physical, social, emotional, and intellectual environment in and of the home and family and the development of individuals, including instruction in the natural and social sciences and humanities in the development of attitudes, knowledge, and ability pertaining to programs in fashion, interior design, life management, child development, family studies, and gerontology, and nutrition, foods, and culinary arts.

Associate Degrees

A.A. in Family and Consumer Science

The Family and Consumer Science Associate in Arts Degree is designed to provide an occupational program of study for students interested in pursuing careers related to Child Development, Early Childhood Education, Family Studies, Fashion, Food Preparation, Interior Design, Gerontology, Life Management, or Nutrition. Courses within the curriculum provide course work to meet state licensing requirements to work with individuals across the age span and provide part of the undergraduate requirements necessary for students wishing to transfer to a four-year institution. Selected courses provide students with lifelong learning skills. Students with Associate in Arts degrees in Family and Consumer Science will have studied the relationship between the physical, social, emotional, and intellectual environment in and of the home and family and the development of individuals, including instruction in the natural and social sciences and humanities in the development of attitudes, knowledge, and ability pertaining to programs in fashion, interior design, life management, child development, family studies, and gerontology, and nutrition, foods, and culinary arts.

Transfer Students: Students who plan to complete the Bachelor’s degree in Family and Consumer Science or related fields at four-year institutions should consult the “Preparing to Transfer” section of the Sacramento City College catalog and the related major sections of the catalog for the institution to which they wish to transfer. Consultation with the Family and Consumer Science faculty and with counselors is advised.

Catalog Date: January 1, 2021

Degree Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>ECE 314</td>
<td>The Child, the Family and the Community</td>
<td>3</td>
</tr>
<tr>
<td>ECE 322</td>
<td>Promoting Children’s Social Competence</td>
<td>3</td>
</tr>
<tr>
<td>FASHN 310</td>
<td>Fashion Analysis/Clothing Selection</td>
<td>3</td>
</tr>
<tr>
<td>FASHN 320</td>
<td>Textiles</td>
<td>3</td>
</tr>
<tr>
<td>FASHN 351</td>
<td>Applied Apparel Studies / Intermediate Principles of Construction</td>
<td>3</td>
</tr>
<tr>
<td>FCS 320</td>
<td>Marriage and the Family (3)</td>
<td>3</td>
</tr>
<tr>
<td>or SOC 310</td>
<td>Marriage and the Family (3)</td>
<td>3</td>
</tr>
<tr>
<td>GERON 300</td>
<td>Sociology of Aging (3)</td>
<td>3</td>
</tr>
<tr>
<td>or SOC 335</td>
<td>Sociology of Aging (3)</td>
<td>3</td>
</tr>
<tr>
<td>GERON 302</td>
<td>Psychology of Aging: Adult Development and Aging (3)</td>
<td>3</td>
</tr>
<tr>
<td>or PSYC 374</td>
<td>Psychology of Aging: Adult Development and Aging (3)</td>
<td>3</td>
</tr>
<tr>
<td>NUTRI 300</td>
<td>Nutrition (3)</td>
<td>3</td>
</tr>
<tr>
<td>or NUTRI 480</td>
<td>Nutrition Honors (3)</td>
<td>4</td>
</tr>
<tr>
<td>NUTRI 330</td>
<td>Food Theory and Preparation</td>
<td>4</td>
</tr>
<tr>
<td>Total Units:</td>
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<td>31</td>
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</tbody>
</table>

The Family and Consumer Science Associate in Arts (A.A.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See SCC graduation requirements.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- integrate knowledge across a wide range of contexts in the area of Family and Consumer Science.
- locate, evaluate, and use information effectively.
- write with precision and clarity to express complex thought.
- read college-level materials with understanding and insight.
Career Information

Opportunities for students with an Associate in Arts Degree in Family and Consumer Sciences would include: Child Development/Resource and Referral Specialist, Early Intervention Assistant, Para-educator, Family Support Service Worker, Community Activity Planner, Community Services Worker, Recreation Specialist, Senior Supportive Services, Human Services Worker, Social Work Assistant, Family Services Worker, Life Skills Counselor, Community Support Worker, Mental Health Aide, Registry Coordinator, and Intergenerational Care Provider. By careful selection of required and elective courses, students can develop a broad major or prepare themselves for advanced study leading to such careers as: Dietitian, Foods Consultant, Market Consultant, Clothing Designer, Family and Consumer Science Educator, Public Utility Field Representative, Interior Designer, Extension Service Advisor, Educator in Child Development and Family Relations, Consultant in Consumer Economics, Researcher in Textiles, Foods, Child Development, and Gerontology.

A.S. in Nutrition

Sacramento City College's Family and Consumer Science Department offers a rigorous nutrition degree program that is broad enough to prepare the student for further study in a variety of nutrition areas including: nutrition science research, food science and technology, dietetics, industry, and many other evolving nutrition-related fields.

All students must complete the Required Program plus either the CSU Path or the UC Path.

It is important to note that each four-year college or university has slightly different requirements for transfer so it is critical for students interested in this major to map out their academic plan with a counselor.

Catalog Date: January 1, 2021

Degree Requirements

### CSU Path

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
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</thead>
<tbody>
<tr>
<td>BIOL 440</td>
<td>General Microbiology</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 300</td>
<td>General Principles (3)</td>
<td>3</td>
</tr>
<tr>
<td>or PSYC 480</td>
<td>Honors General Principles (3)</td>
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**CSU Path Units:** 19

### UC Path

<table>
<thead>
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<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
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</thead>
<tbody>
<tr>
<td>BIOL 402</td>
<td>Cell and Molecular Biology</td>
<td>5</td>
</tr>
<tr>
<td>CHEM 420</td>
<td>Organic Chemistry I</td>
<td>5</td>
</tr>
</tbody>
</table>

**UC Path Units:** 10

**Total Units:** 22

The Nutrition Associate in Science (A.S.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See SCC graduation requirements.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- explain the principles of nutrition and their effects on health.
- assess the various sources of nutrition information and demonstrate where to find reliable nutrition information.
- analyze a diet for adequacy, balance, and moderation.
- demonstrate an understanding of the relationships between chemistry, biology, and nutrition.
Family and Consumer Science (FCS) Courses

FCS 294 Topics in Family and Consumer Science

This course is designed to give the students an opportunity to study topics in Family and Consumer Science that are consumer or job oriented and not included in current course offerings. Topic courses may be taken 1 time for credit.

Upon completion of this course, the student will be able to:
- develop analytical reasoning and critical thinking skills as they relate to the study of Family and Consumer Science areas.
- understand and apply principles of Family and Consumer Sciences.

FCS 295 Independent Studies in Family and Consumer Science

This is an independent studies course in Family and Consumer Sciences. Related projects will be assigned under the supervision of a Family and Consumer Sciences faculty member.

Upon completion of this course, the student will be able to:
- design and discuss a proposal of study with a supervising Family and Consumer Science instructor.
- demonstrate the ability to independently pursue a course of study or project in family and consumer science.
- prepare a final report or project incorporating results of study or activities.

FCS 320 Marriage and the Family

This course examines the social, psychological, historical, and economic factors relating to changing family, courtship, marriage, and partnership patterns. This course will include examination and analysis of social constructions of childhood, adolescence, and early, middle, and late adulthood. Exploration of changing gender roles, courtship patterns, and parenting will also be included. Emphasis will be placed on diversity of families and family forms. (Credit may be awarded for either SOC 310 or FCS 320 but not both.)

Upon completion of this course, the student will be able to:
- articulate and apply the core principles of sociology to the study of family.
- assess, analyze, and apply sociological theories and social research methods (including comparative/historical) to the study of family.
- examine socially constructed patterns of courtship, marriage, partnership, parenting and family practice as well as socially constructed stages of development (i.e. childhood, adolescence, and early/middle/late adulthood).
- evaluate and assess the impact of stratification on families and relationships and our ability to shape them.

FCS 324 Human Development: A Life Span

This course is...
Students will study the physical, cognitive, social, and emotional development of humans from conception through the life span. Emphasis will be placed on the theoretical and practical application of developmental principles including atypical aspects of development. Major developmental theories concerning life span development will be studied. Topics from conception to death will be presented including: conception, prenatal development, including prenatal developmental complications, physical, cognitive, social, emotional developmental, and developmental issues. Included in these broad developmental areas are learning, brain development, personality, morality, and societal influences on development. Atypical development and challenges to optimal development will be included. The course also examines end of life issues and bereavement. This is a foundational course for careers in the educational, social, psychological, and medical fields. Students may receive credit for FCS 324 or PSYC 370, but not both.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify developmental factors that are influenced by heredity and environment including factors that lead to atypical and delayed development.
- describe and give examples of how the scientific method can be used to evaluate research in life span development.
- evaluate the research on the influence of nature and nurture.
- compare and contrast how identity is developed and how identity changes during the life span.
- analyze how the concept of gender influences development.
- examine cultural factors that shape development and influence values, attitudes, and beliefs.
- analyze a major life event or time period based on life span theories.

FCS 495 Independent Studies in Family and Consumer Science

Units: 1 - 3
Hours: 54 - 162 hours LAB
Prerequisite: None.
Transferable: CSU
Catalog Date: January 1, 2021

Independent Studies in Family and Consumer Education offers students the opportunity to explore topics and interests that are not available through a current semester's regular course offerings. Students must have a faculty member willing to support and evaluate the student's progress towards the student's learning objectives. UC transfer credit will be awarded only after the course has been evaluated by the enrolling UC campus. The units completed for this course cannot be counted towards the minimum 60 units required for admissions.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- design and discuss a proposal of study with a supervising Family and Consumer Science instructor.
- demonstrate the ability to independently pursue a course of study or project in family and consumer science.
- prepare a final report or project incorporating results of study or activities.

FCS 499 Experimental Offering in Family and Consumer Science

Units: 0.5 - 4
Prerequisite: None.
Transferable: CSU
Catalog Date: January 1, 2021