

# 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.

**Dean** [Dennis Lee \(/about-us/contact-us/faculty-and-staff-directory/dennis-lee/\)](/about-us/contact-us/faculty-and-staff-directory/dennis-lee/)  
**Department Chairs** [Nadine Kirkpatrick \(/about-us/contact-us/faculty-and-staff-directory/nadine-kirkpatrick/\)](/about-us/contact-us/faculty-and-staff-directory/nadine-kirkpatrick/)  
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## 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:** June 1, 2021

### Degree Requirements

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

*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.
- maintain and transfer academic and technical skills to workplace.

- be life-long learners.
- demonstrate understanding of and tolerance for ethnic, religious, gender, age, and socioeconomic diversity.
- research and evaluate current trends related to content areas.

## 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:** June 1, 2021

## Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
CHEM 400	General Chemistry I (5)	5
or CHEM 305	Introduction to Chemistry (5)	
or CHEM 309	Integrated General, Organic, and Biological Chemistry (5)	
NUTRI 300	Nutrition (3)	3
or NUTRI 480	Nutrition Honors (3)	
STAT 300	Introduction to Probability and Statistics (4)	4
or STAT 480	Introduction to Probability and Statistics - Honors (4)	
<b>Subtotal Units:</b>		<b>12</b>

## CSU Path

COURSE CODE	COURSE TITLE	UNITS
BIOL 440	General Microbiology	4
PSYC 300	General Principles (3)	3
or PSYC 480	Honors General Principles (3)	
CSU Path Units:		7
<b>Total Units:</b>		<b>19</b>

## UC Path

COURSE CODE	COURSE TITLE	UNITS
BIOL 402	Cell and Molecular Biology	5
CHEM 420	Organic Chemistry I	5
UC Path Units:		10
<b>Total Units:</b>		<b>22</b>

*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

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## FCS 294 Topics in Family and Consumer Science

<b>Units:</b>	0.5 - 4
<b>Hours:</b>	9 - 72 hours LEC
<b>Prerequisite:</b>	None.
<b>Catalog Date:</b>	June 1, 2021

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.

### Student Learning Outcomes

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

<b>Units:</b>	1 - 3
<b>Hours:</b>	54 - 162 hours LAB
<b>Prerequisite:</b>	None.
<b>Catalog Date:</b>	June 1, 2021

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.

### 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 324 Human Development: A Life Span

<b>Same As:</b>	PSYC 370
<b>Units:</b>	3
<b>Hours:</b>	54 hours LEC
<b>Prerequisite:</b>	None.
<b>Advisory:</b>	ENGWR 300 with a grade of "C" or better
<b>Transferable:</b>	CSU; UC
<b>General Education:</b>	AA/AS Area V(b); AA/AS Area III(b); CSU Area D9; CSU Area E1; IGETC Area 4
<b>C-ID:</b>	C-ID PSY 180
<b>Catalog Date:</b>	June 1, 2021

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

<b>Units:</b>	1 - 3
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**Hours:** 54 - 162 hours LAB  
**Prerequisite:** None.  
**Transferable:** CSU  
**Catalog Date:** June 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:** June 1, 2021

This is the experimental courses description.