

Associate in Arts Degree

Division of Behavioral and Social Science

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Please find the following degree and certificate programs listed alphabetically under their respective programs:

Early Childhood Education, Degree and Certificate of Achievement

Fashion, Degree and Certificate of Achievement

Gerontology, Degree and Certificate of Achievement

Instructional Assisting, Degree and Certificate of Achievement

Interior Design Sewing, Degree and Certificate of Achievement
(see Fashion and Interior Design)

Liberal Studies for Elementary Teachers, Degree

Nutrition, Degree

Department of Family and Consumer Science

Family and Consumer Science

Associate in Arts Degree

The Family and Consumer Science A.A. Degree curricula 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, Instructional Assisting, 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 A.A. 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..

Career Opportunities

Opportunities for students with an A.A. Degree in Family and Consumer Science 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, Physical Therapy Aide, Occupational Therapy Aide, Respiratory Therapy Aide, 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.

Transfer Students

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 Requirements of Transfer Institutions section of this 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.

Students preparing for teaching credentials in Family and Consumer Science are advised to see a counselor for planning assistance and should read the Teacher Education section of this catalog (see Pre-Professional Programs and Liberal Arts Degree for Elementary Teaching).

social-moral, and emotional aspects of development with attention to both typical as well as atypical development in each area is discussed. Included are the influences of culture, family, and the environment. The material on this course is designed as a foundation for teaching, nursing, early childhood education, and parenting. (Credit offered for ECE 312 or FCS 312, but not both.)

FCS 314 The Child, the Family and 3 Units **the Community**

Same As: ECE 314 and SOC 312

Prerequisite: None.

Advisory: ENGRD 110 and ENGWR 100; or ESLR 340 and ESLW 340 and ESL 114; and FCS 312 or ECE 312; and LIBR 318 with grades of "C" or better

General Education: AA/AS Area V(b); AA/AS Area III(b); CSU Area D0; CSU Area D7; CSU Area E1; IGETC Area 4G; IGETC Area 4J

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course is an examination of the developing child in a societal context focusing on the interrelationship of family, school, and community and emphasizing historical and socio-cultural factors. The processes of socialization and identity development will be highlighted, showing the importance of respectful, reciprocal relationships that support and empower families. Influences on growth and development including media, social class, gender, sexual orientation, racial/ethnic groups, and their relationship to family behavior will be studied. Students will identify and evaluate personal family dynamics and consequences. (Students may receive credit for ECE 314, FCS 314, or SOC 312, maximum one course.)

FCS 320 Marriage and the Family 3 Units

Same As: SOC 310

Prerequisite: None.

Advisory: ENGRD 110 and ENGWR 100; or ESLR 340 and ESLW 340 and ESL 114; and LIBR 318 with grades of "C" or better.

General Education: AA/AS Area V(b); AA/AS Area III(b); CSU Area D7; CSU Area E1; IGETC Area 4G

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course is designed for the student to examine the social, psychological, historical, and economic factors relating to changing family, marriage, remarriage, and significant relationship patterns. Exploration of changing gender roles, the meaning of love and sexuality, dating, communication skills, and parenting are included. (Credit may be awarded for either SOC 310 or FCS 320.)

FCS 324 Human Development: 3 Units **A Life Span**

Same As: PSYC 370

Prerequisite: None.

Advisory: ENGWR 100 and ENGRD 110, or ESLW 340 and ESLR 340; and ESL 114 with grades of "C" or better.

General Education: AA/AS Area V(b); CSU Area D9; CSU Area E1; IGETC Area 4G; IGETC Area 4I

Course Transferable to UC/CSU

Hours: 54 hours LEC

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. Topics include major developmental theories, conception and prenatal development, physical growth, health and development, language, learning, cognitive,

and brain development, personality, morality, and emotional development, societal influences on development, and mental health and an introduction to death and bereavement. This is a foundation course for careers in the educational, social, psychological, and medical fields. (Students may receive credit for FCS 324 or PSYC 370, but not both.)

FCS 326 Sex and Gender in the U.S. 3 Units

Same As: SOC 341

Prerequisite: None.

Advisory: ENGRD 110 and ENGWR 100; or ESLR 340 and ESLW 340 and ESL 114; and LIBR 318 with grades of "C" or better.

General Education: AA/AS Area V(b); CSU Area D0; CSU Area D4; CSU Area E1; IGETC Area 4D; IGETC Area 4J

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course provides a study of the changing roles of women and men in America. Theories of women's and men's "natures," gender role socialization, gender related inequalities, health and body issues, and current examination of the women's and men's movements will be explored. (Credit for FCS 326 or SOC 341.)

FCS 330 Sociology of Aging 3 Units

Same As: GERON 300 and SOC 335

Prerequisite: None.

Advisory: ENGRD 110 and ENGWR 100 or ESLR 340 and ESLW 340 and ESL 114; and FCS 324; and LIBR 318 with grades of "C" or better.

General Education: AA/AS Area V(b); AA/AS Area III(b); CSU Area D0; CSU Area E1; IGETC Area 4J

Course Transferable to UC/CSU

Hours: 54 hours LEC

In this course students will examine the aging process with emphasis on social factors affecting and affected by an aging population. The course includes an analysis of demographics, history of aging in America, social conditions, resources and support systems, employment, retirement, social class, and cultural differences. Students will be encouraged to reflect on their status in the sociology of aging process. (Credit awarded for FCS 330 or GERON 300 or SOC 335.)

FCS 332 Psychology of Aging: 3 Units **Adult Development and Aging**

Same As: GERON 302 and PSYC 374

Prerequisite: None.

Advisory: (ENGRD 110 and ENGWR 100), OR (ESLR 340 and ESLW 340 and ESL 114), and FCS 324/PSYC 370, and LIBR 318 with grades of "C" or better

General Education: AA/AS Area III(b); CSU Area D9; CSU Area E1; IGETC Area ; IGETC Area 4I

Course Transferable to UC/CSU

Hours: 54 hours LEC

Students will explore the description and explanation of the evolution of adult behavior over the life span. Topics include theoretical as well as practical approaches to understanding aging in terms of physical, cognitive, and socio-emotional development such as: the study of the nature and changes of capabilities, skills, feelings, emotions, and social behavior with age, aging stereotypes, social bonds, environmental factors, sexuality, physical health, mental health, death, and bereavement. (Credit for FCS 332 or PSYC 374 or GERON 302.)

FCS 340 Nutrition 3 Units

Same As: NUTRI 300

Prerequisite: None.

Advisory: ENGWR 50 and ENGRD 110; or ESLR 320 and ESLW 320 or ESL 114; and MATH 34; with grades of "C" or better.

General Education: AA/AS Area III(b); AA/AS Area IV; CSU Area E1
Course Transferable to UC/CSU

Hours: 54 hours LEC

Students will study the basic principles of nutrition, food sources, biologic functions of the nutrients in human physiology and all stages of the life cycle, energy metabolism, nutrition as a world problem, and consumer problems related to food. Course topics such as weight loss, sports nutrition, food safety, the diet-disease relationship, global nutrition, and analysis of special nutritional requirements and needs during the life cycle are emphasized. An evaluation of personal dietary habits using current dietary guidelines and nutritional assessment methods will also be completed to help students assess their own nutritional health. Credit will be awarded once for either NUTRI 480, FCS 480, FCS 340, or NUTRI 300.

FCS 342 Cultural Foods of the World 3 Units

Same As: NUTRI 310

Prerequisite: None.

Advisory: ENGWR 50 and ENGRD 110; or ESLW 320 and ESLR 320; and MATH 34 with grades of "C" or better

General Education: AA/AS Area VI

Course Transferable to UC/CSU

Hours: 54 hours LEC

Students will explore the typical food customs and meal patterns of various cultures throughout the world. Students will be introduced to the social, religious, economic, and aesthetic significance of these cultures and examine how geographical, agricultural, and socioeconomic factors influence their nutritional status. Students will also explore the preparation and evaluation of the food products. Credit may be awarded for FCS 342 or NUTRI 310, but not both.

FCS 344 Food Theory and Preparation 4 Units

Same As: NUTRI 330

Prerequisite: None.

Advisory: ENGWR 50 and MATH 27 with grades of "C" or better.

General Education: AA/AS Area III(b); CSU Area E1

Course Transferable to CSU

Hours: 54 hours LEC; 54 hours LAB

This course provides a comprehensive study of food ingredients and the basic principles and techniques involved in food preparation. Students will examine the factors that influence taste and the changes that occur in foods during preparation. In the laboratory, basic cooking skills and theory applications will be emphasized. Additionally, emphasis is placed on the reasons for recipe procedures and the prevention and/or correction of cooking failures. Credit may be awarded for FCS 344 or NUTRI 330, but not for both.

FCS 346 Children's Health, Safety and Nutrition 3 Units

Same As: ECE 415 and NUTRI 320

Prerequisite: None.

Advisory: ENGRD 110 and ENGWR 100; or ESLR 340 and ESLW 340 and ESL 114; and LIBR 318; and MATH 34; and ECE 410 or HEED 330; and FCS 312 or ECE 312; and FCS 314 or ECE 314 or SOC 312; and NUTRI 300 with grades of "C" or better

General Education: AA/AS Area III(b); CSU Area E1

Course Transferable to CSU

Hours: 54 hours LEC

The key components that ensure the health, safety, and nutrition of both children and staff will be identified along with the importance of collaboration with families and health professionals. Students will be introduced to early childhood curriculum, regulations, standards, policies, and procedures related to child health, safety, and nutrition. Course emphasis is placed on integrating and maintaining the optimal health, safety, and nutritional concepts in everyday planning and program development for all children. Projects related to health, safety, and nutrition education as well as optional field trips may be included as part of the curriculum. (Students may receive credit for only one of the following: ECE 415, FCS 346, or NUTRI 320.)

FCS 480 Nutrition Honors 3 Units

Same As: NUTRI 480

Prerequisite: None.

General Education: AA/AS Area III(b); AA/AS Area IV; CSU Area E1
Enrollment Limitation: Eligibility for the Honors Program.

Course Transferable to UC/CSU

Hours: 54 hours LEC

This is an enriched study of nutrition for honors students. In this course, students will examine dietary nutrients and their physiological functions, and their relationship to chronic diseases. Current issues such as food safety, vegetarian diets, world hunger, trans-fats, and vitamin/mineral supplementation are examined. Students analyze and evaluate their diets and physical activities using diet analysis software. Scientific research methods are studied in journal articles for weekly discussions. Debates encourage critical thinking from opposing points of view. Students will research and present portions of the course material. This Honors section uses an intensive instructional methodology designed to challenge motivated students. Credit will be awarded once for either NUTRI 480, FCS 480, FCS 340, or NUTRI 300.

FCS 495 Independent Studies in Family and Consumer Science 1-3 Units

Prerequisite: None

Course Transferable to UC/CSU; 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.

Hours: 54 hours LAB

See Independent Studies.

FCS 499 Experimental Offering in Family and Consumer Science .5-4 Units

Prerequisite: None

Course Transferable to UC/CSU; 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.

Hours: 72 hours LEC

See Experimental Offering.