

Family and Consumer Science

Associate in Arts Degree

Please find degree and certificate program requirements and detailed course listings under their respective programs:

Early Childhood Education, Degrees and Certificate of Achievements

Fashion, Degrees and Certificate of Achievements

Gerontology, Degree and Certificate of Achievement

Instructional Assisting, Degrees and Certificate of Achievements

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

Liberal Studies for Elementary Teachers, Degree

Nutrition courses

FCS

Department of Family and Consumer Science

Division of Behavioral and Social Science

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Family and Consumer Science

Associate in Arts Degree

Program Information

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).

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.

Required Program	Units
FCS 340 Nutrition	3
FCS 344 Food Theory and Preparation.....	4
FASHN 320 Textiles.....	3
FASHN 310 Fashion Analysis/Clothing Selection	3
FASHN 351 Principles of Apparel Construction/Intermediate Sewing.....	3
FCS 320 Marriage and the Family (3)	3
or SOC 310 Marriage and the Family (3)	
FCS 314 The Child, the Family and the Community (3)	3
or SOC 312 The Child, the Family and the Community (3)	
or ECE 314 The Child, the Family and the Community (3)	
FCS 330 Sociology of Aging (3)	3
or GERON 300 Sociology of Aging (3)	
or SOC 335 Sociology of Aging (3)	
IDES 300 Fundamentals of Interior Design	3
FCS 332 Psychology of Aging: Adult Development and Aging (3).....	3
or GERON 302 Psychology of Aging: Adult Development and Aging (3)	
or PSYC 374 Psychology of Aging: Adult Development and Aging (3)	
ECE 323 The Effective Parent-Teacher (3).....	3
or ECE 322 Promoting Children’s Social Competence (3)	
Total Units Required	34

Suggested Electives

ECE 415, FCS 312, 324, 342; SOC 380, 382.

Associate in Arts (A.A.) Degree

The Associate in Arts 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.

Family and Consumer Science (FCS)

**FCS 294 Topics in Family and .5-4 Units
 Consumer Science**

Prerequisite: None

Hours: 72 hours LEC

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 four times up to a maximum of 16 units with no duplication of topics.

**FCS 295 Independent Studies in 1-3 Units
 Family and Consumer Science**

Prerequisite: None

Hours: 54 hours LEC

See Independent Studies

**FCS 294 Topics in Family and .5-4 Units
 Consumer Science**

Prerequisite: None

Hours: 72 hours LEC

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 four times up to a maximum of 16 units with no duplication of topics.

**FCS 295 Independent Studies in 1-3 Units
 Family and Consumer Science**

Prerequisite: None

Hours: 54 hours LEC

See Independent Studies

FCS 304 Concepts in Personal Finance 3 Units

Same As: BUS 320

Prerequisite: None

Advisory: ENGWR 50 or ESLW 50 with a grade of “C” or better.

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

Course Transferable to CSU

Hours: 54 hours LEC

This course is designed to assist individuals to analyze their financial affairs. Elements and conceptual basis of financial planning analysis, and decision making in areas of budgeting, taxes, borrowing, money management, insurance, investments, and retirement will be examined with an emphasis on principles to develop students’ economic decision making. Students may receive credit for FCS 304 or BUS 320 but not for both.

FCS 306 Family Law Issues 3 Units

Same As: ADMJ 326

Prerequisite: None

Advisory: ENGWR 100 with grade of “C” or better.

Course Transferable to CSU

Hours: 54 hours LEC

This is an introductory course that provides basic knowledge of both civil and criminal laws dealing with family and domestic issues. The course explores paternity suits, pre-nuptial agreements, divorce, child custody, child support, alimony, spousal abuse, restraining orders, child visitation violations, parental kidnapping, and numerous other domestic problems faced by the justice system and families. Students may receive credit for FCS 306 or ADMJ 326 but not for both.

FCS 312 Child Development 3 Units

Same As: ECE 312

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 D7; CSU Area D9; CSU Area E1; IGETC Area 4I

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course is designed for students to study the growth and development of children from the prenatal stage through adolescence. For each stage of development, the physical, cognitive, linguistic, 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 the Community 3 Units

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 4J

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: A Life Span 3 Units

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

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. It 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: Adult Development and Aging 3 Units

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 or 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: 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, sources and functions of the nutrients in all stages of the life cycle, 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 access their own nutritional health.

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. There will be one mandatory field trip to a specialty market/restaurant.

FCS 344 Food Theory and Preparation 3 Units

Prerequisite: None

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

General Education: CSU Area E1

Course Transferable to CSU

Hours: 54 hours LEC

This course provides a comprehensive study of food ingredients and the basic principles and techniques involved in food preparation. It will also examine the factors that influence foods and the changes that occur in foods during preparation. The laboratory emphasizes basic cooking skills and theory applications. The emphasis in this course is on the reasons for procedures and phenomena and the prevention and/or correction of cooking failures.

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; 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)

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 exactly 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. The course uses a seminar model to study nutrients and their physiological functions. Current issues such as: food safety, vegetarian diets, world hunger, trans-fats, and vitamin/mineral supplementation are examined. Students analyze and evaluate their diet 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.

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

Prerequisite: None
Course Transferable to CSU
Hours: 54 hours LAB
See Independent Studies

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

Prerequisite: None
Course Transferable to CSU
Hours: 72 hours LEC
See Experimental Offerings