

FCS – Body of Knowledge 2

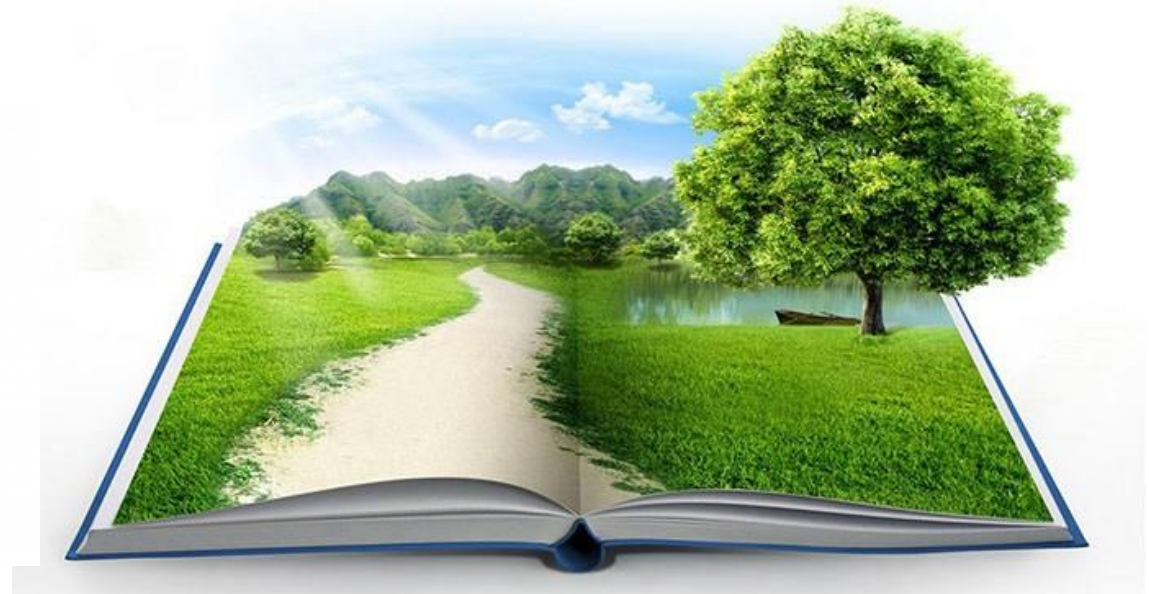
Week 1a

Objectives

- [FCS 100 FA2018 - Introduction to FCS](#)
 - both sections (section .01 and .02) are combined into one section
 - All assignments, tests, and quizzes are in here
 - Please submit your class participation week 1 to RN by Sunday at 11:55pm
 - Take Quiz #1 by Sunday at 11:55 pm @ RN
- Profession of FCS
- Body of Knowledge
 - Core concepts - Basic Human Needs, Individual Well-being, Family Strengths , and Community Vitality
 - Integrative elements - Human Ecosystem and Life Course Development
- Continue Class participation week 1

Profession of FCS

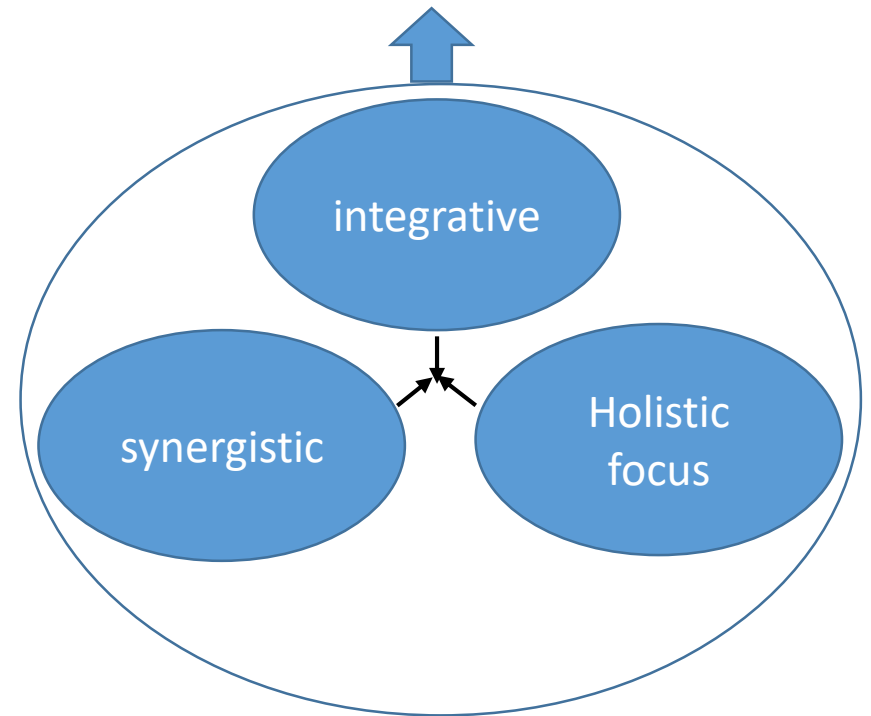
- Focuses on the reciprocating relationships among individuals, families, and communities as well as the environment in which we function.



FCS Profession

- No other profession has this synergistic, integrative, and holistic focus on individuals, families, consumers, and communities.
- This unifying focus is indeed the very essence, strength, and uniqueness of the FCS profession

Core, strength, and uniqueness of the FCS profession



Head, heart, and soul

- The essence of family and consumer sciences can be summarized in three words
 - According to Anderson and Nickols (2001)
- Head= Body of Knowledge
- Heart= Mission to improve Quality of Life
- Soul= Passion and Enthusiasm for profession



What is the importance of community of professionals?

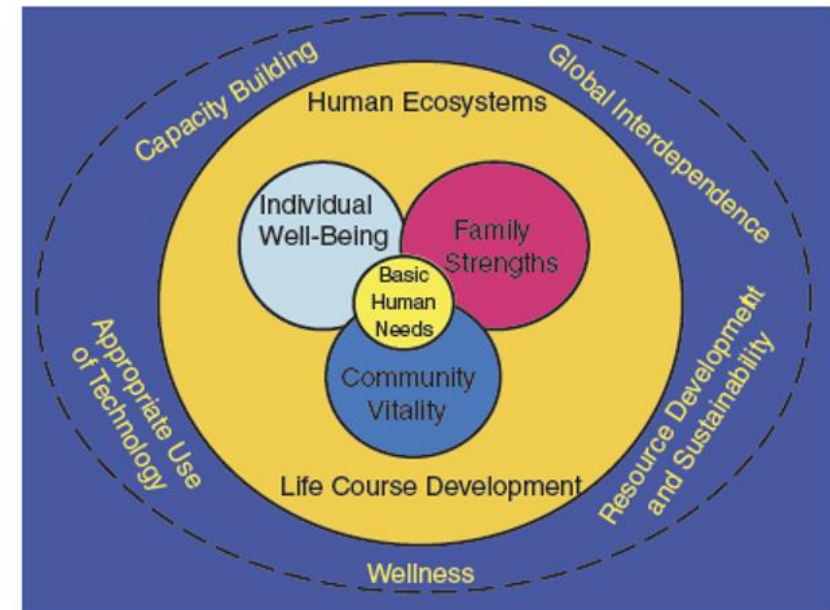
- We are a professional reformers, scientists, inventors, teachers, and dreamers who share a common educational experience and practice in diverse ways to the public.
- We experience community through professional organizations such as the American Association of Family and Consumer Sciences (AAFCS)

When was the Body of Knowledge (BOK) developed and how is it evolving?

- The Family and Consumer Sciences Body of Knowledge (FCS-BOK) was developed over 20 years ago and is always evolving to fit new developments
 - in order to keep pace with the changes that occur in our lives, in society, and in the world at large.
- The current FCS-BOK for the profession evolved from the Scottsdale, Arizona in October 1993
 - a meeting was held in which it was decided by attendees to change the name of the profession from "home economics" to "family and consumer sciences"

- FCS - BOK

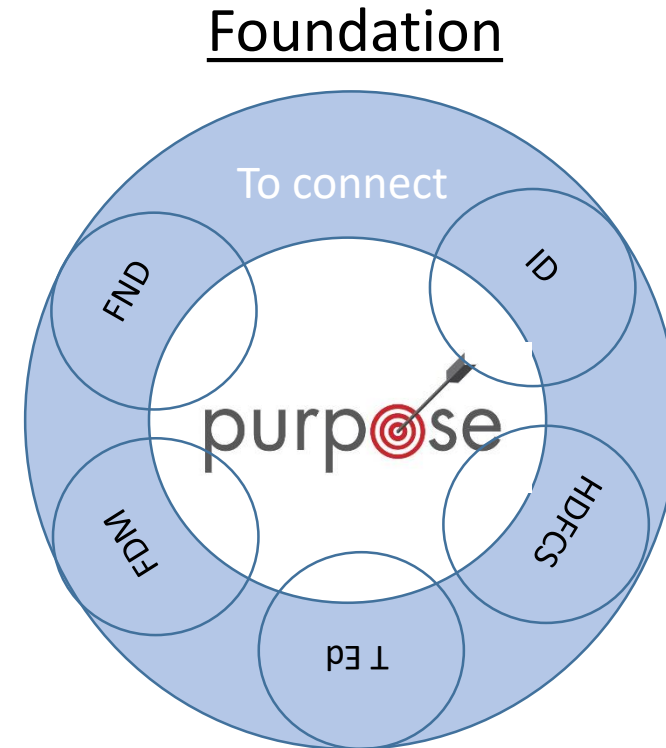
Family and Consumer Sciences Body of Knowledge Model



This current Model, based on earlier versions developed since 2000, provides a visual framework for professional focus and practice within family and consumer sciences.

Purpose of the Body of Knowledge

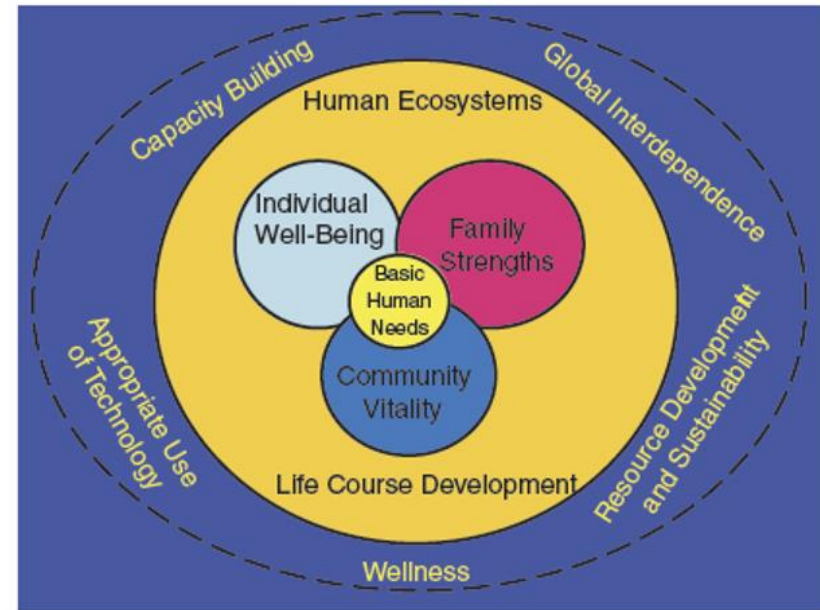
- to connect the specialization areas together in an integrative manner
- BOK is the current framework that serves as the foundation for the professional field regardless of specialization



FCS Body of Knowledge model

- Is designed not only to present the concepts
 - but also to demonstrate their interrelationships, collaboration, and interaction
- FCS-BOK is the subject matter that forms the basis of accreditation by the AAFCS Council for Accreditation

Family and Consumer Sciences Body of Knowledge Model



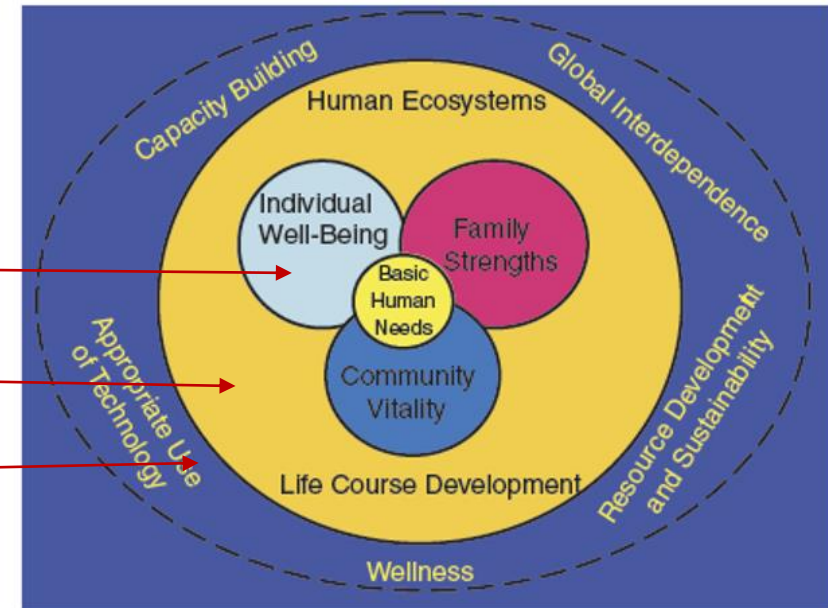
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Body of knowledge model

- Three Key Concepts of Body of Knowledge

1. Core concepts
2. Integrative elements
3. Crosscutting themes

Family and Consumer Sciences Body of Knowledge Model



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Core Concepts

1. Basic Human Needs -central
 2. Individual Well-being
 3. Family strengths
 4. Community Vitality
- These are core concepts of FCS



Core Concepts



1) Basic Human Needs

- Components of human survival that must be satisfied for individuals to develop their human capacity
 - Maslow's Hierarchy of Needs
 - useful as a framework
 - Food, clothing, shelter
 - Relationships
 - Life experiences
- Many of our **basic needs** have and will remain the same, but with the introduction of _____, we must be willing to adapt.
 - technology, food developments, an aging population, changed perception of family, racial diversity, globalization



- Basic human needs
 - When basic human needs are not met, individuals, families, and communities suffer.
 - The achievement of basic human needs can be measured by at least three concepts:
 - Quality of life
 - Standard of living
 - Well-being

- The end goal is still to _____ while doing our best to adapt to and satisfy these growing basic human needs.
 - keep families and communities happy and living their best life



Core Concepts



2) Individual Well being

- physical, emotional, spiritual, social, material, mental
- overlaps with other core concepts of family strengths and community vitality
- healthy people > strong families > essential for communities



- An importance of family and consumer sciences is instructing youth about _____
 - personal development and preparation for work
 - Improve their well being

- What are some individual well being that meet basic human needs?

- Material well-being
- Bodily well-being
- Social well-being
- Security
- Freedom of choice and action
- Psychological well-being

including enough food, assets, and work (job)

Health, appearance, and physical environment

being able to care for, bring up, marry, and settle children; self-respect and dignity; and peace, harmony, and good relations with family and community;

a physically safe and secure environment, lawfulness and access to justice, security in old age, confidence in the future;

describes an individual's opportunity and independence to perform an action selected from at least two available options

including peace of mind, happiness, a spiritual life, and religious observance

Core Concepts

3) Family Strengths

- Resiliency (the capacity to recover quickly from difficulties; toughness.)
 - Main characteristic of family strength
 - Protective characteristics that help the family endure
 - Faith is crucial to family's resilience
 - This strength helps families to endure for decades and centuries by resisting forces that otherwise destroy the family

- By the 1990s, family diversity was considered _____, and the notion of a _____ had nearly disappeared having been replaced by inclusive pluralistic and relationships
 - Normative
 - singular definition of the family



Family Strengths

- Family problem-solving communication
- Equality
- Spirituality
- Flexibility
- Truthfulness
- Hope
- Family hardiness
- Family time and routines
- Social support
- Health

These are 10 characteristics of Family Strengths

- Supporting strong and resilient families



Core Concepts



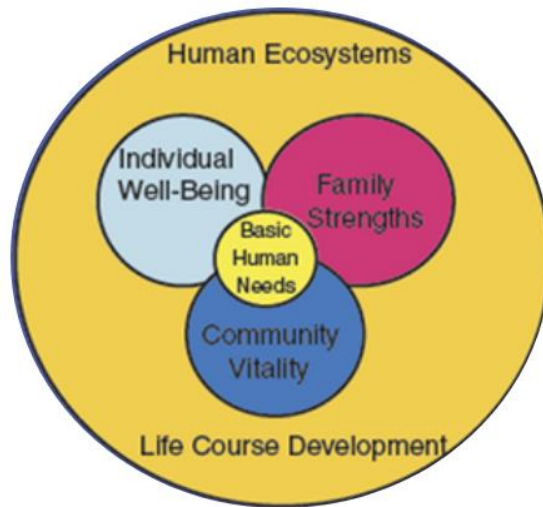
4) Community Vitality

- Communities provide resources necessary for individuals/families
 - schools, libraries, parks, museums, cultural organizations
- Many types of communities: learning , professional, social, online

- Communities are groups that join together in various ways
 - For the purpose of sharing common interests and establishing common systems of support, identity, and sense of belonging
- _____ is a group of people living in a specific place or geographic region or "group of people having common interests"
 - Community vitality

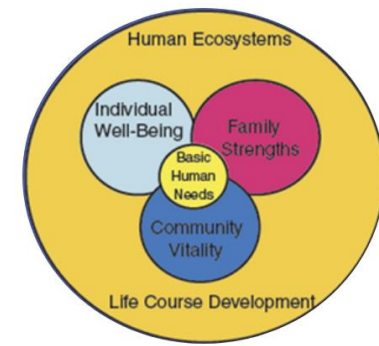
Integrative Elements

- 1) Human Ecosystem
- 2) Life course Development



- These 2 elements
 - provide theoretical framework, unify the core concepts, and support the body of knowledge-life

Integrative Element



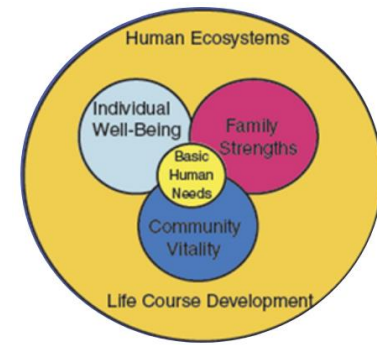
1) Human Ecosystem

- How environment plays a role in human development
- Interacts with its multiple environments



- Human ecosystems examine individuals and families in relation to their environments
 - providing a comprehensive (or holistic) understanding of relationships among individuals, families, and communities and their natural (physical), human-built, and social/behavioral environments
- The "micro environment" consists of the complex of interrelations within the immediate setting—the near environment
- The "macro environment" consists of those systems in the broader environment including the biosphere and the overarching patterns of ideology and organization of the institutions common to a particular culture
- The family is a microsocial group within a macrosocial context

Integrative Element



2) Life Course Development

- refers to changes in individuals and families **over historical time**
- People develop biologically and socially across their lives, in ways that change their interactions with social institutions
- Important concepts in understanding life course development include:
 - **Continuity** (developmental stages of individuals and families)
 - **Timing** (family-related events)
 - **Developmental history** (periods of change as well as stability)

- Life Course Development includes major concepts of stages, tasks, and transitions

