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.
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

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Body of knowledge model

• Three Key Concepts of Body of Knowledge

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

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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