

**CERTIFICATION EXAMINATIONS
FOR OKLAHOMA EDUCATORS™ (CEOE™)**

OKLAHOMA SUBJECT AREA TESTS™ (OSAT™)

FIELD 009: FAMILY AND CONSUMER SCIENCES

TEST FRAMEWORK

May 2015

Subarea	Range of Competencies
I. Human Development	0001–0003
II. Food Science, Nutrition, and Wellness	0004–0006
III. Consumer Economics and Personal Resource Management	0007–0008
IV. Apparel, Textiles, Housing, and Interior Design	0009–0010
V. Hospitality, Tourism, and Recreation	0011–0012
VI. Interpersonal and Family Relationships	0013–0015
VII. Career and Leadership Skills	0016–0017
VIII. Pedagogical Content Knowledge	0018

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- II. Food Science, Nutrition, and Wellness
- III. Consumer Economics and Personal Resource Management
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- VII. Career and Leadership Skills
- VIII. Pedagogical Content Knowledge

SUBAREA I—HUMAN DEVELOPMENT

Competency 0001

Apply knowledge of characteristics and stages of infant and child development.

The following topics are examples of content that may be covered under this competency.

- Apply knowledge of stages and characteristics of physical, motor, cognitive, character, social, and emotional development during infancy and childhood.
- Demonstrate knowledge of major theories of child development.
- Demonstrate understanding of factors that influence physical, motor, cognitive, character, social, and emotional development.
- Analyze strategies for promoting physical, motor, cognitive, character, social, and emotional growth and development in infancy and childhood.
- Analyze the influence of media and technology on infant and child development.
- Apply knowledge of the effects of gender, ethnicity, and culture on individual development.
- Apply knowledge of types of special needs, the effects of various disabilities and impairments on child development, and strategies for caring for children with special needs.

**FIELD 009: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

Competency 0002

Apply knowledge of the physical care and safety of children.

The following topics are examples of content that may be covered under this competency.

- Apply knowledge of types, causes, and symptoms of common childhood illnesses and risk factors associated with specific health problems (e.g., lead paint, poor diet, physical inactivity).
- Demonstrate understanding of causes of common childhood accidents and health emergencies, ways to prevent accidents, and basic first-aid procedures.
- Apply knowledge of care and safety guidelines for infants, toddlers, and preschool and school-age children.
- Apply knowledge of types and characteristics of high-quality child care and federal and state regulations related to caregivers and childcare facilities.
- Demonstrate understanding of types of crises affecting children (e.g., natural disaster, family change) and strategies for managing crises.
- Analyze risk factors and recognize causes, signs, and effects of child maltreatment and abuse (e.g., physical, sexual, social, emotional).
- Demonstrate knowledge of types and characteristics of agencies, programs, and community resources that provide aid to children and families in crisis.

**FIELD 009: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

Competency 0003

Apply knowledge of characteristics and stages of adolescent development, adulthood, and the aging process.

The following topics are examples of content that may be covered under this competency.

- Apply knowledge of characteristics and stages of physical, motor, cognitive, character, social, and emotional development during adolescence and adulthood and factors that can affect physical, mental, and emotional well-being.
- Analyze the influence of media and technology on adolescent and adult development and the aging process.
- Demonstrate knowledge of the development of human sexuality, effects of peer pressure on sexual development, and factors that influence adolescent sexuality and pregnancy.
- Apply knowledge of strategies for promoting physical, motor, cognitive, character, social, and emotional growth and development during adolescence and adulthood.
- Recognize the effects of heredity and environment on an individual's needs, roles, and goals throughout adolescence and adulthood.
- Apply knowledge of procedures for evaluating and maintaining personal health and techniques for preventing or managing stress.
- Apply knowledge of characteristics and stages of aging; physical, motor, cognitive, character, social, and emotional factors related to the aging process; attitudes and myths about aging; and resources and facilities that help adults maintain independence throughout the life span.
- Recognize the effects the stages of grief have on individuals dealing with death and dying.

**FIELD 009: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

SUBAREA II— FOOD SCIENCE, NUTRITION, AND WELLNESS

Competency 0004

Apply knowledge of nutritional requirements and basic principles of food science and nutrition across the life span.

The following topics are examples of content that may be covered under this competency.

- Apply knowledge of the components of a healthy diet and nutritional requirements for individuals at various stages throughout the life span.
- Apply knowledge of government-approved guidelines for nutrition (e.g., U.S. Department of Agriculture [USDA], Food and Drug Administration [FDA]) and reputable sources of information on food, nutrition, and health issues.
- Demonstrate understanding of sources and functions of nutrients, factors that affect the nutritional value of foods, and basic chemical properties of major food components (e.g., proteins, carbohydrates, lipids).
- Analyze the role of nutrition in disease prevention; the causes, characteristics, and effects of nutritional deficiencies; and health risks and benefits associated with various food and lifestyle choices.
- Demonstrate knowledge of factors that influence food choices and eating habits (e.g., customs, advertising, geography).
- Apply knowledge of principles and strategies for establishing and maintaining healthy eating and wellness practices.
- Demonstrate knowledge of information required on food labels and packaging and strategies for analyzing nutrition information on food labels.
- Apply knowledge of global concerns related to food and nutrition (e.g., sustainability, political environment, distribution) and how to address these concerns.

**FIELD 009: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

Competency 0005

Apply knowledge of principles of kitchen and food safety and sanitation in home, commercial, and institutional kitchen settings.

The following topics are examples of content that may be covered under this competency.

- Apply knowledge of kitchen safety hazards, safety precautions, and emergency procedures for basic first aid.
- Apply knowledge of guidelines for maintaining safety and sanitation in home, commercial, and institutional kitchen settings.
- Apply knowledge of food-borne illnesses and their causes, and food storage and handling procedures that prevent contamination and food-borne illness and disease.
- Analyze the role of federal, state, and local agencies involved in food safety and sanitation and types of state regulations relating to food service inspection and certification.

Competency 0006

Apply knowledge of food preparation and meal and menu planning in home, commercial, and institutional kitchen settings.

The following topics are examples of content that may be covered under this competency.

- Demonstrate knowledge of food preparation tools and techniques used in the preparation of foods in home, commercial, and institutional kitchen settings and from various countries and cultures.
- Analyze factors that affect meal and menu planning (e.g., nutritional, social, cultural, economic, psychological, physical, family, sensory, technological).
- Apply knowledge of types of food products; criteria for selecting various forms of food products; and ways to conserve time and money in purchasing food products.
- Analyze the influence of science and technology on nutrition and food preparation as they relate to current trends.
- Apply knowledge of food science principles and techniques for using recipes (e.g., purposes of ingredients and substitutions, terms and units of measurement, principles for modifying a recipe).
- Apply knowledge of quantity meal planning and food preparation (e.g., budgeting, calculations, recipe yields).

**FIELD 009: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

SUBAREA III—CONSUMER ECONOMICS AND PERSONAL RESOURCE MANAGEMENT

Competency 0007

Apply knowledge of consumer skills and resource management throughout the life span.

The following topics are examples of content that may be covered under this competency.

- Demonstrate knowledge of rights and responsibilities of consumers in various purchasing situations (e.g., rights in relation to product and service warranties and guarantees).
- Demonstrate understanding of the role of federal and state agencies, commissions, and legislation in protecting consumers, and ways in which state, local, and private agencies and groups advocate for consumers.
- Recognize types and characteristics of consumer fraud and deception, and principles and procedures for seeking redress or registering consumer complaints.
- Analyze advertising techniques and the influence and effects of various types of advertising on purchasing and resource management decisions.
- Apply knowledge of personal and family resources (e.g., time, abilities, energy) and factors affecting them (e.g., technological advances, economic factors).
- Analyze principles and methods for the responsible use of resources, and recycling and conserving nonrenewable energy resources in the home.
- Analyze factors and procedures used in making major purchases (e.g., using comparison-shopping and negotiation skills, interpreting product labels or terminology in contracts).

**FIELD 009: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

Competency 0008

Apply knowledge of the basic principles of personal financial literacy.

The following topics are examples of content that may be covered under this competency.

- Apply knowledge of steps and considerations in planning and maintaining a personal or family budget, managing money, and creating and maintaining financial records across the life span.
- Demonstrate understanding of types of credit and their characteristics, procedures for obtaining credit, factors that affect eligibility for credit, and legal rights and protections in relation to credit.
- Apply knowledge of terms related to insurance, types of insurance coverage, and appropriate insurance choices for various situations.
- Analyze types of savings and investment vehicles (e.g., individual retirement account [IRA], 401[k], certificate of deposit, mutual fund, annuity, money market fund), risks and benefits associated with various investment options, and savings and investment strategies appropriate for various financial goals.
- Apply knowledge of decision-making and goal-setting skills and procedures for managing personal and family resources.
- Demonstrate understanding of the impacts of gambling and charitable giving.

**FIELD 009: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

SUBAREA IV—APPAREL, TEXTILES, HOUSING, AND INTERIOR DESIGN

Competency 0009

Apply knowledge of apparel assembly and design, fashion, and textiles.

The following topics are examples of content that may be covered under this competency.

- Apply knowledge of wardrobe planning and consumer skills, rights, and responsibilities in selecting and purchasing apparel.
- Demonstrate knowledge of mandatory and voluntary information on clothing labels and tags, procedures for the care of various types of fabrics and apparel, and guidelines for the maintenance and storage of apparel in various situations.
- Apply knowledge of types of apparel assembly equipment and supplies and their functions and applications.
- Analyze procedures for selecting, altering, and using patterns and the steps and procedures used in the assembly of quality apparel.
- Apply knowledge of characteristics of fit and principles and procedures for altering, maintaining, and repairing garments.
- Apply knowledge of principles and techniques of apparel assembly.
- Analyze the best-suited fabrics for specific garments.
- Analyze characteristics of natural and synthetic fibers; types and sources of fibers appropriate for various purposes; and types and uses of woven, nonwoven, knitted, and layered fabrics.
- Demonstrate understanding of elements and principles of design as applied to fashion and apparel.
- Analyze factors that influence the merchandising of textiles and fashion products, and the use of marketing research and forecasting in the fashion industry.

**FIELD 009: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

Competency 0010

Apply knowledge of housing and interior design.

The following topics are examples of content that may be covered under this competency.

- Apply knowledge of housing trends and issues and factors that affect the consideration, selection, construction, and maintenance of housing and interiors.
- Analyze factors related to space planning, interior design, and floor plans in terms of safety and efficiency for activity zones, traffic patterns, storage systems, and green design.
- Demonstrate understanding of elements and principles of design as applied to housing, interiors, and the role of design in meeting individual, family, and group housing needs.
- Analyze factors (e.g., lifestyle, stage in the family cycle, special needs) that affect housing needs and influence the choice of a living environment.
- Apply knowledge of aesthetic and functional design principles and considerations in planning and arranging interior spaces.
- Apply knowledge of principles, techniques, and issues related to remodeling or changing living environments and ways to adapt living environments to meet particular needs.

**FIELD 009: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

SUBAREA V—HOSPITALITY, TOURISM, AND RECREATION

Competency 0011

Apply knowledge of concepts and skills required for careers within the hospitality and tourism industries.

The following topics are examples of content that may be covered under this competency.

- Analyze the influence of hospitality and tourism on the global, national, state, and local economies.
- Explain the history and trends of the hospitality and tourism industries.
- Analyze types of hospitality and tourism opportunities.
- Demonstrate management of tourism or recreational events designed to promote wellness or designed for specific age groups or specific populations.
- Apply knowledge of the roles, functions, opportunities for employment, and education and training requirements for careers within the hospitality and tourism industries.
- Analyze factors of quality customer service and the influence of customer service on the success of the hospitality and tourism industries (e.g., employee behaviors, resolution of complaints, working with the needs of specific populations).
- Apply knowledge of procedures for ensuring the safety of guests or customers (e.g., evacuation plans, emergency procedures).

Competency 0012

Apply knowledge of skills and practices required for careers within the travel and lodging industries.

The following topics are examples of content that may be covered under this competency.

- Analyze the influence of the geography, climate, cultural customs, and cuisine of a region or country on decisions about travel and tourism.
- Demonstrate knowledge of business skills required within lodging occupations (e.g., front desk, office, and customer service skills; cash handling, basic accounting, and financial transactions).
- Apply planning and management skills required for large events related to the lodging industry such as conventions, meetings, and banquet functions.
- Apply knowledge of facility management, maintenance, and service skills required in the lodging industry.

**FIELD 009: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

SUBAREA VI—INTERPERSONAL AND FAMILY RELATIONSHIPS

Competency 0013

Apply knowledge of pregnancy and childbirth, parenthood, and the roles and responsibilities of parents/guardians.

The following topics are examples of content that may be covered under this competency.

- Demonstrate knowledge of types and characteristics of various methods of birth control; stages and physical changes that occur during pregnancy and childbirth; and the effects of various factors on prenatal, perinatal, and postnatal health.
- Analyze ways in which life choices are related to parenting and factors that affect decisions about whether and when to have children.
- Apply knowledge of ways to prepare for parenthood and the responsibilities of parenthood.
- Apply knowledge of methods for guiding children's behavior, promoting responsible and independent behavior, and fostering a child's positive self-concept.
- Apply knowledge of developmentally appropriate strategies and parenting practices for promoting children's physical, motor, cognitive, character, social, and emotional development and well-being at various stages of development.
- Demonstrate understanding of the rights, roles, legal and ethical obligations, and responsibilities of parenting and caregiving across the life span.
- Apply knowledge of strategies for promoting and maintaining a healthy environment for children, including health care, hygienic needs, disease and accident prevention, basic first aid, and emergency planning.

**FIELD 009: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

Competency 0014

Apply knowledge of families and family well-being.

The following topics are examples of content that may be covered under this competency.

- Demonstrate knowledge of types of families and family structures, roles and responsibilities of family members, and the functions of families in society.
- Analyze the changing needs of family members throughout the life span relative to public policies and social, cultural, and economic factors that affect families and family well-being.
- Analyze the effects of conflicts, crises, changes, and transitions on family well-being and identify community, private, and government resources and services available to assist families in need.
- Apply knowledge of characteristics of healthy families and skills and strategies for managing change and crisis.
- Demonstrate understanding of the interrelatedness of personal, family, work, and community roles and responsibilities and strategies for balancing work and family.

Competency 0015

Apply understanding of interpersonal relationships.

The following topics are examples of content that may be covered under this competency.

- Apply knowledge of characteristics of healthy interpersonal relationships and the formation of respectful and caring relationships in the family, workplace, and community.
- Analyze ways in which various factors affect interpersonal relationships in adulthood, and personal, social, and cultural influences on interpersonal communication and relationships.
- Analyze characteristics and components of effective interpersonal communication, including verbal and nonverbal behaviors and attitudes, listening and feedback techniques, and applications of technology.
- Apply knowledge of effective techniques and strategies for decision making, problem solving, conflict resolution, and crisis management within the family, workplace, and community settings.
- Demonstrate understanding of sexually transmitted infections (STIs), including methods of transmission, preventive measures, symptoms, and treatments.

**FIELD 009: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

SUBAREA VII—CAREER AND LEADERSHIP SKILLS

Competency 0016

Apply knowledge of career options related to family and consumer sciences and developing students' career and leadership skills.

The following topics are examples of content that may be covered under this competency.

- Analyze various types of career opportunities, factors to consider when investigating and evaluating careers, and resources for conducting career research.
- Apply knowledge of training requirements, skills, and aptitudes for careers in occupations related to family and consumer sciences.
- Demonstrate knowledge of considerations and procedures in establishing achievable goals related to career success (e.g., identifying strengths and preferences, seeking career growth opportunities, assuming leadership responsibilities).
- Demonstrate knowledge of the role of career and technology student organizations and activities in developing student professionalism and leadership traits (e.g., Family, Career and Community Leaders of America [FCCLA]).
- Analyze methods for encouraging and supporting student organizations and activities (e.g., advising, supervising, instructing, recognizing student achievements).
- Apply knowledge of strategies for developing educational partnerships with business and industry and the benefits of these partnerships.
- Apply knowledge of skills for maintaining effective communication with business and industry partners regarding program goals and activities.

**FIELD 009: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

Competency 0017

Apply knowledge of processes and skills for seeking and retaining employment and developing employability and workplace skills, behaviors, and responsibilities.

The following topics are examples of content that may be covered under this competency.

- Apply knowledge of steps in searching for a job and factors affecting the success of a job search (e.g., personal appearance and demeanor, researching employment opportunities, résumé quality, performance on employment tests).
- Examine skills and procedures for applying and interviewing for a job (e.g., writing an effective letter of application, completing application forms, communicating effectively during an interview).
- Apply knowledge of types of technology used in the workplace and their uses and significance.
- Analyze characteristics of professionalism (e.g., flexibility, initiative, cooperation, teamwork) and elements of a positive work attitude.
- Apply knowledge of principles of effective communication, work etiquette, teamwork and interpersonal skills, and techniques for handling stress or conflict in the workplace.
- Demonstrate understanding of individual rights and responsibilities in relation to employment (e.g., protection from harassment and discrimination, employer's performance expectations).

SUBAREA VIII—PEDAGOGICAL CONTENT KNOWLEDGE

Competency 0018

Analyze lesson plans for family and consumer sciences, including student work or assessment data, and describe subsequent activities that address student needs that are evident from your analysis.

The following topics are examples of content that may be covered under this competency.

- Apply knowledge of standards-based learning goals for family and consumer sciences content.
- Explain how specific instructional strategies and activities promote student learning in family and consumer sciences.
- Analyze assessment results of student learning or samples of student work for a family and consumer sciences lesson.
- Describe how this analysis of assessment data or student work can be used to inform future instruction in this content area of family and consumer sciences.