

# FAMILY AND CONSUMER SCIENCES COURSE DESCRIPTIONS

## COMPREHENSIVE COURSES:

### Family and Consumer Science:

Grade Level 8 = Course Code 399070 (**Prior Approval Required, Student cannot repeat in Grades 9-12.**)

Grade Level 9-12 = Course Code 493080

1 Unit = Year Long (each)

**Course Description:** Family and Consumer Science is designed to provide students with basic information and skills needed to function effectively within the family and within a changing, complex society. Emphasis is given to the development of competencies related to Family, Career, and Community Leaders of America; individual and family relationships; housing and interior design; wardrobe planning and selection; garment care and construction; the physical, emotional, social and intellectual development of children; nutrition and food selection; healthy lifestyle choices; meal planning, preparation and service; home management; money management; the application of current technology in the home and workplace. Upon completion of this course, the student should have developed life skills that promote a positive influence on the quality of life.

### Family Dynamics:

Grade Level 9-12 = 493100

1 Unit = Year Long

**Course Description:** Family Dynamics focuses on the role of the family in helping individuals reach their highest potential by addressing concerns of the community and global society through national FCCLA programs. Emphasis is given to dynamics of family life, individual development, life relationships, responsible parenting, crisis management, resource management, civic responsibility, healthy living, housing decisions, career planning, and trends affecting families. Upon completion of this course, the student should have an understanding of the impact of the family on an individual's ability to function successfully in an increasingly complex society.

## SEMESTER COURSES:

### Child Development:

Grade Level 9-12 = 493020

½ Unit = Semester Long

**Course Description:** Child Development focuses on skills needed to guide the physical, intellectual, emotional, and social development of children. Emphasis is given to the development of competencies related to the study of children, pregnancy and prenatal development, birth and the newborn, types of growth and development, stages of growth and development, rights and responsibilities of parents and children, needs of children, factors influencing the behavior of children, selection of child-care services, health and safety of children, children with special needs, coping with crises, the effects of technology on child development, and careers related to the area of child development. Upon completion of this course, the student should be prepared to care for and guide the development of a child through all stages of growth—within a family, as a child-care professional, or in other experiences with children.

### **Clothing Management**

Grade Level 9-12 = 493030

½ Unit = Semester Long

**Course Description:** Experiences in the Clothing Management course are designed to assist students in developing skills necessary for management of individual and family wardrobes, for decision making as a clothing consumer, and for understanding the role of the clothing and textile industry in the economy. Emphasis is given to the development of competencies related to clothing selection; clothing needs of family members; wardrobe planning; clothing care; characteristics of natural and synthetic fibers; types of fabrics and fabric finishes; laws and regulations related to the clothing and textiles industry; use and care of basic sewing supplies and equipment; fabric selection; clothing construction techniques; jobs and careers in clothing and textiles; computer use in clothing and textiles; and effects of technology on the clothing and textiles industry. Upon completion of this course, a student should be able to provide and maintain personal/family wardrobes to meet the needs of individuals. In addition, the student should acquire skills needed for clothing and textiles occupations and develop a knowledge of the impact of technology on the clothing and textiles industry.

### **Exploring Personal Finance**

Grade Levels 7-8 = 399260

½ Unit = Semester Long

**Course Description:** This course is designed to introduce students to the knowledge and skills required for managing their personal and family financial resources. Students learn to manage resources through hands-on applications that are relevant to their lives. Projects will require students to use academic skills in language arts, math, social sciences, and science. Emphasis is given to the development of competencies related to values, needs, and wants, goals and decision making, career exploration, understanding paychecks, spending plans, savings, electronic banking and credit, financial institutions, and checking accounts.

### **Family CSI (Consumer Sciences Investigation):**

Grade Level 7-8 = 399080

½ Unit = Semester Long

**Course Description:** Family and Work Connections is a one semester course where emphasis is placed on introductory competencies related to personal development, relationships, home environment, nutrition and wellness, resource management, child development, and clothing. Upon the completion of this course, the student should have attained the essential skills that will enable them to function effectively as a family member, community leader, and productive citizen.

### **Food and Nutrition:**

Grade Level 9-12 = 493110

½ Unit = Semester Long

**Course Description:** Experiences in the Food and Nutrition course focus on the development of skills needed to select, prepare, and serve food which meets nutritional needs of individuals and families. Emphasis in this course is given to the development of competencies related to nutrition, weight control, the food consumer, the effect of technology on food and nutrition, kitchen organization and equipment, safety and sanitation, menu planning, serving and eating food, food preparation, eating away from home, and jobs and career opportunities in the field of food and nutrition. Upon completion of this course, students should be able to apply sound nutritional practices which will have a positive effect on their health.

**Food Science:**

Grade Level 11-12 = 493130

½ Unit = Semester Long

**Additional training and equipment required prior to implementation.**

**Course Description:** Experiences in Food Science semester course focus on the scientific method to study the various relationships between food science, nutrition, and food preparation. Laboratory skills developed in measuring, recording, and analyzing data are used to explore these relationships. Experimental methods are employed to analyze food mixtures, food microbiology, food preservations, and complex food systems. Due to the expanding field of food science, students are given insight into career possibilities with the education and training needed, as well as up-to-date information regarding technological advances and future trends in food preparation, preservation, evaluation, and utilization of food.

**Housing and Interior Design:**

Grade Level 9-12 = 493140

½ Unit = Semester Long

**Course Description:** Housing and Interior Design focuses on personal and family housing needs, options for meeting those needs, and the role of the housing industry in the economy. Emphasis is given to the development of competencies related to housing needs of the individual and family; housing options; trends in housing; financial and legal commitments related to housing; home construction; art principles as applied to housing and interiors; selection, care, and arrangement of home furnishing and appliances; energy conservation; jobs and career opportunities in housing and interior design; and the effect of technology on housing. Upon completion of the course, a student should be prepared to make wise decisions in obtaining and maintaining personal and family shelter.

**Human Relations:**

Grade Level 9-12 = 493150

½ Unit = Semester Long

**Course Description:** Human Relations focuses on the development of skills needed in order to build and maintain successful relationships in the home, community, and workplace. Emphasis is given to the development of competencies related to personality development, decision-making, communication, relationships outside the family, relationships within the family, and careers in the field of human relations. Upon completion of this course, the student should have a better understanding of self; know how to communicate effectively; and be able to establish and maintain effective relationships with family members, peers, and others.

**Leadership & Service Learning:**

Grade Level 7-8 = 399090

Grade Level 9-12 = 493160

½ Unit = Semester Long

**Additional training and equipment required prior to implementation.**

**Course Description:** Leadership and Service Learning emphasis the importance of volunteerism, professionalism, and leadership skills in the development of personal qualities. This course focuses on the benefits of community service, leadership roles, and civic responsibilities. Students are encouraged to explore areas of critical and creative thinking, responsibility, and cultural awareness as they relate to character development. Current technology is used to enhance communication skills and promote professionalism. In addition, academic skills such as math and science are reinforced.

**Personal and Family Finance:**

Grade Level 9-12 = 493190

½ Unit = Semester Long

**Course Description:** This course is designed to increase financial literacy among high school students and prepare them to successfully manage their personal and family financial resources. Students learn to manage resources through hands-on applications that are relevant to their lives. Examples include employment related forms, spending plans, cost analyses, comparison shopping, individual and family scenarios, and the use of FCCLA Financial Fitness projects. Emphasis is given to the development of competencies related to life goals and decisions, preparing to earn, understanding your paycheck, financial planning and banking, insurance, credit, consumer skills, and housing and transportation costs. Upon successful completion of this course, students will have the ability to handle financial responsibilities effectively now and in their future.

**Nutrition and Wellness:**

Grade Level 9-12 = 493200

½ Unit = Semester Long

**Additional training and equipment required prior to implementation.**

**Course Description:** Nutrition and Wellness enables students to analyze the interaction of nutrition, foods, and fitness for overall wellness of individuals and families throughout the lifespan. In this course students will develop nutrition and fitness habits to make wise decisions regarding healthy living and prevention of disease through these practices. As active learners, students develop higher order thinking skills and academic skills in the areas of math, science, language arts and social studies through the evaluation of relevant nutrition and wellness information. This course is recommended for all students regardless of their career cluster or pathway, in order to build basic nutrition and wellness knowledge and skills, and is especially appropriate for students with interest in human services, wellness/fitness, health, or food and nutrition-related career pathways.

**Parenting:**

Grade Level 9-12 = 493210

½ Unit = Semester Long

**Course Description:** Experiences in the Parenting course are designed to assist students in developing an understanding of the parenting process and of parenting skills. Competencies developed in this course will be useful to anyone who lives with, associates with, or works with children. Emphasis in this course is given to the development of competencies related to the parenthood decision, costs of having and raising a child, child growth and development, effects of heredity and environment on development, rights and responsibilities of parents and children, providing nurturance, guidance techniques for promoting positive behavior, prevention of child abuse and neglect, promoting health and safety of children, caring for the sick or injured child, parenting a “special needs” child, helping children cope with crises, choosing professionals to help with parenting problems, selection of child-care services, jobs and careers related to parenting, and effects of technology on careers related to parenting. Upon completion of this course, a student should possess skills necessary to provide quality care for children—as a parent, as one employed to care for children, or as one who interacts with children in other settings.

**OCCUPATIONAL SPECIFIC COURSES: (An application to Expand a Program of Study must be submitted the school year prior to implementation of these courses.)**

**Child Care and Guidance Management and Services:**

Grade Level 10-12 = 493010

1 Unit = Year Long

**Course Description:** Experiences in this course are designed to provide students with information and experiences in the occupational field of child care guidance and guidance management and services. Employment opportunities include child care and guidance, foster care/family day care, and teacher assistants. Emphasis in this course is given to development of competencies related to FCCLA, employability, understanding the child care profession, child development, health and safety of children, guiding children's behavior, guiding special needs children, planning and management of a child care program and facility, and the effect of technology in child care and guidance management and services. Upon successful completion of this course, students will receive state certification as child care teacher, child care assistant, or child care aide. The level of certification depends on the number of FACS courses taken in the child care program of study. A minimum of 40 hours of hands-on laboratory experience in a child care facility is also required for certification. This course will help interested students pursue the Child Development Associate Credential (CDA).

**Consumer Services (Pilot Development 2009/2010)**

Grade Levels 11-12 =

1 Unit = Year Long

**Course Description:** Consumer Services is a project based course that introduces applications within the consumer service industry. Students will obtain a broad-based knowledge in consumer products and industry equipment. Upon completion of the course students will be able to obtain and maintain a profession in consumer services, demonstrate product/equipment features and associated uses, read and understand current research information to include in presentations to consumers, and recognize and apply current ethical and legal practices in consumer services. Course content includes using technology to manage different aspects of consumer services to meet consumer expectations and to utilize consumer information and resources.

**Customer Relations (Pilot Development 2009/2010)**

Grade Levels 11-12 =

½ Unit = Semester Long

**Course Description:** Through the use of technology, students will learn to evaluate information that will attract and retain customers, provide customer satisfaction, and apply principles and processes to meet customers' expectations. Students will learn to use business procedures to produce successful customer interactions and business outcomes. Emphasis will be placed on examining the uses of various types of communication skills, preparing policies and procedures and explaining processes for managing customer relations. Key ethical procedures that protect customers and company interests will be stressed. The opportunity to obtain industry certification will be offered to all students.

**Introduction to Culinary Arts**

Grade Level 9-12 = 493250

½ Unit = Semester Long

**Course Description:** Introduction to Culinary Arts is a semester course designed to introduce students to the culinary arts profession. Emphasis in this course is given to the development of basic competencies related to the culinary arts profession, basic menus and recipes, standardization and kitchen procedures. Upon completion of this course, students will be introduced to skills needed for employability, customer relations, menu planning, recipe use, weights and measures, conversions, budgeting, safety and sanitation, organizing for efficiency and lab procedures.

### **Culinary Arts I**

Grade Level 10-12 = 493250

1 Unit = Year Long

**Course Description:** Culinary Arts I is a year course designed to expand students' knowledge in the culinary arts profession. Emphasis in this course is given to the study of kitchen staples, principals of cooking, soups, stocks and sauces, dairy products, eggs, fruit and vegetables, grains and pasta cookery, meat cookery and principles of baking. Upon completion of this course, students should have attained basic skills needed for entry level employment in the food service industry, customer relations, purchasing and storage of foods, cooking techniques and principles of baking.

### **Culinary Arts II**

Grade Level 10-12 = 493250

1 Unit = Year Long

**Course Description:** Culinary Arts II is a year course designed to expand students' knowledge in the culinary arts profession. Emphasis in this course is given to the study of sauces, garde-manger, advanced meat preparation, advanced poultry preparation, fish and shellfish, candy making, chocolate, advanced baking and pastries, plating, presentation and garnishing, and career opportunities. Upon completion of this course, students should have attained basic skills needed for employment in the food service industry or further education in the culinary arts.

### **Facilities Management, Maintenance and Services**

Lodging Management I Grade Level 11-12 = 493170

Lodging Management II Grade Level 11-12 = 493180

1 Unit = Year Long

**Course Description:** Lodging Management Program, a School-to-Career initiative prepares student for the adult working world, offering on-the-job experiences before graduation. This two-year industry-based course prepares students with motivating learning activities to increase students' interest in and understanding of the hotel/resort field. The focus is on industry orientation, careers, guest relations, professionalism, organization of hotels, reservations, the front office, housekeeping, and security/safety. Students, after completion of Lodging Management I and Lodging Management II, and 400 hours of hospitality internship related work experience, can receive national HBA/Lodging Management Certification after passing a national lodging management exam.

### **Food Production, Management and Services:**

Grade Level 10-12 = 493120

1 Unit = Year Long

**Course Description:** Experiences in this course are designed to help students become aware of career opportunities and competencies required in the occupational area of food production, management, and services. Emphasis in this course is given to the development of competencies related to employability; technology in food production, management, and services; sanitation and safety; nutrition as related to food service; serving of food; purchasing, receiving, and storing of food supplies; production and management of food; use, care, and storage of large and small commercial food service equipment; menu planning; and modified diets. Upon completion of this course, a student should have gained entry-level skills needed for employment in institutional, commercial, or self-owned food establishments; have identified areas of special interest related to food service; and have developed skills required for obtaining and maintaining employment.

**Orientation to Teaching:**

Grade Level 10-12 = 493240

1 Unit = Year Long

**Course Description:** Orientation to Teaching is a course designed to provide students with information and experiences in the field of education. Students from the class plan and direct individualized instruction and group activities, prepare instructional materials, assist with record keeping, make physical arrangements and complete other responsibilities of classroom teachers. The students are involved in observations as well as direct student instruction; placement rotations are utilized to allow students to have experiences in a full range of education career roles, grade levels, subject areas, and ability groups. Upon completion of the course, a student should have identified areas of special interest that may be pursued further, have a better understanding of the teaching profession, and have enhanced employability skills which will be of benefit regardless of the occupation or career in which employed.

**PROSTART**

ProStart I Grade Level 11-12 = 493320

ProStart II Grade Level 11-12 = 493230

1 Unit = Year Long (each)

**Additional training and equipment required prior to implementation.**

**Course Description:** ProStart is a School-to-Career initiative that prepares students for the adult working world by offering on-the-job experience before graduation. This two-year industry-based course prepares students for careers in the restaurant and foodservice industry. Students gain valuable restaurant and foodservice skills through their academic and workplace experiences. Students who complete ProStart I, ProStart II and 400 hours of hospitality related work experience, are eligible to take the national ProStart exam, and if passed, receive national HBA/ProStart certification.