**FAMILY AND CONSUMER SCIENCES DEPARTMENT (FACS)**

\* FACS courses from which students may choose three to fulfill the required Health and Wellness credit. A project-based approach that utilizes higher order thinking, communication, leadership, management processes and technology applications will be used in order to develop a full understanding and mastery of class content.

**5394 \*Preparing for College and Careers (PCC)**

Preparing for College and Careersaddresses the knowledge, skills, and behaviors all students need to be prepared for success in college, career, and life. The focus of the course is the impact of today’s choices on tomorrow’s possibilities. Topics to be addressed include twenty-first century life and career skills; higher order thinking, exploration of personal aptitudes, interests, values, and goals; examining multiple life roles and responsibilities as individuals and family members; planning and building employability skills; transferring school skills to life and work; and managing personal resources. This course includes reviewing the 16 national career clusters and Indiana's College and Career Pathways, in-depth investigation of one or more careers, reviewing graduation plans, developing career plans, and developing personal and career portfolios.

•Recommended Grade Level: Grade 9

•Recommended Prerequisites: None

•Credits: A one-credit course over one semester

•This course is a RHS required credit.

**5364 \*Interpersonal Communications**

Interpersonal Communicationsaddresses the knowledge, skills, attitudes and behaviors all students need to participate in positive, caring, and respectful relationships in the family and with individuals at school, in the community, and in the workplace. Topics include self-analysis; personality and goal setting; components of healthy relationships, roles and responsibilities in relationships; functions and expectations of various relationships; ethics in relationships; factors that impact relationships; building self-esteem and self-image through healthy relationships; communications styles; techniques for effective communication, leadership and teamwork; individual and group goal setting and decision making; preventing and managing stress and conflict; addressing violence and abuse; and related resources, services and agencies. Applications through authentic settings such as volunteer experiences, internships, and service learning may be used. This course is recommended for all students regardless of their career cluster or pathway to build solid communication skills.

•Recommended Grade Levels: 9, 10, 11, 12

•Recommended Prerequisites: None

•Credits: One-semester one credit course

•Counts as a Directed Elective

**5362 \*Child Development**

Child Development addresses the knowledge, skills, attitudes, and behaviors associated with supporting and promoting optimal growth and development of infants and children. The focus is on research-based nurturing and parenting practices and skills, including brain development research, that support positive development of children. Topics include consideration of the roles, responsibilities and challenges of parenthood; human sexuality; adolescent pregnancy; prenatal development; preparation for birth; the birth process; meeting the many growth and developmental needs of infants and children; impacts of heredity, environment, and family and societal crisis on development of the child; meeting children's needs for food, clothing, shelter, and care giving; caring for children with special needs; parental resources, services, and agencies; and career awareness. Applications through authentic settings such as volunteer experiences, internships, and service learning may be used. This course is recommended for all students regardless of their career cluster or pathway to build basic parenting skills and is especially appropriate for students with interest in human services and education-related careers.

•Recommended Grade Levels: 10, 11, 12

•Recommended Prerequisites: None

•Credits: One-semester one credit course

•Counts as a Directed Elective

**5342 \*Nutrition and Wellness**

Nutrition and Wellnessenables students to realize the components and lifelong benefits of sound nutrition and wellness practices and empowers them to apply these principles in their everyday lives. Topics include impact of daily nutrition and wellness practices on long-term health and wellness; physical, social, and psychological aspects of healthy nutrition and wellness choices; planning for wellness and fitness; selection and preparation of nutritious meals and snacks based on USDA Dietary Guidelines; safety, sanitation, storage, and recycling processes and issues associated with nutrition and wellness; impacts of science and technology on nutrition and wellness issues; and nutrition and wellness career paths. Laboratory experiences which emphasize both nutrition and wellness practices are required components of this course. 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.

•Recommended Grade Levels: 9, 10, 11, 12

•Recommended Prerequisites: None

•Credits: One-semester one credit course

•Counts as a Directed Elective

**5340 Advanced Nutrition and Wellness**

Advanced Nutrition and Wellnessis a sequential course that builds on concepts from Nutrition and Wellness. This course addresses more complex concepts in nutrition and foods, with emphasis on contemporary issues, or on advanced special topics such as International, Regional, and/or Cultural Foods; Food Science, Nutrition, or Dietetics; or with emphasis on a particular aspect of the food industry, such as Baking, Catering, or Entrepreneurial Endeavors. Topics include: In-depth study of daily nutrition and wellness throughout the life span; acquiring, organizing, and evaluating information about foods and nutrition; selecting and preparing nutritious meals; safety and sanitation in food production; meal planning and preparation for specific economic, psychological, and nutritional needs; community and world food concerns, including scarcity and hunger; advanced impacts of science and technology on nutrition, food, and related tools and equipment; exploring careers in nutrition and food industries. Laboratory experiences with advanced applications are required. School-based entrepreneurial enterprises, field-based observations/experiences or internships, and service learning activities may be used.

•Recommended Grade Levels: 9, 10, 11, 12

•Recommended Prerequisites: Nutrition and Wellness

•Credits: One-semester one credit course

**5330 \*Adult Roles and Responsibilities**

Adult Roles and Responsibilitiesbuilds knowledge skills, attitudes, and behaviors students will need as they prepare to take the next steps toward adulthood in today's ever-changing society. The focus is on becoming independent, contributing, and responsible participants in family, community, and career settings. Topics include personal financial management; living independently and family formation; analysis of personal standards, needs, aptitudes and goals; integration of family, community, and career responsibilities; consumer choices and decision making related to nutrition and wellness, clothing, housing, and transportation; relationship of technology and environmental issues to family and consumer resources; and community roles and responsibilities of families and individuals. Applications through authentic settings such as volunteer experiences, internships, and service learning will be used. This course is designed for upperclassmen and is recommended for all students in order to build skills needed for assuming the roles and responsibilities they will encounter as they prepare to complete high school and enter the adult world.

• Recommended Grade Levels: Grades 11, 12

• Recommended Prerequisites: None

• Credits: One-semester or two-semester course, one credit per semester

• Counts as a Directed Elective or Elective for the General, Core 40, Core 40 with Academic Honors and Core 40 with Technical Honors diplomas

# 5408 Education Professions I

Education Professions I provides the foundation for employment in education and related careers and prepares students for study in higher education. The course of study includes, but is not limited to: the teaching profession, the learner and the learning process, planning instruction, learning environment, and instructional and assessment strategies. Exploratory field experiences in classroom settings and career portfolios are required components. A standards-based plan guides the students’ field experiences. Students are monitored in their field experiences by the

Education Professionals I teacher.

•Recommended Grade Level: 11-12

•Recommended Prerequisites: Nutrition and Wellness, Child Development, and Interpersonal Relationships

•Credits: 1-3 credits per semester, 6 credits maximum

# 5404 Education Professions II

Education Professions II prepares students for employment in education and related careers and provides the foundation for study in higher education in these career areas. An active learning approach that utilizes higher order thinking, communication, leadership, and management processes is recommended in order to integrate suggested topics into the study of education and related careers. The course of study includes, but is not limited to: the teaching profession, the learner and the learning process, planning instruction, learning environment, and instructional and assessment strategies. Extensive field experiences in one or more classroom settings, resumes, and career portfolios are required components. A standards-based plan guides the students’ field experiences. Students are monitored in their field experiences by the Education Professions II teacher.

•Recommended Grade Level: 12

•Recommended Prerequisites: Education Professions I

•Credits1-3 credits per semester, 6 credits maximum

•This course is aligned with the Pre-Professional Assessment and Certification of the American

Association of Family and Consumer Sciences.