

# **Health and Wellness Human Services**

Mrs. Mary Martin  
BS Home Economics Education  
Certified Community Health Worker Instructor

# Health and Wellness Course Sequence

9<sup>th</sup> Principles of Human Services

10<sup>th</sup> Lifetime Nutrition and Wellness

11<sup>th</sup> Human Growth & Development

12<sup>th</sup> Career Preparation

# Course Description

## Principles of Human Services

Principles of Human Services is a laboratory course that will enable students to investigate careers in the Human Services Career Cluster, including counseling and mental health, early childhood development, family and community, personal care, and consumer services. Each student is expected to complete the knowledge and skills essential for success in high-skill, high-wage, or high-demand human services careers.

# Course Description

## Lifetime Nutrition and Wellness

Lifetime Nutrition and Wellness is a laboratory course that allows students to use principles of lifetime wellness and nutrition to help them make informed choices that promote wellness as well as pursue careers related to hospitality and tourism, education and training, human services, and health sciences.

# Course Description

## Human Growth and Development

Human Growth and Development is an examination of human development across the lifespan with emphasis on research, theoretical perspectives, and common physical, cognitive, emotional, and social developmental milestones.

The course covers material that is generally taught in a postsecondary, one-semester introductory course in developmental psychology or human development.

# Family Career and Community Leaders of America (FCCLA)

Family, Career and Community Leaders of America (FCCLA) is a national Career and Technical Student Organization (CTSO) for young men and women in Family and Consumer Sciences (FCS) education in public and private school through grade 12.

FCCLA offers intra-curricular resources and opportunities for students to pursue careers that support families. Since 1945, FCCLA members have been making a difference in their families, careers, and communities by addressing important personal, work, and societal issues through Family and Consumer Sciences education.



# Questions

Mrs. M. Martin

Weslaco High School

Family and Consumer Sciences Education

[mmartin@wisd.us](mailto:mmartin@wisd.us)

