

First Nine Weeks

Week(s)	Topics & Objectives	Standards
1	Unit 1 Personal and Consumer Health	<ul style="list-style-type: none"> • define health and wellness. • recognize correct hygiene habits. • practice decision making skills. • recognize the role of values in decision making. • identify the rights of consumers. • analyze the costs of health care. • determine reliable and valid sources of information. • identify the influences for decision making. NHES -2 NHES-3 NHES-6
2	Unit 2: Mental Health	<ul style="list-style-type: none"> • learn how mental health contributes to personality. • describe how the effects of stress influence mental health and the harmful effects of stress affect the body. • will be able to identify and describe symptoms of mental disorders. • be able to identify treatment centers where assistance can be provided. NHES-1
3	Unit 3: Family/Social Health	<ul style="list-style-type: none"> • use effective interpersonal skills with family, friends, and others. • communicate support for a healthy family. • effectively manage conflicts. • advocate improving the health of self and others • determine difficulties the family system may face. NHES-2
4	Unit 4: Human Growth and Development	<ul style="list-style-type: none"> • know how genetic traits are passed on from one generation to another. • explain the process of human reproduction from conception to birth. • identify the characteristics and tasks of adolescence, early adulthood, and late adulthood. NHES- 1 NHES- 4

5	Unit 5: Disease Prevention And Control	<ul style="list-style-type: none"> • identify types of common communicable diseases. • describe how to protect against various pathogens. • understand the function of the immune system. • identify common sexually transmitted diseases. <ul style="list-style-type: none"> • explain the prevention and treatment of sexually transmitted diseases. • describe the symptoms, mode of transmission, prevention, and treatment of HIV and AIDS. • identify the causes, transfer, and prevention of noncommunicable diseases. NHES-1 NHES-2 NHES-5
6	Unit 6: Nutrition And Fitness	<ul style="list-style-type: none"> • learn to make responsible food choices. • determine food sources for each of the six classes of nutrients and the function they play in the human body. • explain the path of food through the digestive systems. • evaluate meal plans by calculating caloric value. • identify diseases associated with poor nutrition. • explain the physical and psychological benefits of exercise. • identify the four parts of physical fitness and the two types of exercise. • develop skills needed to achieve lifetime fitness. NHES- 1 NHES- 6
7	Unit 7: Substance Abuse Prevention	<ul style="list-style-type: none"> • understand the effects of tobacco usage. • explain the short- and long-term effects alcohol has on individuals, their families, and society. • identify legal and illegal drugs. • explain the benefits of medicines and harmful effects of drugs. • describe the dangers associated with the use of inhalants. • demonstrate ways to help a friend dependent on drugs or inhalants. NHES- 7 NHES- 8

8	Unit 8: Community And Environmental Health	<ul style="list-style-type: none"> • identify community health-care agencies. • identify health-care careers. • describe the importance of family medical records. • describe the causes and effects of pollution. • identify how to keep air and water clean. • describe ways to conserve natural resources. • list organizations that protect the environment. • demonstrate decision-making skills to choose environmentally friendly products. <p>NHES- 1 NHES- 3 NHES- 4</p>
9	Unit 9: Safety And First Aid	<p>explain how to stay safe at home and school.</p> <ul style="list-style-type: none"> • develop safe habits. • describe how to avoid injuries. • explain how to stay safe during severe weather. • identify various weather emergencies and natural disasters. • explain universal precautions. • identify the steps to take in an emergency • assemble a first aid kit. • explain first aid treatments for common injuries. • recognize when to call for medical assistance. • explain different kinds of life-threatening emergencies. • identify the symptoms of shock. • explain how to help someone who is choking. <p>NHES- 1 NHES- 3</p>

Second Nine Weeks

Week(s)	Topics & Objectives	Standards
10	Unit 1: Orientation	<p>1. Describe local high school or career/technical center policies and procedures including dress code, attendance, academic requirements, discipline, lab rules and regulations, and transportation regulations. DOK1 FCS1, FCS2, FCS3, FCS4, DCS5, FCS7, FCS8, FCS9</p> <p>a. Give a brief overview of the course. Explain to students what Family Consumer Sciences (FCS) is, why it is important, and how it will be delivered.</p> <p>2. Explore leadership skills and personal development opportunities provided for students by student organizations including FCCLA. DOK1 FCS1, FCS2, FCS3, FCS4, DCS5, FCS7, FCS8, FCS9</p> <p>a. Demonstrate effective teambuilding and leadership skills.</p> <p>b. Practice appropriate work ethics.</p>
11	Unit 2: Developing Decision-Making Skills	<p>1. Apply decision-making process to personal financial decisions. DOK2, FCS1, FCS2, FCS3</p> <p>a. Find and evaluate financial information from a variety of sources.</p> <p>b. Summarize major consumer protection laws.</p> <p>c. Develop security precautions to protect personal information.</p> <p>2. Utilize available resources. DOK2, FCS1, FCS2, FCS3</p> <p>a. Distinguish between human and non-human resources.</p> <p>b. Discuss the relationship between resources and decision-making.</p>
12	Unit 3: Managing Personal Finances	<p>1. Critique the relationship between financial management and quality of life. DOK2, FCS1, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS12, FCS13, FCS16</p> <p>a. Identify how an individual's financial management affects the quality of his or her life and others.</p> <p>b. Apply decision-making skills and goal planning to financial management.</p> <p>2. Utilize banking services. DOK2, FCS1, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS12, FCS13, FCS16</p> <p>a. Identify the types of financial institutions.</p>

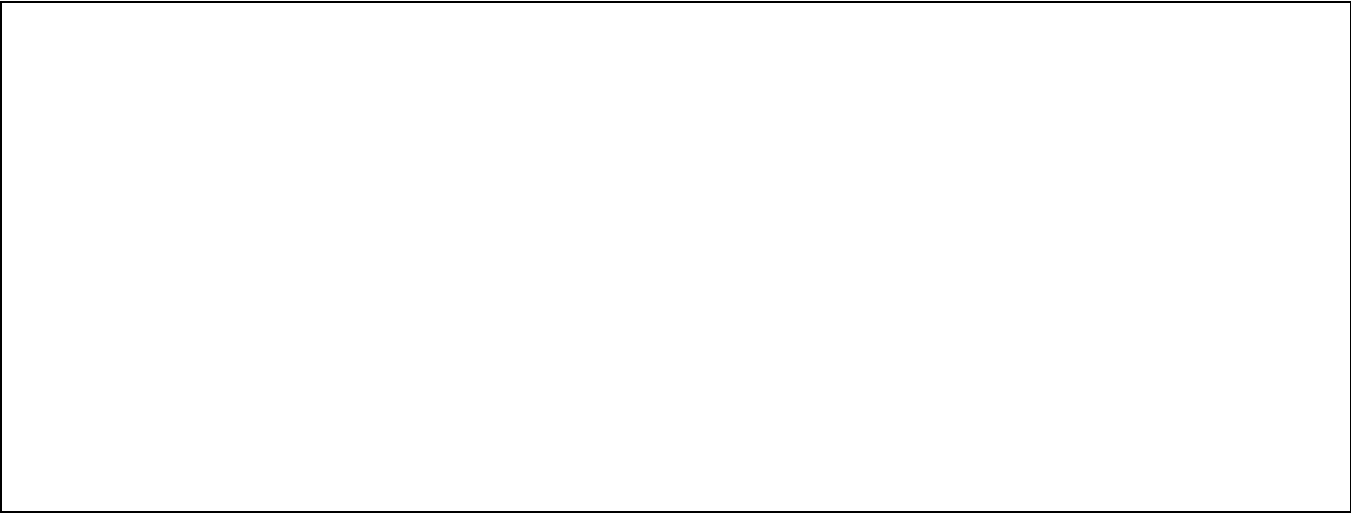
		<p>b. Describe types of services offered by financial institutions.</p> <p>c. Simulate banking procedures to include checking/debit, savings, online, etc.</p>
12	Unit 3 : Managing Personal Finances	<p>3. Employ a budget process to manage income and expenses. DOK2, FCS1, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS12, FCS13, FCS16</p> <p>a. List different sources of income.</p> <p>b. Interpret a paycheck, and explain deductions.</p> <p>c. Recognize categories of expenses.</p> <p>d. Distinguish between fixed and variable expenses.</p> <p>e. Define the need for a budget.</p> <p>f. Prepare a budget.</p> <p>g. Evaluate the effectiveness of a budget plan.</p> <p>4. Analyze effective use of credit. DOK2, FCS1, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS12, FCS13, FCS16</p> <p>a. Distinguish among various types of credit, identifying costs and benefits.</p> <p>b. Evaluate different sources of credit.</p> <p>c. Identify procedures for establishing and maintaining a good credit rating to include debt management and credit report review.</p> <p>d. Discuss interest rates.</p>
13	Unit 3 : Managing Personal Finances	<p>5. Analyze effective saving and investment practices. DOK2, FCS1, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS12, FCS13, FCS16</p>

		<ul style="list-style-type: none">a. Define a savings goal.b. Discuss how saving contributes to financial well-being.c. Compare and contrast various methods of savings and investing.d. Discuss how saving contributes to financial well-beinge. Explain how investing builds wealth and helps meet financial goalsf. Evaluate investment alternativesg. Describe how to buy and sell investments.h. Explain how taxes affect the rate of return on investments.i. Investigate how agencies that regulate financial markets protect investors.j. Discuss estate planning and inheritance. <p>6. Analyze appropriate types of insurance for protecting personal assets. DOK2, FCS1, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS12, FCS13, FCS16</p> <ul style="list-style-type: none">a. Distinguish among types of life insurance.b. Determine who needs life insurance coverage and the amount needed.c. List health insurance coverage plans.d. Identify basic types of automobile insurance coverage. <p>1. Identify a consumer's rights and responsibilities. DOK2, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS16</p> <ul style="list-style-type: none">a. Define the role of the consumer in the marketplace.
--	--	---

		<p>b. Define consumer choice, consumer rights, and consumer responsibilities.</p> <p>c. Define the role of the consumer in dealing with salespeople and merchants.</p> <p>d. Discuss simple contracts.</p> <p>2. Evaluate consumer information. DOK2, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS16</p> <p>a. Interpret product labels.</p> <p>b. Interpret product guarantees and warranties.</p> <p>c. Describe the impact of advertising.</p> <p>d. Evaluate advertising for truthfulness.</p> <p>e. Identify procedures for filing a consumer complaint including contesting an incorrect billing statement.</p> <p>f. Identify the protectors of the consumer; i.e., government, business and industry, and consumer organizations.</p>
15		<p>3. Employ a budget process to manage income and expenses. DOK2, FCS1, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS12, FCS13, FCS16</p> <p>a. List different sources of income.</p> <p>b. Interpret a paycheck, and explain deductions.</p> <p>c. Recognize categories of expenses.</p> <p>d. Distinguish between fixed and variable expenses.</p> <p>e. Define the need for a budget.</p> <p>f. Prepare a budget.</p> <p>g. Evaluate the effectiveness of a budget plan.</p> <p>4. Analyze effective use of credit. DOK2, FCS1, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS12, FCS13, FCS16</p> <p>a. Distinguish among various types of credit, identifying costs and benefits.</p> <p>b. Evaluate different sources of credit.</p> <p>c. Identify procedures for establishing and maintaining a good credit rating to include debt management and credit report review.</p>

		<p>d. Discuss interest rates.</p> <p>e. List procedures to use in case of an automobile accident.</p> <p>f. Identify types of property insurance.</p> <p>g. Name the procedures for filing an insurance claim.</p> <p>7. Distinguish among local, state, and federal tax assessments. DOK2, FCS1, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS12, FCS13, FCS16</p> <p>a. Discuss local tax assessments to include property, automobile, and sales taxes.</p> <p>b. Compute local, state and federal income taxes.</p>
<p>16</p>	<p>Unit 4: Protecting the Consumer</p>	<p>1. Identify a consumer's rights and responsibilities. DOK2, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS16</p> <p>a. Define the role of the consumer in the marketplace.</p> <p>b. Define consumer choice, consumer rights, and consumer responsibilities.</p> <p>c. Define the role of the consumer in dealing with salespeople and merchants.</p> <p>d. Discuss simple contracts.</p> <p>2. Evaluate consumer information. DOK2, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS16</p> <p>a. Interpret product labels.</p> <p>b. Interpret product guarantees and warranties.</p> <p>c. Describe the impact of advertising.</p> <p>d. Evaluate advertising for truthfulness.</p> <p>e. Identify procedures for filing a consumer complaint including contesting an incorrect billing statement.</p> <p>f. Identify the protectors of the consumer; i.e., government, business and industry, and consumer organizations.</p>

17		<p>1. Describe employment opportunities and responsibilities. DOK1, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS16</p> <p>a. Analyze potential earnings, employee benefits, job availability, working conditions, educational requirements, required technology skills, and continuing education/training. Careers may include: bank teller, loan officer, insurance agent, insurance adjuster, financial planner.</p> <p>b. Discuss resumè development.</p> <p>c. Demonstrate interview skills. (dress, professionalism, punctuality)</p> <p>d. Describe how proper etiquette and social skills improve employability</p>
18	Unit 5: Careers in Resource Management	<p>e. Specify basic employee responsibilities and appropriate work ethics.</p> <p>f. Define effective relationship skills and workplace issues including, but not limited to, sexual harassment, bullying, stress, and substance abuse.</p> <p>Note: If objectives b-f have been taught in a previous course, instruction will be for review and reinforcement.</p>



Third Nine Weeks

Week(s)	Topics & Objectives	Standards
19	Unit 1 Personal and Consumer Health	<ul style="list-style-type: none"> • define health and wellness. • recognize correct hygiene habits. • practice decision making skills. • recognize the role of values in decision making. • identify the rights of consumers. • analyze the costs of health care. • determine reliable and valid sources of information. • identify the influences for decision making. NHES -2 NHES-3 NHES-6
20	Unit 2: Mental Health	<ul style="list-style-type: none"> • learn how mental health contributes to personality. • describe how the effects of stress influence mental health and the harmful effects of stress affect the body. • will be able to identify and describe symptoms of mental disorders. • be able to identify treatment centers where assistance can be provided. NHES- 1
21	Unit 3: Family/Social Health	<ul style="list-style-type: none"> • use effective interpersonal skills with family, friends, and others. • communicate support for a healthy family. • effectively manage conflicts. • advocate improving the health of self and others • determine difficulties the family system may face. NHES-2
22	Unit 4: Human Growth and Development	<ul style="list-style-type: none"> • know how genetic traits are passed on from one generation to another. • explain the process of human reproduction from conception to birth. • identify the characteristics and tasks of adolescence, early adulthood, and late adulthood. NHES- 1 NHES- 4

23	Unit 5: Disease Prevention And Control	<ul style="list-style-type: none"> • identify types of common communicable diseases. • describe how to protect against various pathogens. • understand the function of the immune system. • identify common sexually transmitted diseases. <ul style="list-style-type: none"> • explain the prevention and treatment of sexually transmitted diseases. • describe the symptoms, mode of transmission, prevention, and treatment of HIV and AIDS. • identify the causes, transfer, and prevention of noncommunicable diseases. NHES-1 NHES-2 NHES-5
24	Unit 6: Nutrition And Fitness	<ul style="list-style-type: none"> • learn to make responsible food choices. • determine food sources for each of the six classes of nutrients and the function they play in the human body. • explain the path of food through the digestive systems. • evaluate meal plans by calculating caloric value. • identify diseases associated with poor nutrition. • explain the physical and psychological benefits of exercise. • identify the four parts of physical fitness and the two types of exercise. • develop skills needed to achieve lifetime fitness. NHES- 1 NHES- 6
25	Unit 7: Substance Abuse Prevention	<ul style="list-style-type: none"> • understand the effects of tobacco usage. • explain the short- and long-term effects alcohol has on individuals, their families, and society. • identify legal and illegal drugs. • explain the benefits of medicines and harmful effects of drugs. • describe the dangers associated with the use of inhalants. • demonstrate ways to help a friend dependent on drugs or inhalants. NHES- 7 NHES- 8

26	Unit 8: Community And Environmental Health	<ul style="list-style-type: none"> • identify community health-care agencies. • identify health-care careers. • describe the importance of family medical records. • describe the causes and effects of pollution. • identify how to keep air and water clean • describe ways to conserve natural resources. • list organizations that protect the environment. • demonstrate decision-making skills to choose environmentally friendly products NHES- 1 NHES- 3 NHES- 4
27	Unit 9: Safety And First Aid	<ul style="list-style-type: none"> • explain how to stay safe at home and school. • develop safe habits. • describe how to avoid injuries. • explain how to stay safe during severe weather. • identify various weather emergencies and natural disasters. • explain universal precautions. • identify the steps to take in an emergency. • assemble a first aid kit. • explain first aid treatments for common injuries. • recognize when to call for medical assistance. • explain different kinds of life-threatening emergencies. • identify the symptoms of shock. • explain how to help someone who is choking NHES- 1 NHES- 3

Fourth Nine Weeks- Resource Management

Week(s)	Topics & Objectives	Standards
28	Unit 1: Orientation	<p>1. Describe local high school or career/technical center policies and procedures including dress code, attendance, academic requirements, discipline, lab rules and regulations, and transportation regulations. DOK1 FCS1, FCS2, FCS3, FCS4, DCS5, FCS7, FCS8, FCS9</p> <p>a. Give a brief overview of the course. Explain to students what Family Consumer Sciences (FCS) is, why it is important, and how it will be delivered.</p> <p>2. Explore leadership skills and personal development opportunities provided for students by student organizations including FCCLA. DOK1 FCS1, FCS2, FCS3, FCS4, DCS5, FCS7, FCS8, FCS9</p> <p>a. Demonstrate effective teambuilding and leadership skills.</p> <p>b. Practice appropriate work ethics.</p>
29	Unit 2: Developing Decision-Making Skills	<p>1. Apply decision-making process to personal financial decisions. DOK2, FCS1, FCS2, FCS3</p> <p>a. Find and evaluate financial information from a variety of sources.</p> <p>b. Summarize major consumer protection laws.</p> <p>c. Develop security precautions to protect personal information.</p> <p>2. Utilize available resources. DOK2, FCS1, FCS2, FCS3</p> <p>a. Distinguish between human and non-human resources.</p> <p>b. Discuss the relationship between resources and decision-making.</p>

30

Unit 3: Managing
Personal Finances

1. Critique the relationship between financial management and quality of life. DOK2, FCS1, FCS2, FCS6,

FCS7, FCS8, FCS9, FCS10, FCS11, FCS12, FCS13, FCS16

a. Identify how an individual's financial management affects the quality of his or her life and others.

b. Apply decision-making skills and goal planning to financial management.

2. Utilize banking services. DOK2, FCS1, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS12, FCS13, FCS16

a. Identify the types of financial institutions.

b. Describe types of services offered by financial institutions.

c. Simulate banking procedures to include checking/debit, savings, online, etc.

31	Unit 3: Managing Personal Finances	<p>3. Employ a budget process to manage income and expenses. DOK2, FCS1, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS12, FCS13, FCS16</p> <ul style="list-style-type: none"> a. List different sources of income. b. Interpret a paycheck, and explain deductions. c. Recognize categories of expenses. d. Distinguish between fixed and variable expenses. e. Define the need for a budget. f. Prepare a budget. g. Evaluate the effectiveness of a budget plan. <p>4. Analyze effective use of credit. DOK2, FCS1, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS12, FCS13, FCS16</p> <ul style="list-style-type: none"> a. Distinguish among various types of credit, identifying costs and benefits. b. Evaluate different sources of credit. c. Identify procedures for establishing and maintaining a good credit rating to include debt management and credit report review. d. Discuss interest rates.
32	Unit 3: Managing Personal Finances	<p>5. Analyze effective saving and investment practices. DOK2, FCS1, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS12, FCS13, FCS16</p> <ul style="list-style-type: none"> a. Define a savings goal. b. Discuss how saving contributes to financial well-being. c. Compare and contrast various methods of savings and investing. d. Discuss how saving contributes to financial well-being e. Explain how investing builds wealth and helps meet financial goals

<p>33</p>	<p>Unit 3: Managing Personal Finances</p>	<p>f. Evaluate investment alternatives</p> <p>g. Describe how to buy and sell investments.</p> <p>h. Explain how taxes affect the rate of return on investments.</p> <p>i. Investigate how agencies that regulate financial markets protect investors.</p> <p>j. Discuss estate planning and inheritance.</p> <p>6. Analyze appropriate types of insurance for protecting personal assets. DOK2, FCS1, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS12, FCS13, FCS16</p> <p>a. Distinguish among types of life insurance.</p> <p>b. Determine who needs life insurance coverage and the amount needed.</p> <p>c. List health insurance coverage plans.</p> <p>d. Identify basic types of automobile insurance coverage.</p>
<p>34</p>	<p>Unit 4: Protecting the Role of the Consumer</p>	<p>1. Identify a consumer’s rights and responsibilities. DOK2, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS16</p> <p>a. Define the role of the consumer in the marketplace.</p> <p>b. Define consumer choice, consumer rights, and consumer responsibilities.</p> <p>c. Define the role of the consumer in dealing with salespeople and merchants.</p> <p>d. Discuss simple contracts.</p> <p>2. Evaluate consumer information. DOK2, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS16</p> <p>a. Interpret product labels.</p> <p>b. Interpret product guarantees and warranties.</p> <p>c. Describe the impact of advertising.</p> <p>d. Evaluate advertising for truthfulness.</p>

		<p>e. Identify procedures for filing a consumer complaint including contesting an incorrect billing statement.</p> <p>f. Identify the protectors of the consumer; i.e., government, business and industry, and consumer organizations.</p>
35	Unit 5: Careers in Resource Management	<p>1. Describe employment opportunities and responsibilities. DOK1, FCS2, FCS6, FCS7, FCS8, FCS9, FCS10, FCS11, FCS16</p> <p>a. Analyze potential earnings, employee benefits, job availability, working conditions, educational requirements, required technology skills, and continuing education/training. Careers may include: bank teller, loan officer, insurance agent, insurance adjuster, financial planner.</p> <p>b. Discuss resumè development.</p> <p>c. Demonstrate interview skills. (dress, professionalism, punctuality)</p>
36	Unit 5: Careers in Resource Management	<p>d. Describe how proper etiquette and social skills improve employability</p> <p>e. Specify basic employee responsibilities and appropriate work ethics.</p> <p>f. Define effective relationship skills and workplace issues including, but not limited to, sexual harassment, bullying, stress, and substance abuse.</p> <p>Note: If objectives b-f have been taught in a previous course, instruction will be for review and reinforcement.</p>

