

FAMILY & CONSUMER SCIENCES

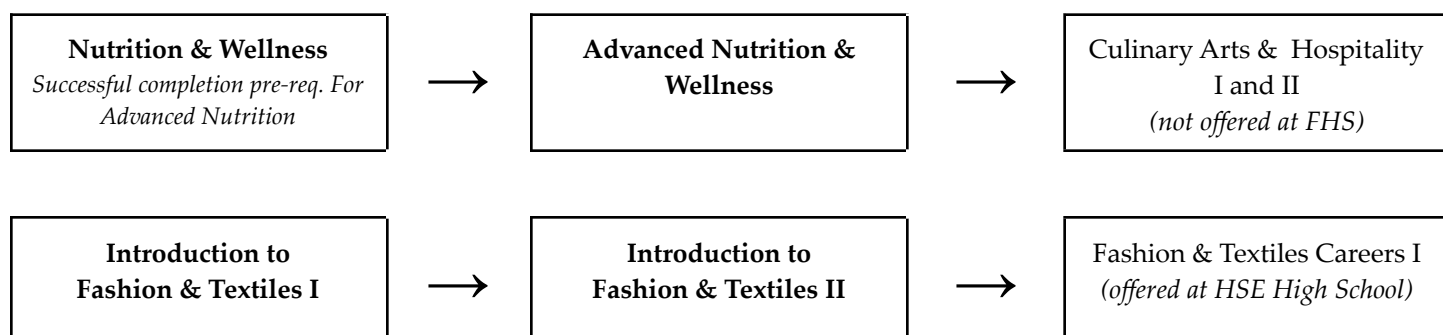
The mission of Family and Consumer Sciences education is to prepare students for family life, work life, and careers in family and consumer sciences by providing opportunities to develop the knowledge, attitudes, and behaviors needed for:

- Strengthening the well-being of individuals and families.
- Becoming responsible citizens and leaders in family, community, and work settings.
- Promoting optimal nutrition and wellness.
- Managing resources to meet the material needs of individuals and families.
- Balancing personal, home, family, and work lives.
- Using critical/creative thinking skills to address problems in diverse family, community & work environments
- Managing employment and career development successfully.
- Functioning effectively as providers and consumers of goods and services.
- Appreciating human worth and accepting responsibility for one's actions and success in family and work life.

Students interested in the following careers would benefit from taking FACS courses:

Early Childhood Educ.	Education Careers	Dietetics & Nutrition	Health Careers/Nursing	Interior Design / Archit.
Culinary Arts	Hospitality Mgmt.	Human/Social Services	Food Science	Fashion & Design

SEQUENTIAL ELECTIVES



SINGLETON ELECTIVES

Interpersonal Relationships	Introduction to Housing & Interiors <i>(Housing & Interior Design Careers @ HSE)</i>	Adult Roles & Responsibilities I, II
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* 1-semester course

** can be taken 1 or 2 semesters

single-weighted course

double-weighted course

Education and Training - EDUCATION PROFESSIONS - Next Level Programs of Student

The Education Professions Next Level Program of study is designed for students interested in pursuing a career in education or human services. Service Learning, Observation & Field Experience are completed throughout the year contained in the classroom setting and curriculum. Both courses offer dual credit when meeting course requirements.

7161 PRINCIPLES OF TEACHING (9, 10, 11, 12) - *Two semesters REQUIRED*

Topics Covered

- Explore Educational Careers
- Teaching Preparation
- Prof. Expectations & Teacher Cert Reqs
- Current Trends and Issues in Education
- Special & Inclusive education

Dual Credit Availability

****20 Hours Service Learning-Required****

*** This course is especially appropriate if you have an interest in human services and education-related careers***

Post-Secondary course alignment:
Dual Credit – EDUC 101

Projects and Activities

- Multiple Intelligence Stations
- Create an Educational Philosophy
- History of American Education
- Global Education
- Analyze Instructional Planning & Assessments
- School & Classroom Culture Map
- Classroom Behavior Management-Creating Norms (Relationships)
- Creating Inclusive Education
- *Service-Learning Field & Reflections (Built in)*

7157 CHILD & ADOLESCENT DEVELOPMENT (9, 10, 11, 12) - *Two semesters REQUIRED*

Topics Covered: This course examines the physical, social, emotional, cognitive, and moral development of the child from birth to adolescence.

- What can we learn by studying children?
- FERPA & Confidentiality
- Personal strengths & behaviors for adults working with children
- Culturally-appropriate positive guidance techniques that support diversity
- Societal issue impacts on students and families
- Community and school resources

Dual Credit Availability

****20 Hours Service Learning-Required****

*** This course is especially appropriate if you have an interest in human services and education-related careers***

Post-Secondary course alignment:
Dual Credit – EDUC 121

Projects and Activities

- Child development theorists
- Impact of birth defects on growth/develop.
- Demonstrate infant care skills
- Observe a preschool classroom
- Create Play-Doh / Slime (sensory/science)
- Toys & Games impact development
- Preschool healthy snack lab
- Create a fable
- Role play positive guidance techniques
- Design a developmentally-appropriate classroom
- Evaluate children's books
- Create a developmentally-appropriate lesson
- Service learning field & reflections

5342 * NUTRITION AND WELLNESS (9, 10, 11, 12) What is the difference between grilling and broiling? Why do I need more vegetables or fruits in my diet? What is powdered sugar? Discover the answers to these questions and more in this beginning Nutrition and Wellness class. Nutrition and Wellness is a course that enables students to realize the benefits of sound nutritional practices and apply them to their everyday lives. **Qualifies as one of the F&CS courses a student can take to waive the Health & Wellness graduation requirement. A student must take 3 of the qualifying F&CS courses to waive the Health & Wellness requirement.**

<p><u>Topics Covered</u></p> <ul style="list-style-type: none"> • Proper kitchen safety. • Following recipes using proper measuring and knife skills • Explore cooking methods, functions of ingredients and Food Preparation Terminology • Explore how to make healthy choices to live a healthy lifestyle. • Nutrients and Food Groups <p>**This class is a prerequisite for all other nutrition classes**</p>	<p><i>Foods Labs Occur 1/Week after the safety & sanitation unit</i></p> <p><u>Example Recipes:</u></p> <ul style="list-style-type: none"> • Oatmeal Dream Cookies • Homemade Yellow Cake • Vegetable Soup • Healthy Snacks • Omelet Roll • Chicken Stir Fry
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5340 * ADVANCED NUTRITION AND WELLNESS (10, 11, 12) Requirement

Successful Completion of Nutrition and Wellness Want to practice your new cooking skills? Like planning meals for family and friends? Nutrition and Wellness 2 is the class for you!

<p><u>Topics Covered</u></p> <ul style="list-style-type: none"> • Create and modify recipes for special diets • Discover nutritional needs throughout the lifespan. • Create a food budget and practice meal planning • Discover functions of ingredients used in baking <p><i>**This course is especially appropriate if you have an interest in culinary arts, hotel-restaurant management.**</i></p>	<p><u>Example Recipes</u></p> <ul style="list-style-type: none"> • Breakfast Casseroles • Ramen Noodle Challenge • Modified Cookies & Muffins • Choice Labs • Functions of Ingredients • White Sauce • Food Truck Project
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5364 * INTERPERSONAL RELATIONS (9, 10, 11, 12). Interpersonal Relationships address 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. **Qualifies as one of the F&CS courses a student can take to waive the Health & Wellness graduation requirement. A student must take 3 of the qualifying F&CS courses to waive the Health & Wellness requirement.**

<p><u>Topics Covered</u></p> <ul style="list-style-type: none"> • Components of healthy relationships • Roles and responsibilities in relationships • Functions & expectations of various relationships. • Building self-esteem and self-image • Effective communication skills and techniques. <p><i>** This course is especially appropriate if you have an interest in human services and education-related careers**</i></p>	<p><u>Example Projects and Activities</u></p> <ul style="list-style-type: none"> • Board Games and Communication • Team Building Games • Create a Values Billboard • Nonverbal Charades • Personal Conflict Stories • Friends Scrapbook • Dating Presentations
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5380 * INTRODUCTION TO FASHION AND TEXTILES (9, 10, 11, 12) This one semester course explores the influences on fashion as well as consumer rights and responsibilities in relation to apparel. Basic construction skills are taught, including selection and use of a pattern and the care and use of a sewing machine and other tools used in construction, as students create a variety of textile products.

<p><u>Topics Covered</u></p> <ul style="list-style-type: none"> ● Influences on Fashion ● Project Selection-Patterns, Body Measurements, Fabric Types, Considerations and Selection ● Machines and Equipment – Use and care of sewing machine and construction tools ● Construction Basics-Adjusting Patterns, Preparing Fabric, Laying Out a Pattern, Process of Construction ● Elements and Principles of Design: Color-Color Wheel, Schemes and Effects of Color <p>** Additional expenses will be incurred with this course as students select their own fabrics for some projects. No student will be denied enrollment due to financial reasons.**</p>	<p><u>Example Projects and Activities</u></p> <ul style="list-style-type: none"> ● Potholder (Material Provided) ● Magic Pillow Case ● Zipper Pouch ● PJ Pants ● Fashion Design-Barbie Draping Project ● Tote Bag <p>**Fulfills a fine arts requirement for the Core 40 Academic Honors Diploma.**</p>
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5380 * ADVANCED FASHION AND TEXTILES (10, 11, 12) A more in-depth & individualized look at textiles/fashion. examining current designers in today’s market, fashion throughout the decades, and career in the fashion industry.

<p><u>Topics Covered:</u></p> <ul style="list-style-type: none"> ● Examining current designers in today’s market ● Fashion throughout the decades. ● Careers in the fashion industry. ● Refinement of apparel construction skills. <p>** Additional expenses will be incurred with this course as students select their own fabrics for some projects. No student will be denied enrollment due to financial reasons**</p>	<p><u>Example Projects and Activities</u></p> <ul style="list-style-type: none"> ● History of Fashion ● Fiber Brochure ● Clothing Design Project ● Quilting Project ● Designer Research <p>**Requirement: Introduction to Fashion and Textiles.**</p>
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5350 ** INTRODUCTION TO HOUSING AND INTERIOR DESIGN (10, 11, 12) A one or two semester course recommended for any student who is interested in a career or profession related to Interior Design, Architecture, and/or Construction Industry. This course is a project-based course which addresses selecting and planning living environments to meet the need and wants of individuals and families throughout the Family Life Cycle.

<p><u>Topics Covered:</u></p> <ul style="list-style-type: none"> ● Housing and human needs. ● Architectural Design (Drafting Techniques) ● Designing Interior Spaces / House plans ● Elements of Design ● Using Color Effectively ● Principles of Design ● Furniture Selection and Arrangement ● Window Treatments, Lighting, & Accessories <p>**Fulfills a fine arts requirement for the Core 40 Academic Honors Diploma.**</p>	<p><u>Example Projects and Activities</u></p> <ul style="list-style-type: none"> ● Create Your Ideal Room ● Elements of Design Scavenger Hunt ● 3D Model-Elements of Design ● Create Architectural Symbols ● Design a Floor Plan (Scale Drawings) ● Create a Color Psychology Wheel ● Design an Apartment
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5330 * ADULT ROLES AND RESPONSIBILITIES (11, 12) Who? What? Where? When? How? Are the questions you need to ask when looking for healthy relationships? Understand your personality and leadership style. Gain communication skills and a positive work ethic. Begin your journey through a successful life with this class. Get ready for YOUR independence day! **Qualifies as one of the F&CS courses a student can take to waive the Health & Wellness graduation requirement. A student must take 3 of the qualifying F&CS courses to waive the Health & Wellness requirement.**

Topics Covered

- Living independently,
- Analyzing personal standards, needs, and goals.
- Community roles and responsibilities of families and individuals.
- Tips for making effective consumer decisions like car shopping
- Healthy lifestyle choices,
- Housing options
- The ins and outs of financial institutions

5334 * CONSUMER ECONOMICS (11, 12) Consumer Economics is designed to prepare students to manage their resources in order to develop a satisfying lifestyle. Emphasis will be placed on the consumer in the marketplace. Skills in goal setting as well as obtaining knowledge on career choices will be covered. How do you plan for a vacation? What appliances do you need for your first apartment? What is a mortgage? These questions will be addressed in this course.

THE FOLLOWING COURSES IS OFFERED AT HAMILTON SOUTHEASTERN HS ONLY

Students in this program will be required to have a study hall/travel period

5460 HOUSING AND INTERIOR DESIGN CAREERS I, II (11, 12) Housing and Interior Design Careers is a project-based course that prepares students for occupations and higher educational programs of study related to careers in the Interior Design, Architecture, Construction Industries, and it relates to Commercial Design. Topics will include client-centered designs in the commercial environment using the Elements and Principles of Design as well as blue printing, space planning, rendering, drafting, and elevations. Other areas of study will include: technological, environmental, zoning, building codes, regulations and Universal Design and their impact on Commercial Properties. Extensive lab experience with CAD (computer-aided drafting) will be a required component of the course. This course can be taken for a second year. **Requirement: One semester of Introduction to Housing and Interior Design.**

5420 * FASHION AND TEXTILES CAREERS 1 (10, 11, 12) This course prepares students for a variety of careers in the fashion industry by building on the knowledge and skills learned in the introductory courses. This project-based course will expand the student's knowledge of the fashion industry, use of elements and principles of design and construction skills, and allow them to be used in real world applications. A job shadow experience as well as partnerships with the community and school organizations for project development will be an integral part of this course. Exploration of fashion design technology and the influence of social media on the fashion industry will be a core component. The course is one semester. **Prerequisites are Introduction to Fashion and Textiles Beginning and Advanced.** This course is only offered at Hamilton Southeastern High School. Student will need to travel to HSEHS to take this course.

* 1-semester course

** can be taken 1 or 2 semesters

single-weighted course

double-weighted course