

Health

This required course focuses on health issues, pressures, problems and stresses of becoming a young adult. Students will work on building self-esteem, developing positive relationships and establishing healthy attitudes in all parts of their life.



Topics will include: decision making, communicable and sexually transmitted disease, HIV-AIDS education, substance abuse, human sexuality, interpersonal relationships, depression and many other teen health-related issues.

Housing & Interior Design

I & II

This course is a study of designing residential, commercial, and related interiors. Students will study and work on projects involving architectural designs, floor plans, color schemes, principles of design, housing, and furnishing styles as well as newly developed decorating techniques. Related careers in designing interiors will also be studied.



Related Careers:

- Interior designer
- Interior decorator
- Architect
- Furniture designer
- Commercial space planner
- Design Engineer



Human Relations

Activity and discussion based course explores the topics of self-potential, communication, diversity, tolerance, team building, anger management, dating, love, marriage, divorce, aging, and death. The result of this class will be learning skills necessary to build successful and effective relationships with co-workers, significant others and family members.

- ♦ Juniors & Seniors



9th Grade	10th Grade
Personal Health Nutrition Education I & II Sewing I & II Interior Design I & II	Personal Health Nutrition Education I & II Sewing I & II Interior Design I & II Parenting
11th Grade	12th Grade
Nutrition Education I & II Sewing I & II Interior Design I & II Parenting Consumer Education Human Relations	Nutrition Education I & II Sewing I & II Interior Design I & II Parenting Consumer Education Human Relations Independent Living

Family & Consumer Science

Take ANY 2 of these courses in place of a 2nd year of foreign language!

FCS/VPAA Classes

- ⇒ CONSUMER EDUCATION
- ⇒ BEGINNER & ADVANCED SEWING
- ⇒ HUMAN RELATIONS
- ⇒ INDEPENDENT LIVING
- ⇒ HOUSING & INTERIORS I & II
- ⇒ NUTRITION EDUCATION I & II
- ⇒ PARENTING



Classes that will shape your future

Parenting

The responsibilities and rewards of becoming a parent and the need to strengthen the family will be explored in this course. Students will personally experience some of the changes that occur as a result of becoming a parent through Real Care Baby-III and Empathy Belly simulations. Social, emotional, intellectual, and physical growth needs and characteristics will be studied from before birth through age five. Parenting responsibilities changes in families, and educational needs of young children will be identified.



◆ **Key units are: personal readiness, teen parenting difficulties, pregnancy, planning baby's arrival, growth and development, health and safety, play, learning, and special needs children.**



Related Careers:

- Preschool teacher
- Elementary teacher
- Psychologist
- Social work
- Pediatrician
- Speech Pathologist
- Special education
- Parent



Beginner & Advanced Sewing



This course explores the use of fabrics in design, sewing, and fashion. Learning and implementing the fundamentals of sewing is the focus of this course. Students will complete projects using specific techniques and have some flexibility on what they construct. Supplies will be provided by the student.

Related Careers:

- Fashion designer
- Seamstress
- Retail merchandiser
- Fashion buyer
- Costume designer
- Clothing patternmaker



Independent Living

If you want to be ready for independence, this class is for you. It emphasizes the need to be self-motivated while studying personal management. Skills to be learned include the wise use of credit, how to correctly use a checking account, purchasing/leasing an automobile, assessing insurance needs, how to make housing decisions, college selection, career exploration, meal planning and food preparation and many more. Personal goals will be the basis for applying these skills in making decisions during class as well as throughout life.

◆ Seniors Only



Nutrition Education I & II



Nutrition Education is designed to provide firsthand experiences stressing nutritional science principles to understand the relationships between food consumption and human development and

health. The physiology of digestion and nutrient use, metabolic process, the relationship of food and nutrition to health and disease, and nutritional needs across the life span are investigated. Food availability, food technology, time, behavior, and personality are reviewed to see how they affect food selection and life style choices. Students assess eating practices and how these patterns can be compared to the guidelines that support good health.

Related Careers:

- Dietician
- Culinary Arts
- Food Scientist
- Chef

Consumer Education

If you feel your money is managing you instead of you managing your money, choosing this class will help you regain control of your personal finances. You will explore financial management and planning, credit decisions, insurance, taxation, investing, understanding the stock market, consumerism and, of course, how to make wise earning and spending choices. Using real-life simulations you will gain the skills, which will help you reach your financial goals.

