

FCS—VPAA—ELECTIVE CREDIT OPTIONS

BEGINNER & ADVANCED SEWING & DESIGN (1 & 2)

This course explores the use of fabrics based on design principles such as color, line, and texture. Students will complete projects having flexibility on what they construct. Advanced will build skills acquired in Beginner. Other challenging projects will be chosen by the student to increase their skill level. Students will provide their own supplies. Equipment and tools will be provided.

NUTRITION EDUCATION 1 & 2

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.

PARENTING SKILLS

The responsibilities and rewards of becoming a parent and the need to strengthen the family will be explored in this course. Students will study changes that occur in parenthood through interaction and practical experiences such as wearing an Empathy Belly and taking home Real Care Baby 3 for the weekend, which simulates the parenting of an infant. This course is designed to promote strong families, parenting skills and positive relationships.

HOUSING AND INTERIOR DESIGN 1 & 2

This course provides a broad overview of how to plan, design, furnish and decorate the interior of the home. Emphasis is placed on considering the function of the home as well as the needs of the inhabitants as a basis for design decisions including evaluating, selecting and using housing and design materials. Practical applications will include presentation drawings, renderings and presentation boards. Second semester extends the learning from Housing and Interiors I and also includes design guidelines applied to the exterior of the home. Case studies provide students with the opportunity to apply skills and concepts acquired in class.

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 a real-life simulation you will gain the skills which will enable you to realize your goals.

HUMAN RELATIONS

This course will explore 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.

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, 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.