**Family and Consumer Science and Human Services**

**Course Title Course Code Grade(s) Length of Course**

*Discovering Family & Consumer Sciences 096800 6 – 8 ½ unit*

**Prerequisite:** *None*

**Course Description:**  *This course is designed to help prepare students for multiple roles as individuals and family members. Emphasis is placed upon values clarification, decision making, consumer skills, personal and family relationships, parenting, nutrition, and health and career exploration. Students should begin to develop leadership skills for family, career, and community life.*

**Course Title Course Code Grade(s) Length of Course**

*Introduction to Family & Consumer Sciences 096803 9 – 10 ½ unit*

**Prerequisite:** *None*

**Course Description:**  *This is a comprehensive study intended to generate basic knowledge and skills in child development, clothing and textiles, consumer education, food and nutrition, housing and home furnishings and person and family relations. Attention is also focused toward assisting students to career study and participation in the family and consumer sciences student organization – FCCLA.*

**Course Title Course Code Grade(s) Length of Course**

*Child Development I 096821 9 – 12 ½ unit*

**Prerequisite:** *None*

**Course Description:**  *This course focuses on the intellectual, social, emotional, and biological development of children. It includes instruction in parent-child relations, parenting practices, special needs of children, parental and environmental influences on child development, external support services, and related public policy issues.*  *Learning activities, observation techniques, and lab experiences in working with young children may be included.*

**Course Title Course Code Grade(s) Length of Course**

*Child Development II 096826 10 – 12 ½ unit*

**Prerequisite:** *Child Development I*

**Course Description:**  *This course provides advanced study in child development and guidance, including the physical, social, and intellectual development of children. Actual experience in supervising children provides the opportunity to improve parenting skills, explore careers related to child development, and identify general employment skills.*

**Course Title Course Code Grade(s) Length of Course**

*Human Development 096828 10 – 12 ½ unit*

**Prerequisite:** *Child Development I & 2*

**Course Description:**  *This course is an introductory course for students interested in careers in human and community services and other helping professions. Areas of career exploration include family and social services, youth development, and adult and elder care. The course focuses on basic human developmental and behavioral characteristics of the individual within the context of the family. The content includes instruction in the conditions that influence human growth and development; strategies that promote growth and development across the life span; and the study of family systems. This course provides the foundation for continuing and post-secondary education in all career paths within the human services cluster; early childhood development and services; family and community services; consumer services; personal care services; and education and training.*

**Course Title Course Code Grade(s) Length of Course**

*Interpersonal Relationships 096823 11 – 12 ½ unit*

**Prerequisite:** *None*

**Course Description:** *This course prepares individuals to understand the nature, function, and significance of human relationships within the family/individual unit. It includes instruction in the concepts and principles related to various family living conditions; establishment and maintenance of relationships; and preparation for marriage, parenthood, and family life. Instruction emphasizes the uniqueness of families and individuals, the development and socialization of the individual, and meeting the needs and interests of individuals and family members.*

**Course Title Course Code Grade(s) Length of Course**

*Parenting 096830 11 – 12 ½ unit*

**Prerequisite:** *Child Development I*

**Course Description:**  *This course focuses on the effects of parenting roles and responsibilities of strengthening the well-being of individuals and families. Students analyze roles and responsibilities of parenting; evaluate parenting practices that maximize human growth and development; evaluate external support systems and community resources that provide services for parents; and analyze physical and emotional factors related to beginning the parenting process. Careers related to parenting are investigated. Instruction emphasizes leadership, problem-solving and communication skills in parenting techniques.*

**Course Title Course Code Grade(s) Length of Course**

*Food and Nutrition 1 096824 10 – 12 ½ unit*

**Prerequisite:** *None*

**Course Description:**  *This course prepares individuals to understand the principles of nutrition; the relationship of nutrition to health and wellness; the selection, preparation, and care of food; meal management to meet individual and family food needs and patterns of living; food economics and ecology; optimal use of the food dollar; understanding and promoting nutritional knowledge; and application of related math and science skills. Experiences will include food safety and sanitation, culinary technology, food preparation and dietary analysis to develop a healthy lifestyle with pathways to career readiness.*

**Course Title Course Code Grade(s) Length of Course**

*Food and Nutrition 2 096829 10 – 12 ½ unit*

**Prerequisite:** *Food and Nutrition 1*

**Course Description:**  *This course is designed to focus on principles of food preparation, sports nutrition, consumerism, and career options in the food industry. The study and application of nutrition, sanitation, food sciences and technology in this course provides students with laboratory-based experiences. This course will provide students with critical human life and nutrition information that will expand their understanding of science and also be personally applicable to their daily and life-long health and wellbeing in the modern environment through applied assessments, exams, and discussions.*

**Course Title Course Code Grade(s) Length of Course**

*Food Science 096827 11 – 12 ½ unit*

**Prerequisite:** *Food and Nutrition 1 & 2*

**Course Description:**  *This course focuses on the general study of cooking and related culinary arts and that may prepare individuals for a variety of jobs within the food service industry. Courses should include instruction in food preparation; cooking techniques, equipment operation and maintenance; sanitation and safety. Any course developed need to fit into the LEA’s Program of Study for Career Clusters and focus on Technical Skills Attainment.*

**Course Title Course Code Grade(s) Length of Course**

*International Foods 096910 10 – 12 ½ unit*

**Prerequisite:** *Food and Nutrition 1 & 2*

**Course Description:**  *This course, while focusing on proper food preparation and procedures, introduces the student to international and ethnic specific cousins. It includes instructions on the psychological, cultural, and social influences on food choices in world cuisine. Availability of foods due to food production, food supply, legislation and regulations are discussed.*

**Course Title Course Code Grade(s) Length of Course**

*Adult Roles & Responsibilities/Life Management 096814 11 – 12 ½ unit*

**Prerequisite:** *None*

**Course Description:**  *This course is designed to prepare students with skills to live independently. Skills are developed to help students manage their needs in the areas of interpersonal relationships, housing, clothing, nutrition, and food. Management of time, money, and resources are emphasized in each area allowing students to be successful at home and in the workplace. This course prepares individuals to understand the values, needs, wants, goals, and resources that enable youths and adults to make rational decisions that contribute to family stability and quality of life.*

**Course Title Course Code Grade(s) Length of Course**

*Apparel, Textiles, and Fashion 096820 10 – 12 ½ unit*

**Prerequisite:** *None*

**Course Description:** ***This course introduces students to basic apparel design and construction skills*** *to prepare students to apply fundamental principles in selection, designing and producing of apparel and textile projects. Instruction will focus on sewing techniques, pattern manipulation, and the operation of various sewing machines and analyze career options within the textiles and apparel design industry.*

**Course Title Course Code Grade(s) Length of Course**

*Advanced Apparel, Textiles, and Fashion 096822 10 – 12 ½ unit*

**Prerequisite:** *Apparel, Textiles, and Fashion*

**Course Description:**  *A course designed to extend knowledge gained in apparel and textiles for the advanced student interested in fashion, fabric properties, recycling of clothing and textile items, and creative construction techniques.*

**Course Title Course Code Grade(s) Length of Course**

*Housing Environment & Interior Design 096818 10 – 12 ½ unit*

**Prerequisite:** *None*

**Course Description:**  *This course explores the field of interior design through engaging learning activities. Identification and use of the elements and principles of design are emphasized. Other topics are furniture arrangement, floor plan evaluation, space planning and design related careers. Skills learned can be applied to current living environments and future career options.*  *The course includes instruction in analyzing, planning, designing, furnishing, and equipping residential, work, and leisure spaces to meet user needs and the study of related public policies.*