

Professional Technical Studies: Human Services Cluster
Family and Consumer Science (FCS) Related Courses

STRAND

PT-FCS1

Career, Community, and Family Connections

Students explore family, community, and work interrelationships.

Standard: **PT-FCS1a** The student will demonstrate leadership and teamwork through goal setting and collaboration with others so as to:

- Components:
- PT-FCS1a.1** identify future goals;
 - PT-FCS1a.2** assess characteristics that influence achievement of goals;
 - PT-FCS1a.3** collaborate with family, colleagues, and other community members to achieve shared goals;
 - PT-FCS1a.4** use conflict management skills to facilitate solutions; and
 - PT-FCS1a.5** identify time management strategies related to personal, educational and family goals.

Standard: **PT-FCS1b** The student will demonstrate respectful and caring relationships in the family, workplace and community so as to:

- Components:
- PT-FCS1b.1** recognize personal assets that demonstrate healthy, caring and responsible citizenship;
 - PT-FCS1b.2** participate in a respectful and caring manner in the classroom, family, workplace, and community settings;
 - PT-FCS1b.3** demonstrate interpersonal, teamwork, and leadership skills necessary to function in diverse and multicultural settings; and
 - PT-FCS1b.4** understand safety factors and procedures to maintain safety at school, home, workplace, and the community.

Standard: **PT-FCS1c** The student will demonstrate effective communication skills, so as to:

- Components:
- PT-FCS1c.1** integrate listening, writing, and speaking skills to enhance communications with classmates, family, colleagues, and community members;
 - PT-FCS1c.2** communicate ideas to inform, explain, and persuade others; and
 - PT-FCS1c.3** use effective verbal and nonverbal communication skills with classmates, family, co-workers, and other community members.

Standard: **PT-FCS1d** The student will use information technology to analyze, organize, and present information so as to:

- Components:
- PT-FCS1d.1** use technology tools and resources for managing and communicating personal/professional information, (e.g., finances, schedules, addresses, purchases, and correspondence); and
 - PT-FCS1d.2** use technology tools to interpret information.

Standard: **PT-FCS1e** The student will investigate career choices in family and consumer sciences so as to:

- Components:
- PT-FCS1e.1** create a career plan based on self knowledge and personal interests;

- PT-FCS1e.2** identify education and experience requirements for careers in the family and consumer sciences;
- PT-FCS1e.3** compare the influences of income and fringe benefits to make decisions about employment, job location, housing, and other individual and family responsibilities; and
- PT-FCS1e.4** understand annual gross salary, after tax salary, withholding, taxable income.

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PT-FCS2

Family and Human Development

Students explore multiple life roles and responsibilities in family, career, and community.

Standard:

PT-FCS2a The student will evaluate the significance of the family and its impact on the well-being of individuals and society

Components:

- PT-FCS2a.1** evaluate the various decisions made by family members;
- PT-FCS2a.2** predict the short term and long term effects of various decisions on the well-being of individuals, families, and society;
- PT-FCS2a.3** identify communication strategies for use with family, colleagues, and community members (e.g., active listening, self-control, respecting different points of view, resolving conflicts, building consensus, etc.); and
- PT-FCS2a.4** analyze personal and societal significance of family related concerns; (e.g., parenting, childcare, education, healthcare, employment, aging, etc.)

Standard:

PT-FCS2b The student will evaluate the impact of parenting roles and responsibilities on strengthening the well-being of individuals and families so as to:

Components:

- PT-FCS2b.1** examine various parenting roles and responsibilities;
- PT-FCS2b.2** predict how various parenting roles affect the well-being of the family members;
- PT-FCS2b.3** analyze personal and family lifespan stages on the needs of families (fixed income, daycare, large family); and
- PT-FCS2b.4** compare child care venues related to child care, nurturing and education.

Standard:

PT-FCS2c The student will analyze physical, intellectual, and social development in relation to theories of child development so as to:

Components:

- PT-FCS2c.1** identify how parents and families prepare for prenatal, birth and infant care;
- PT-FCS2c.2** analyze factors that impact child growth and development;
- PT-FCS2c.3** analyze factors that impact adolescent growth and development;
- PT-FCS2c.4** understand issues and concerns of parents of children with special needs; and
- PT-FCS2c.5** evaluate health and safety factors related to each stage of child development.

Standard

PT-FCS2d The student will explore systems that sustain healthy lifestyles so as to:

Components:	PT-FCS2d.1	recognize how physical activities and sleep impact a healthy lifestyle;
	PT-FCS2d.2	recognize social and cultural factors that impact a healthy lifestyle;
	PT-FCS2d.3	identify stress management and coping techniques;
	PT-FCS2d.4	understand how friends, family, and community systems sustain a productive lifestyle; and
	PT-FCS2d.5	identify individual, family, and community resources that support a healthy and productive lifestyle.

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PT-FCS3

Nutrition, Food, and Wellness

Students analyze nutrition and wellness concepts that influence individual, family, and community quality of life.

Standard:	PT-FCS3a	The student will evaluate nutritional principles essential to maintenance of individual and family member health so as to:
Components:	PT-FCS3a.1	describe the role of food in relationship to healthy and unhealthy bodies;
	PT-FCS3a.2	describe the connection between food and the brain;
	PT-FCS3a.3	analyze nutritional content of food;
	PT-FCS3a.4	explain the effect of normal and abnormal levels of fat, sugar, salt, carbohydrate, cholesterol and protein in the diet;
	PT-FCS3a.5	explain the effect of normal and abnormal levels of vitamins and minerals in the diet;
	PT-FCS3a.6	investigate the effectiveness of nutritional supplements;
	PT-FCS3a.7	identify differences in nutritional needs for children, teenagers, adults, and senior citizens;
	PT-FCS3a.8	identify differences in nutritional needs of females and males;
	PT-FCS3a.9	explain dietary factors necessary to develop healthy weight loss, weight gain, and weight maintenance plans; and
	PT-FCS3a.10	prepare healthy dietary plans for various individuals.
Standard:	PT-FCS3b	The student will prepare nutritious foods so as to:
Components:	PT-FCS3b.1	understand the US food pyramid recommendations for meal planning and preparation;
	PT-FCS3b.2	identify dietary restrictions that may impact meal planning and food preparation;
	PT-FCS3b.3	identify cultural influences that may impact meal planning and food preparation;
	PT-FCS3b.4	identify cause, effect, and strategies to prevent food contamination;
	PT-FCS3b.5	design a nutritious menu;
	PT-FCS3b.6	plan a food budget; and
	PT-FCS3b.7	perform basic food preparation steps.
Standard:	PT-FCS3c	The student will understand the relationship between fitness and well-being so as to:

Components:	PT-FCS3c.1	explain the risks associated with poor fitness, sleep, and eating habits;
	PT-FCS3c.2	assess personal fitness and eating habits;
	PT-FCS3c.3	understand the energy requirements for various activities and athletic sports;
	PT-FCS3c.4	understand the relationship between exercise and diet; and
	PT-FCS3c.5	design a personal fitness plan.

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PT-FCS4

Consumer Economics and Family Resources

Students explore resources to address the diverse needs and goals of individuals, families, and communities.

Standard:	PT-FCS4a	The student will develop financial literacy skills including budgeting and money management so as to:
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Components:	PT-FCS4a.1	define individual and family financial goals;
	PT-FCS4a.2	identify fixed and variable budgetary expenses;
	PT-FCS4a.3	evaluate life situations that impact budgets and financial goals (e.g., job loss, child birth, health, relocation);
	PT-FCS4a.4	explore banking and financial accounts (e.g., checking accounts, saving accounts, debit cards, credit cards, interest income, investments);
	PT-FCS4a.5	analyze the use of credit and debt to meet family goals;
	PT-FCS4a.6	analyze renting versus purchasing;
	PT-FCS4a.7	analyze saving plans and investment strategies; and
	PT-FCS4a.8	develop a weekly, monthly, and yearly budget PTZ302

Standard:	PT-FCS4b	The student will develop consumer awareness skills;
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Components:	PT-FCS4b.1	identify the difference between consumer wants and needs;
	PT-FCS4b.2	analyze the impact of marketing on the individual, family members, business and society;
	PT-FCS4b.3	understand how food production, distribution and consumer marketing affect buying and eating habits;
	PT-FCS4b.4	analyze consumer skills required to make wise food choices;
	PT-FCS4b.5	assess factors that affect the availability of housing (e.g., market supply and demand);
	PT-FCS4b.6	evaluate product return and warranty policies;
	PT-FCS4b.7	understand consumer laws and consumer assistance organizations (e.g., Better Business Bureau, consumer protection organizations, etc.); and
	PT-FCS4b.8	implement purchasing strategies that support individual and family needs and financial goals.

Standard:	PT-FCS4c	The student will evaluate resources that assist individuals and families so as to:
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Components:	PT-FCS4c.1	identify government, public, nonpublic, and for-profit family service providers;
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- PT-FCS4c.2** evaluate consumer lending programs (e.g., mortgages, cars, first time buyer, student loan, etc.);
- PT-FCS4c3** Understand insurance programs; and
- PT-FCS4c4** Analyze savings plans and retirement programs.