

Course Number and Title: 5809 Family and Consumer Sciences 2

Career Cluster: Human Services

CIP Code: 190101

Required Prerequisite: Family and Consumer Sciences 1

Course Description: Family and Consumer Sciences 2 is a comprehensive course designed to build upon concepts learned in Family and Consumer Sciences 1. Units covered in this course are interpersonal relationships, human development, family well-being, family and consumer resources, nutrition and wellness, and career connections.

South Carolina State Standards and Indicators

Unit 1: Topic: B. INTERPERSONAL RELATIONSHIPS

State Standard: B1. Analyze factors that contribute to functional and dysfunctional relationships.

Indicators:

1. Define functional and dysfunctional relationships.
2. Recognize required standards for quality relationships.
3. Identify importance of communication for building relationships.
4. Analyze the principles of group dynamics and theories (teamwork and leadership skills).
5. Identify various problem-solving and decision-making procedures.
6. Explain the importance of maintaining accountability and balance in relationships.
7. Explain common adjustments required for newlyweds.

Unit 2: Topic: C. HUMAN DEVELOPMENT

State Standard: C1. Analyze principles of human growth and development.

Indicators:

1. Describe ways ecosystems affect human growth and development.
2. Explain the benefits of self-efficacy.
3. Identify the various stages of the family/parenting life cycle.
4. Describe ways historical and societal issues affect human growth and development.
5. Analyze the physical and emotional changes that occur during the aging process.

Unit 3: Topic: D. FAMILY WELL-BEING

State Standard: D1. Analyze various factors that lead to strengthening and improving family systems.

Indicators:

1. Distinguish between open and closed family systems.
2. Identify various factors that impact family systems.
3. Explain the complementary roles of parents.
4. Predict the effect of different crisis situations on the family.
5. Analyze various coping mechanisms.
6. Explain various factors that lead to family resiliency.
7. Describe reciprocal effects of family and society.
8. Identify reorganization strategies applied to various situations.
9. Identify support systems that provide services for families.

Unit 4: Topic: E. FAMILY AND CONSUMER RESOURCES

State Standard: E1 Explore the management of resources that meet the needs of individuals and families.

Indicators:

1. Evaluate money management technology.
2. Identify ways credit is used efficiently and inefficiently.
3. Develop a budget for effective money management.
4. Analyze types, policies, and purposes of insurance.
5. Analyze the benefits of estate and will planning.
6. Analyze state and local expenditures.
7. Justify the management of environmental resources.
8. Examine the purpose of government agencies and consumer protection laws.

Unit 5: Topic: F. NUTRITION AND WELLNESS

State Standard: F1. Analyze factors that influence nutrition and wellness across the life span.

Indicators:

1. Assess influences affecting food choices through the life span.
2. Develop a modified diet based on nutritional needs and health conditions.
3. Evaluate a selection of foods that promote a healthy lifestyle.
4. Recommend ways to prevent foodborne illnesses.
5. Demonstrate safe and sanitary food handling, packaging, and preparation techniques.
6. Develop a work plan for preparing a meal.
7. Identify basic food science terminology and information used in food preparation applications.

Unit 6: Topic: G. CAREER CONNECTIONS

State Standard: G1: Demonstrate transferable and employability skills in school, community and workplace settings.

Indicators:

1. Identify time management skills.
2. Explain proper work protocol.
3. Analyze the components of the Family and Medical Leave Act.
4. Analyze Title VII of the Civil Rights Act.
5. Explain discrimination and legal consequences.
6. Illustrate safety considerations in the workplace.
7. Explain basic OSHA guidelines.
8. Demonstrate basic math, reading, and writing skills.
9. Differentiate human service agencies and groups and the services they provide.
10. Analyze economics systems (i.e., free enterprise, socialism, market economy, and capitalism).
11. Demonstrate teamwork skills.
12. Summarize the characteristics of leaders.
13. Conduct meetings following Robert's Rules of Order.
14. Organize an FCCLA chapter.