

FAMILY AND CONSUMER SCIENCE COURSES AT CASTLE HIGH SCHOOL

INTERPERSONAL RELATIONSHIPS 553

GRADES 9-12

1st semester

This course addresses the knowledge, skills, attitudes and behaviors that all students need to participate in positive, caring, and respectful relationships in the family and with individuals at school, in the community, and in the workplace. Topics include components of healthy relationships, roles and responsibilities in relationships; functions and expectations of various relationships; ethics in relationships; factors that impact relationships; establishing and maintaining relationships; building self-esteem and self-image through healthy relationships; communication styles; techniques for effective communication, leadership and teamwork; individual and group goal setting and decision making; preventing and managing stress and conflict; addressing violence and abuse; and related resources, services and agencies. ***This course counts as one of three semesters required as an alternative to Health.**

PREPARING FOR COLLEGE AND CAREERS 554

GRADES 9-12

2nd semester

The focus of the course is on the impact of today's choices on tomorrow's possibilities. Topics addressed include communication, leadership, and management processes; exploration of personal aptitudes, interests, principles, and goals; life and career exploration and planning; examining multiple life roles and responsibilities as individuals and family members; planning and building employability skills; transferring school skills to life and work; decision making and organizational skills; and managing personal resources. This is a foundational course designed to teach knowledge and life skills that are essential for all high school students, as well as fulfill the state requirement for financial literacy education. ***This course counts as one of three semesters required as an alternative to Health.**

CHILD DEVELOPMENT 563

GRADES 10-12

1st semester

This course is a one-semester parenting course which focuses upon the child from conception through age one. Special emphasis is placed on the roles of parents and the development of the fetus during the prenatal period through the first year of life. ***This course counts as one of three semesters required as an alternative to Health.**

ADVANCED CHILD DEVELOPMENT 565

GRADES 10-12

2nd semester

This course is a sequential course for those who have successfully completed Child Development and Parenting. This course addresses more complex issues of child development and early childhood education. Area preschools are visited by the class to give "hands-on" experience with the children.

ADULT ROLES AND RESPONSIBILITIES 569
GRADES 11-12

1st semester

This course is a study of the changing family structure and the importance of accepting one's responsibility for self, family, friends, and community as an important part of growth. Young people need to learn to cope with a changing society. They need to understand and practice skills that will help them with relationships both inside and outside the family. Topics include living independently and family formation; consumer choices and decision making related to nutrition and wellness, clothing, housing, and transportation, financial management; and community roles and responsibilities of families and individuals. ***This course counts as one of three semesters required as an alternative to Health.**

INTRO TO HOUSING AND INTERIOR DESIGN 580
GRADES 11-12

2nd semester

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Housing and Interior Design Careers I prepares students for occupations and higher education programs of study related to the entire spectrum of career clusters that encompass careers related to housing, interiors, and furnishings. Topics include commercial applications of principles of design to creating aesthetic and functional residential and commercial environments; human, non-human, community, family, and financial resources for housing; housing and interiors materials and products; client-centered designing, drafting, blue printing, and space planning; rendering, elevations, and sketching; historical, technological, and environmental impacts on housing and interiors; zoning, building codes, regulations, and accessibility guidelines, and their impact on housing related outcomes. Ethical, legal, and safety issues as well as helping processes and collaborative ways of working with others are to be addressed. Intensive laboratory experiences with commercial applications are a required component of this course of study. Work based experiences in the housing, interiors, and/or furnishings industries are strongly encouraged.

NUTRITION AND WELLNESS 555
GRADES 10-12

1st or 2nd semester

This course teaches the importance of nutrients and our food choices. Emphasis is placed on the total wellness of the individual and includes taking responsibility for the physical, emotional, and psychological needs of one's health. Food labs are included which help to develop skills in preparation of foods. The students also acquire skills in planning meals with variety in color, texture, taste, and temperature. ***This course counts as one of three semesters required as an alternative to Health.**

ADVANCED NUTRITION AND WELLNESS 557
GRADES 11-12

1st or 2nd semester

This course addresses more complex concepts in nutrition and foods, with emphasis on advanced

special topics such as International, Regional, and/or Cultural Foods; Food Science, Nutrition, or Dietetics. Other topics may include: selecting and preparing nutritious meals, safety and sanitation in food production, meal planning and preparation based on specific nutritional needs, community and world food concerns, and exploration of careers in food and nutrition. Food labs are included to provide skills for food preparation of the various cuisines.

Prerequisite: A or B in Nutrition and Wellness and Teacher Permission

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| ADVANCED LIFE SCIENCE, FOODS (L) 5988/5989 GRADES 11-12 |
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| 2 semesters |
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This is a standards-based, interdisciplinary science course that integrates biology, chemistry, and microbiology in an agricultural context. Students understand how biology, chemistry, and physics principles apply to the composition of foods, food nutrition and development, food processing, and storage. This is a Core 40, Technical Honors, and Academic Honors Life Science credit.

Prerequisite: Must have taken or be taking Algebra; Integrated Chemistry or Chemistry.

*** Classes that count in place of 1 semester of Health. Choose any 3 classes with this symbol.**