

COURSE SYLLABUS
FACS I: 9TH GRADE FAMILY AND CONSUMER SCIENCES
CORSICA HIGH SCHOOL

Course Description

9th Grade Family and Consumer Sciences is semester exploratory course for 9th grade students. This class meets every day for 50 minutes and has no prerequisites. This course is designed to help students become well-rounded individuals. Developmental skills that are taught within this course help to empower students to become productive and healthy individuals, family members, community leaders, and workforce employees.

Units and topics that will be included in this course:

FCCLA	Developing leadership, confidence, and speaking skills through FCCLA.
Family Relationships	Developing personal identity, exploring peer and family relationships
Resource Management	Using consumer and family resources
Sexual Health	Making health decisions to improve personal health.
Interpersonal Relationships	Evaluation self to create health relationships with others.
Nutrition & Foods	Choosing and preparing nutritious meals; Developing and living a healthy lifestyle
Career Development	Identifying factors affecting career choices.

Instructional Philosophy and Delivery Plan

Students will be expected to meet all of the course goals listed in the course syllabus and be able to demonstrate their understanding of basic concepts of each topic/unit area. Students learning styles, interests, and areas of expertise will help to develop and carry out course plans. Students will complete all course requirements at a minimum of a 70% level of specific quality to pass the course.

Instruction will be focused on hands-on activities as well as lecture, discussion, demonstration, guest speakers, and other methods. Technology will also be used as a means of instruction. Students will have opportunities to work individually as well as a member of team to complete projects. Projects will also require students to use academic skills in language arts, math, social sciences, and science. FCCLA projects will be integrated into this course to enhance and promote the mastery level of competency for technical and academic standards.

Student assessment will be based upon daily participation, daily work, test/quizzes, journals, portfolios, presentations, written reports, and demonstration of skills learned. Students will also be assessed on their ability to work as an individual and/or group member.

Community resources will be assessed through speakers, panels, field trips, and student contacts.

Technology resources will used as methods of instruction as well as in student work and presentations.

Major Course Projects

Students will demonstrate their skills by developing and completing the following projects.

- Completing a career aptitudes test
- FCCLA Illustrated Talk
- Dear Me letter
- Who Am I? PowerPoint
- STD research projects
- Pregnancy letter
- Physical activity presentation
- Family meal planning project
- Food labs
- Birth order poster
- Family member resume
- Family life cycle presentation
- Family notebook

Assessment Plan and Grading Scale

Students will be assessed in a number of ways, including checklists, essays, journal reflections, quizzes, tests, demonstrations, discussions, presentations/speeches, multimedia presentations, observation, group projects, and rating scales. Points will be awarded for each activity completed. Participation points will also periodically be reward for participate in class discussion and activities. Students will be graded using the following grading scale:

A+	99-100
A	96-98
A-	94-95
B+	92-93
B	89-91
B-	87-88
C+	84-86
C	80-83
C-	77-79
D+	75-76
D	72-74
D-	70-71
F	69-Below

**FACS I: 9th Grade FACS Family and Consumer Sciences
Course Outline**

I. FCCLA

- a. Planning Process
- b. Organization Symbolism and structure
 - i. Symbolism and structure
 - ii. Programs
- c. Parliamentary procedure
- d. Leadership development
- e. STAR events

II. Personal Development

- a. Self-esteem and self-concept
 - i. Heredity and environment
- b. Values and goals
 - i. Clarification of values
 - ii. Relationship of values to life
 - iii. Short and long range goals
 - iv. Decision-making
 - v. Resources to assist in decision making
- c. Basic human needs
- d. Interacting with others
- e. Peer pressure
- f. Coping with stress and conflict
- g. Maintaining a healthy lifestyle

III. Sexual Health

- a. Making health choices
- b. Health relationships
- c. Ending a relationship
- d. Sexual violence
- e. Abstinence
- f. Sexually Transmitted Diseases
- g. Birth Control Options
- h. Pregnancy

IV. Nutrition

- a. MyPlate
- b. Nutrients
- c. Energy use and needs
 - i. Calories
 - ii. Physical activity
 - iii. Serving size

V. Foods

- a. Equipment care and use
- b. Kitchen equipment and safety
- c. Food preparation
 - i. Measuring techniques
 - ii. Recipe use
 - iii. Foods lab
- d. Meal management
 - i. Menu planning
 - ii. Meal preparation
 - iii. Breakfasts

VI. Interpersonal relationships

- a. Family types
- b. Family life cycle
- c. Family crisis
- d. Birth order

VII. Careers

- a. Career Exploration