

Individual and Family Relationships *(formerly Adult Roles & Responsibilities)*

This course includes the study of developing skills to build and maintain a healthy self-concept and effective communication that establish healthy relationships for an individual, family, community, marriage, peers and professionally. This course will emphasize establishing and maintaining relationships based on effective communication, diverse family systems, characteristics of personal development and the impact of relationships on personal and career connection.

Course Details:

Grades: 11th-12th

Credit: 0.5

Credit type: AT

Prerequisite: None

Sewing Construction and Textiles I

This course introduces students to basic apparel design and construction skills. These skills prepare students for the exciting global apparel industry and entrepreneurial opportunities. Students will sew apparel and accessory projects. This course will strengthen comprehension of concepts and standards outlined in Sciences, Technology, Engineering and Math (STEM) education. Student leadership and competitive events (FCCLA) may be integrated into this course.

Course Details:

Grades: 9th-12th

Credit: 0.5

Credit type: AT

Prerequisite: None

Sewing Construction and Textiles II

Students will further strengthen and broaden apparel design and production techniques. In this course they design and construct intermediate level projects using various construction techniques. These skills prepare students for the exciting global apparel industry and entrepreneurial opportunities. This course will strengthen comprehension of concepts and standards outlined in Sciences, Technology, Engineering and Math

(STEM) education. Student leadership and competitive events (FCCLA) may be integrated into this course.

Course Details:

Grades: 9th-12th

Credit: 0.5

Credit type: AT

Prerequisite: Apparel Design I

Child Development

This course provides students with an understanding of the aspects of human growth and development. Parenting skills are developed as positive guidance techniques and child-related issues are studied. Learning activities, observation techniques, and lab experiences in working with young children may be included. Student leadership (FCCLA) may be an integral part of the course.

Course Details:

Grades: 9th-12th

Credit: 0.5

Credit type: AT

Prerequisite: None

Fashion Design Studio

This course explores how fashion influences everyday life and introduces students to the fashion industry. Topics covered include: fashion fundamentals, elements and principles of design, textiles, consumerism, and fashion related careers, with an emphasis on personal application. This course will strengthen comprehension of concepts and standards outlined in Sciences, Technology, Engineering and Math (STEM) education. FCCLA and/or DECA may be an integral part of this course

Course Details:

Grades: 9th-12th

Credit: 0.5

Credit type: AT

Prerequisite: None

Foods and Nutrition I

This course is designed to focus on the science of food and nutrition. Experiences will include food safety and sanitation, culinary technology, food preparation and dietary analysis to develop a healthy lifestyle with pathways to career readiness.

Laboratory-based experiences strengthen comprehension of concepts and standards outlined in Sciences, Technology, Engineering and Math (STEM) education. Student leadership and competitive events (FCCLA) may be integrated into this course.

Course Details:

Grades: 9th-12th

Credit: 0.5

Credit type: AT

Prerequisite: None

Foods and Nutrition II

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 that will strengthen their comprehension of concepts and standards outlined in Science, Technology, Engineering and Math (STEM) education.

Course Details:

Grades: 9th-12th

Credit: 0.5

Credit type: AT

Prerequisite: Foods and Nutrition I

CE - Foundations of Nutrition 1020

Students will study the discipline of fundamental scientific principles of nutrition and levels of organization in nature. They will understand the foundations of how to fuel and nourish the body optimally using the guidelines and standards based on these principles. They will compare the six categories of nutrients that function in cellular structure and metabolism that are essential to life due to human genetics; carbohydrates, proteins, lipids, vitamins, minerals and water.

Course Details:

Grades: 11th-12th

Credit: 1.0 (3 SUU credits)

Credit type: AT

Prerequisite: 3.0 GPA

Interior Design

This course enables students to explore their creativity in the field of interior design. Identification of the elements and principles of design are emphasized. Other topics included are careers, housing choices, area planning. Course is repeatable.

Course Details:

Grades: 9th-12th

Credit: 0.5

Credit type: AT

Prerequisite: None

ProStart I & II

This National Restaurant Association course introduces students into the world of professional cooking. Communication skills, safety and sanitation, advanced food preparation, meal planning, customer relations, and accounting skills will be taught. FCCLA may be an integral part of this course.*Pro Start I and II are taught alternating years.

Course Details:

Grades: 11th-12th

Credit: 1.0

Credit type: AT

Prerequisite: Foods I & II