

FAMILY AND CONSUMER SCIENCES

Course Title	Course #	Credit	Level	Prerequisite	NCAA
FOODS					
	55325	0.5	9-12	None	No
Food Lab Fee: \$30.00	This introductory course will introduce students to the basic skills of kitchen equipment and measuring, kitchen and personal safety, food safety and sanitation. Basic food preparation and principles of nutritional cooking will be enhanced by weekly food labs. <i>Meets Graduation Requirements in: Practical Arts</i>				
NUTRITION AND WELLNESS					
	55375	0.5	9-12	None	No
Food Lab Fee: \$30.00	Learn how food and exercise blend together for peak performance in your body. This class will focus on lifetime sports, exercise programs, and the related nutrition facts: eating disorders, weight control, and current health topics (fats, cholesterol, bran, sodium, caffeine, fad diets, etc.) as well as healthy food selection and preparation. Students will learn about and participate in lifetime fitness activities such as aerobics, team sports, power walking, etc. Experts in the related fields will serve as guest speakers. Hands-on participation in food science labs and various physical activities will highlight this action oriented lifetime learning experience. <i>Meets Graduation Requirements in: Practical Arts</i>				
CREATIVE AND FOREIGN FOODS					
	55350	0.5	10-12	None	No
Food Lab Fee: \$30.00	Creative foods allows you to explore foreign foods, customs and the eating habits of cultures throughout the world. Food labs will demonstrate meal service and plate presentation, entertaining and dining etiquette. The course will further develop basic culinary skills, knife skills, presentation techniques and will give experience using gourmet ingredients. <i>Meets Graduation Requirements in: Practical Arts</i>				
ESSENTIALS FOR CULINARY ARTS					
	55360 S1	0.5	11-12	Foods or Crt. Foods	No
ESSENTIALS FOR CULINARY ARTS					
	55360 S2	0.5	11-12	Essentias CA, S1	No
Food Lab Fee: \$30.00 FCCLA Dues: \$15.00	This year long course, based on Family and Consumer Science standards, is designed for students with career interests in the food industry, as well as owning their own culinary business. Students will develop skills in quantity food preparation, safety and sanitation, planning, customer service, and entrepreneurship. <i>Meets Graduation Requirements in: Practical Arts</i>				
HEALTHY DECISIONS					
	55300	0.5	9-10	None	No
	Kick off your high school career by learning how to make good choices on those critical health issues that you will face in the next 4 years and in your future! Explore everyday living aspects of nutrition and fitness; substance use and abuse; sexuality; relationships; and personal safety through practicing effective decision making skills. Learn skills with your peers in a fun, fact-filled course.				
CONTEMPORARY ISSUES IN HEALTH					
	55305	0.5	10-12	None	No
	<p>What's it all about? Making good decisions related to your health! You can build upon your previous health knowledge by investigating issues directly impacting your life today and in the future. These include identifying ways to resolve road rage and date abuse; learning ways to solve dating conflicts and prevent future domestic violence; delving into the impacts of substance abuse on you and others; being a healthy consumer; finding ways to promote your own personal health and safety; identifying your nutritional needs and how to meet them; developing effective communication skills; and understanding human development including sexuality (and even old age, particularly if you don't exercise and eat healthy now!). And what about public health issues? What about noninfectious diseases? What about understanding family dynamics and how they affect you? It's all there! Activities include numerous dynamic guest speakers, discussions, video, and hands on projects. For students with a personal interest in their own health or a health related career, this course is a must!</p> <p><i>Students who pass this course may have it apply to meet graduation requirements in any one of the following ways: .5 of their physical education requirement .5 of their practical arts requirement or .5 of their elective requirement.</i></p>				

Course Title	Course #	Credit	Level	Prerequisite	NCAA
INTERIOR DESIGN I	55425	0.5	10-12	None	No
Supply Cost: \$20.00	Everyone has the opportunity to live in a home and express themselves by designing the interior. A good gift to give yourself is some experience with designing interiors. Take this class! It is a fast paced, hands-on, project-based class that will teach you about design trends, elements and principals of design, color and the way it all goes together. <i>Meets Graduation Requirements in: Practical Arts.</i>				
INTERIOR DESIGN II	55430	0.5	10-12	Teacher Approval	No
Supply Cost: \$20.00	Students enrolled in this project-based class will continue exploring the exciting and diverse field of interior design. Students will learn about furniture styles; fiber, fabrics and finishes; materials and interior finishes; window treatments; and lighting. Students will enrich their knowledge of design principles by arranging interior spaces and demonstrate their knowledge of these topics by completing simulated projects that meet professional standards. <i>Meets Graduation Requirements in: Practical Arts.</i>				
CHILD PSYCHOLOGY	55478	0.5	10-12	None	No
	Get ready to be fascinated! In Child Psychology you will study children from conception through age eight. The topics will include pregnancy, birth, prenatal development, birth defects, infants, toddlers, preschoolers, primary aged children and how all of that goes together.... what makes children "tick"? Even more special topics of interest included are why bonding is critical, children's fears, abuse and theories of child psychology and development. <i>Meets Graduation Requirements in: Practical Arts.</i>				
EARLY CHILD EDUCATION INTERNSHIP	55477	0.5	10-12	Child Psychology	No
EARLY CHILD EDUCATION INTERNSHIP	55758 S2	0.5	10-12	Child Psychology	No
	Through Early Childhood Education internship, you will get practical knowledge of the elementary classroom. You will assist an elementary teacher with lesson preparation and one-on-one guidance of children. You will work with small groups of children and perform many other "teacher" tasks. This internship will help you understand the total classroom. After meeting for 2 weeks in class, you will be released to go to your elementary classroom, assisting the kids and teacher you select. <i>Meets Graduation Requirements in: Practical Arts.</i>				
TEACHER CADET - HONORS	55470 S1	0.5	11-12	Teacher Approval	No
TEACHER CADET - HONORS	55470 S2	0.5	11-12	Teacher Approval	No
	Interested in teaching as a possible profession? Interested in the role education plays in society? If so, this class is for you! Students will be involved in a fast-paced, innovative, hands-on curriculum where they gain knowledge about teaching and learning. Teacher Cadets will develop and master effective skills that will be helpful in college and beyond, such as public speaking, writing, communication, and reasoning skills. Students will investigate numerous positions and their duties in the education field from central administration to principals, counselors, teachers at various levels/subject matter, coaches, etc. We will observe and shadow a variety of positions, plus work in a classroom setting at a level of choice for several weeks throughout the school year. During extended field experience, students will work with small groups, prepare and present lessons, prepare and implement evaluations of activities, working under an experienced professional teacher. FCCLA Occupational and Future Educators of America (FEA) are student organizations which will offer activities for interested <i>Meets Graduation Requirement in: Practical Arts.</i>				
ELEMENTARY ASSISTANT	55475	0.5	11-12	Teacher Approval	No
Must provide own transportation.	Students learn about elementary children and their education by working 3 class periods per week in elementary school classrooms. PHS classroom time focuses on preparing educational materials to be used at the elementary level. Topics covered in class include discipline, lesson plans, learning styles of children, literature, dramatic play, and creating positive self-images. This course is highly recommended for students interested in careers related to children. Must provide own transportation. <i>Meets Graduation Requirements in: Practical Arts.</i>				

Course Title	Course #	Credit	Level	Prerequisite	NCAA
FASHION DESIGN I	55400	0.5	9-12	None	No
Cost: \$20.00	This class explores the wholesale and retail apparel industry. It examines past, present, and future fashion trends, basic design terms, and the design process. The class uses a combination of hands-on projects and computer technology to evaluate personal characteristics and applies the elements and principles of design to meet specific needs. Various illustration techniques and different career opportunities will be explored. <i>Meets Graduation Requirements in: Practical Arts.</i>				
EMPLOYMENT DEVELOPMENT	55621 S1	2-3 Credits	11-12	Teacher Approval	No
EMPLOYMENT DEVELOPMENT	55621 S2	2-3 Credits	11-12	Teacher Approval	No
	Get ahead! Learn while you earn! Perfect transferable skills to prepare for your career! Gain valuable workplace experience! Compete with your job skills at FCCLA State Competition! The work place is highly competitive and through the Employment Development course you can be a step ahead of the rest of the working world. Learn information as well as practice techniques and skills to get you into your career position. Curriculum will help you better understand the world of work and help prepare you for our future after graduation and your choice of post-secondary education training. You will get a jump start by learning about related business and industry expectations, resumes and interviewing skills, customer service skills, laws in the workplace, personal resource management (from time to money to energy), management styles and their implications, job benefits, conflict prevention and resolution via communication skills, tax information, teamwork skills, labor unions, and career opportunities. Employment Development class teaches you what all employers expect their employees to know, but few really do. Be a success in your career! Be prepared for the real world!! Students are expected to take the Employment Work Experience class concurrently. See the following course description. This course may be repeated for credit due to a 2-year rotating curriculum. <i>Meets Graduation Requirements in: Practical Arts.</i>				
EMPLOYMENT DEVELOPMENT WK. EXP.	55622 S1	1-2 Credits	11-12	Teacher Approval	No
EMPLOYMENT DEVELOPMENT WK. EXP.	55622 S2	1-2 Credits	11-12	Teacher Approval	No
	Prerequisite: Must take Employment Development course concurrently and maintain an approved job throughout the year. Teacher approval required. .5 credit for 120 hours of work per semester (1 period work release time); 1 credit for 240 hours work per semester (up to 2 periods work released time allowed). Earn while you learn! Students work an average of 15 hours per week for 1 credit per semester or 7.5 hours per week for .5 credit per semester. Job must be approved by teacher and required forms completed prior to work hours beginning to count. You will enjoy earning money while getting school credit. You will gain valuable experience in the workplace while practicing the skills and using the information you are learning in the related Employment Development class. This hands-on employment experience will help you to become an outstanding employee with transferable skills. Must provide own transportation. <i>Meets Graduation Requirements in: Practical Arts.</i>				
PERSONAL FINANCE	55500	0.5	11-12	None	No
	Are you ready for the "real" world? Does the prospect of being totally responsible for yourself scare you or present a challenge? Personal Finance class is just for you. This course is designed to provide students with independent living skills for managing a "real" home and "real" life. Units of study include careers, money management, banking, credit, consumerism, apartment selection and contracts, insurance, transportation and identity theft. The class ends with a fun simulation of Life in the United States. <i>Meets Graduation Requirements in: Practical Arts.</i>				

PROFESSIONAL CAREER EXPLORATION

Course Title	Course #	Credit	Level	Prerequisite	NCAA
CAREER PATHWAYS	55550	0.5	9-12	See Below	No
	<p>Prerequisite: This course is recommended prior to all Internships except Early Childhood Professions. Do you have any idea what you want to do with the rest of your life? Focus attention on future education and career choices by identifying career interest areas determined by an assessment of skills, interest and work values. Learn to use CHOICES computer software for career and post secondary education research. Develop a usable education and career portfolio containing items necessary for post secondary education and job search. Interact with professionals who work in various career areas through career panels and a job shadow. Explore the Colorado School-to-Career Interest Pathways! Research a selected career, which meets individual interest, skills and values, based on the information and insight gained through class activities. <i>Meets Graduation Requirements in: Practical Arts.</i></p>				
INTERNSHIP - SPECIAL SERV ASST.	55750 S1	0.5 - 1.0	11-12	See Below	No
INTERNSHIP - SPECIAL SERV ASST.	55750 S2	0.5 - 1.0	11-12	See Below	No
	<p>Prerequisite: Approved application, interview with Special Services Teacher. This internship is designed for those students who are interested in assisting students with disabilities to succeed in a regular or special education classroom. Interns will serve as peer tutors and/or teacher assistants. This experience will be valuable for students who are interested in education, physical therapy and/or occupational therapy. Interns should have a desire to work with a variety of students with physical, learning and emotional needs. Interns will be expected to meet regularly with the special education teacher. <i>Meets Graduation Requirements in: Practical Arts.</i></p>				
PROFESSIONAL INTERNSHIP-60 Hours	55570 Fall	0.5	12	See Below	No
PROFESSIONAL INTERNSHIP-60 Hours	55571 Spg	0.5	12	See Below	No
PROFESSIONAL INTERNSHIP-120 Hours	55572 Fall	1.0	12	See Below	No
PROFESSIONAL INTERNSHIP-120 Hours	55573 Spg	1.0	12	See Below	No
	<p>Prerequisite: Application, verification own transportation, driver's license and car insurance. Your internship class will facilitate career and post secondary decision-making through placement in an unpaid internship in an area of career interest. During the first 2 weeks of the semester employability skills are covered during classroom instruction prior to placement. A training plan is coordinated between the student, internship coordinator and internship sponsor in order to develop knowledge and skills during the internship. The student is responsible for documentation of hours and daily journaling of experiences. The student intern will write a paper, assemble a portfolio, give oral presentations and develop a project during the course of the internship. Must provide own transportation. <i>Meets Graduation</i></p>				