

Individual and Family Health

#09129

Grades 9-12

- ❖ To help students develop a holistic approach to “good health” and learn ways to maintain optimum levels of wellness. Course content may include: characteristics of a healthy person; maintenance of health (including nutrition, physical fitness, personal hygiene, accident prevention, protection against disease, effects of alcohol, tobacco, and other drugs, coping skills, “preventive maintenance”, home safety and sanitation, athletics); preparing for emergency situations; home care of the sick; pregnancy, community health services and programs; selecting and using health care products and services; current issues related to personal, family, and world health; related careers; leadership development.
- ❖ Note: This course can be taught for CTE credit only. For Physical Education credit, Health can be found under Physical Education and Health. For Science credit, Health can be found under Science.
This course may also satisfy the health requirement for graduation.

Credit:

$\frac{1}{4}$, $\frac{1}{2}$, or 1

Max credit = 1

MIS03# 09129		0.25, 0.5, or 1.0 Credit		INDIVIDUAL & FAMILY HEALTH	
Career, Community, and Family Connections					
Content Standards		Competencies			
1.1 Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global).	1.1.4 Analyze potential effects of career path decisions on balancing work and family.				✓
	1.1.5 Define goals for life-long learning and leisure opportunities for all family members.				
	1.1.6 Develop a life plan, including pathways to acquiring the knowledge and skills needed to achieve individual, family, and career goals.				
1.2 Demonstrate transferable and employability skills in school, community and workplace settings.	1.2.3 Apply communication skills in school, community and workplace settings.				
	1.2.4 Demonstrate teamwork skills in school, community and workplace settings.				
	1.2.6 Demonstrate leadership skills and abilities in school, workplace and community settings.				
	1.2.8 Demonstrate work ethics and professionalism.				
1.3 Evaluate the reciprocal effects of individual and family participation in community activities.	1.3.1 Analyze goals that support individuals and family members in carrying out community and civic responsibilities.				
	1.3.2 Demonstrate skills that individuals and families can utilize to support civic engagement in community activities.				
	1.3.3 Analyze personal and family assets and skills that provide service to the community.				
	1.3.4 Analyze community resources and systems of formal and informal support available to individuals and families.				
	1.3.5 Analyze the effects of public policies, agencies, and institutions on the family.				
	1.3.6 Identify ways individuals and families can influence change in policies, agencies, and institutions that affect individuals and families.				
Consumer and Family Resources					
Content Standards		Competencies			
2.1 Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.	2.1.2 Analyze how individuals and families make choices to satisfy needs and wants.				
	2.1.3 Analyze decisions about providing safe and nutritious food for individuals and families.				
	2.1.6 Summarize information about procuring and maintaining health care to meet the needs of individuals and family members.				
	2.1.7 Apply consumer skills to decisions about recreation.				
2.2 Analyze the relationship of the environment to family and consumer resources.	2.2.1 Analyze individual and family responsibility in relation to the environmental trends and issues.				
	2.2.2 Summarize environmental trends and issues affecting families and future generations.				
	2.2.3 Demonstrate behaviors that conserve, reuse, and recycle resources to maintain the environment.				
	2.2.4 Explain government regulations for conserving natural resources.				

2.3 Analyze policies that support consumer rights and responsibilities.	2.3.1 Analyze state and federal policies and laws providing consumer protection.	
	2.3.2 Analyze how policies become laws relating to consumer rights.	
	2.3.3 Analyze skills used in seeking information to consumer rights.	
2.4 Evaluate the effects of technology on individual and family resources.	2.4.1 Summarize types of technology that affect family and consumer decision-making.	
	2.4.2 Analyze how media and technological advances affect family and consumer decisions.	
	2.4.3 Assess the use of technology and its effect on quality of life.	
Education and Early Childhood		
Content Standards	Competencies	
4.4 Demonstrate a safe and healthy learning environment for children.	4.4.1 Manage physical space to maintain a learning environment that is safe and healthy and encourages physical activity.	
	4.4.2 Apply safe and healthy practices that comply with state regulations.	
	4.4.3 Implement strategies to teach children health, safety, and sanitation habits.	
	4.4.4 Plan safe and healthy meals and snacks.	
	4.4.5 Document symptoms of child abuse and neglect and use appropriate procedures to report suspected abuse or neglect to the designated authorities.	
	4.4.6 Implement basic health practices and prevention procedures for workers and children regarding childhood illness and communicable diseases.	
	4.4.7 Demonstrate security and emergency procedures.	
Facilities Management and Maintenance		
Content Standards	Competencies	
5.3 Demonstrate sanitation procedures for a clean and safe environment.	5.3.3 Apply Occupational Safety and Health Administration (OSHA) regulations to situations in which blood borne pathogens exist and need to be labeled and carefully handled.	
5.5 Demonstrate a work environment that provides safety and security.	5.5.1 Design procedures for external and internal emergencies.	
	5.5.5 Apply procedures for control of infection and infectious materials	
Family		
Content Standards	Competencies	
6.1 Analyze the effects of family as a system on individuals and society.	6.1.1 Analyze family as the basic unit of society.	
	6.1.2 Analyze the role of family in transmitting societal expectations.	
	6.1.3 Analyze global influences on today's families.	
	6.1.4 Analyze the role of family in teaching culture and traditions across the life span.	
	6.1.5 Analyze the role of family in developing independence, interdependence, and commitment of family members.	
	6.1.6 Analyze the effects of change and transitions over the life course.	
	6.1.7 Analyze the ways family and consumer sciences careers assist the work of the family.	

6.2 Evaluate the effects of diverse perspectives, needs, and characteristics of individual and families.	6.2.1 Demonstrate awareness of multiple diversities and their effects on individuals, families, and society.	
	6.2.2 Analyze the effects of social and cultural diversity on individuals and families.	
	6.2.3 Analyze the effects of empathy for diversity on individuals in family, work, and community settings.	
	6.2.4 Demonstrate respect for diversity with sensitivity to anti-bias, gender, equity, age, culture, and ethnicity.	
	6.2.5 Analyze the effects of globalization and increasing diversity on individuals, families, and society.	
Family and Community Services		
Content Standards	Competencies	
7.1 Analyze career paths within family and community services.	7.1.1 Explain the roles and functions of individuals engaged in family and community services careers.	
7.2 Analyze factors relating to providing family and community services.	7.2.1 Describe local, state, and national agencies and informal support resources providing human services.	
	7.2.2 Analyze professional, ethical, legal, and safety issues that confront human service employees.	
	7.2.3 Summarize licensing laws and regulations that affect service providers and their participants.	
	7.2.4 Analyze harmful, fraudulent, and deceptive human services practices.	
	7.2.5 Summarize the rights and responsibilities of human service participants and their families.	
	7.2.6 Analyze effective individual and family advocacy and self-advocacy strategies to overcome diverse challenges facing human services participants.	
	7.2.7 Analyze community-networking opportunities in family and community services.	
7.3 Demonstrate professional behaviors, skills, and knowledge in providing family and community services.	7.3.1 Apply rules, regulations, and work site policies that affect employer, employee, participant, and family rights and responsibilities.	
	7.3.2 Demonstrate professional and ethical collaborative relationships with colleagues, support teams, participants, and families.	
	7.3.3 Maintain accurate and confidential documentation to be submitted in a timely manner to appropriate sources.	
	7.3.4 Analyze participants' strengths, needs, preferences, and interests across the life span through formal and informal assessment practices.	
	7.3.5 Demonstrate use of technology in human services.	
7.4 Evaluate conditions affecting individuals and families with a variety of disadvantaging conditions.	7.4.1 Assess health, wellness, and safety issues of individual and families with a variety of disadvantaging conditions.	
	7.4.2 Analyze management and living environment issues of individuals and families with a variety of disadvantaging conditions.	
	7.4.3 Analyze personal, social, emotional, economic, vocational, educational, and recreational issues for individuals and family with a variety of disadvantaging conditions.	
	7.4.4 Discriminate between situations that require personal prevention or intervention and those situations that require professional assistance.	
	7.4.5 Analyze situations which require crisis intervention.	
	7.4.6 Summarize the appropriate support needed to address selected human services issues.	

7.5 Evaluate services for individuals and families with a variety of disadvantaging conditions.	7.5.1 Describe needs and accommodations for people with a variety of disadvantaging conditions.	
	7.5.2 Analyze ways in which individuals with disadvantaging conditions affect the family and family members financially, socially, physically, and emotionally.	
	7.5.3 Illustrate coping or adjustment strategies and stress management practices for the participant, a caregiver, and family members.	
	7.5.4 Summarize the importance of friends, family, and community relationships for an individual with a variety of disadvantaging conditions.	
	7.5.5 Demonstrate ways to provide support that validates the participants' capabilities and right to privacy, dignity, and autonomy.	
	7.5.6 Demonstrate strategies that help participants make informed choices, access resources and support, follow through on responsibilities, and take appropriate risks.	
	7.5.7 Demonstrate verbal and nonverbal communication skills that support individuals and families with a variety of disadvantaging conditions.	
Food Production and Services		
Content Standards	Competencies	
8.2 Demonstrate food safety and sanitation procedures.	8.2.2 Employ food service management safety/sanitation program procedures, including CPR and first aid.	
	8.2.5 Practice good personal hygiene/health procedures, including dental health and weight management, and report symptoms of illness.	
8.4 Demonstrate menu planning principles and techniques based on standardized recipes.	8.4.7 Apply principles of Measurement, Portion Control, Conversions, Food Cost Analysis and Control, Menu Terminology, and Menu Pricing to menu planning.	
Food Science, Dietetics, and Nutrition		
Content Standards	Competencies	
9.2 Apply risk management procedures to food safety, food testing, and sanitation.	9.2.1 Analyze factors that contribute to food borne illness.	
	9.2.5 Demonstrate practices and procedures that assure personal and workplace safety, health and hygiene. (CPR, First Aid, Epi-Pens)	
	9.2.7 Classify current types of cleaning materials and sanitizers and their proper use.	
9.3 Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.	9.3.1 Analyze nutrient requirements across the life span addressing the diversity of people, culture, and religions.	
	9.3.2 Analyze nutritional data.	
	9.3.3 Apply principles of food production to maximize nutrient retention in prepared foods.	
	9.3.4 Assess the influence of socioeconomic and psychological factors on food and nutrition and behavior. (Etiquette)	
	9.3.5 Analyze recipe/formula proportions and modifications for food production.	
	9.3.6 Critique the selection of foods to promote a healthy lifestyle.	
	9.3.7 Categorize foods into exchange groups and plan menus, applying the exchange system to meet various nutrient needs.	

9.4 Apply basic concepts of nutrition in a variety of settings.	9.4.1 Analyze nutritional needs of individuals.	
	9.4.4 Construct a modified diet based on nutritional needs and health conditions.	
	9.4.5 Design instruction on nutrition for health maintenance and disease prevention.	
Human Development		
Content Standards	Competencies	
12.1 Analyze principles of human growth and development across the life span.	12.1.1 Analyze physical, emotional, social, spiritual, and intellectual development.	
	12.1.2 Analyze interrelationships among physical, emotional, social, and intellectual aspects of human growth and development.	
	12.1.3 Analyze current and merging research about human growth and development, including research on brain development.	
12.2 Analyze conditions that influence human growth and development.	12.2.1 Analyze the effect of heredity and environment on human growth and development.	
	12.2.2 Analyze the impact of social, economic, and technological forces on individual growth and development.	
	12.2.3 Analyze the effects of gender, ethnicity, and culture on individual development.	
	12.2.4 Analyze the effects of life events on individuals' physical, intellectual, social, moral, and emotional development.	
	12.2.5 Analyze geographic, political, and global influences on human growth and development.	
12.3 Analyze strategies that promote growth and development across the life span.	12.3.1 Analyze the role of nurturance on human growth and development.	
	12.3.2 Analyze the role of communication on human growth and development.	
	12.3.3 Analyze the role of family and social services support systems in meeting human growth and development needs.	
Interpersonal Relationships		
Content Standards	Competencies	
13.1 Analyze functions and expectations of various types of relationships.	13.1.1 Analyze processes for building and maintaining interpersonal relationships.	
	13.1.2 Predict the effects of various stages of the family life cycle on interpersonal relationships.	
	13.1.3 Compare physical, emotional, spiritual and intellectual functioning in stable and unstable relationships.	
	13.1.4 Analyze factors that contribute to healthy and unhealthy relationships.	
	13.1.5 Analyze processes for handling unhealthy relationships.	
	13.1.6 Demonstrate stress management strategies for family, work, and community settings.	
13.2 Analyze personal needs and characteristics and their effects on interpersonal relationships.	13.2.1 Analyze the effects of personal characteristics on relationships.	
	13.2.2 Analyze the effect of personal need on relationships.	
	13.2.3 Analyze the effects of self-esteem and self-image on relationships.	
	13.2.4 Analyze the effects of life span events and conditions on relationships.	
	13.2.5 Explain the effects of personal standards and behaviors on interpersonal relationships.	

13.3 Demonstrate communication skills that contribute to positive relationships.	13.3.1 Analyze communication styles and their effects on relationships.	
	13.3.2 Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication.	
	13.3.3 Demonstrate effective listening and feedback techniques.	
	13.3.4 Analyze strategies to overcome communication barriers in family, community and work settings.	
	13.3.5 Apply ethical principles of communication in family, community and work settings.	
	13.3.6 Analyze the effects of communication technology in family, work, and community settings.	
	13.3.7 Analyze the roles and functions of communication in family, work, and community settings.	
13.4 Evaluate effective conflict prevention and management techniques.	13.4.1 Analyze the origin and development of attitudes and behaviors regarding conflict.	
	13.4.2 Explain how similarities and differences among people affect conflict prevention and management.	
	13.4.3 Apply the roles of decision making and problem solving in reducing and managing conflict.	
	13.4.4 Demonstrate nonviolent strategies that address conflict.	
	13.4.5 Demonstrate effective responses to harassment.	
	13.4.6 Assess community resources that support conflict prevention and management.	
13.5 Demonstrate teamwork and leadership skills in the family, workplace, and community.	13.5.1 Create an environment that encourages and respects the ideas, perspectives, and contributions of all group members.	
	13.5.2 Demonstrate strategies to motivate, encourage, and build trust in group members.	
	13.5.3 Demonstrate strategies that utilize the strengths and minimize the limitations of team members.	
	13.5.4 Demonstrate techniques that develop team and community spirit.	
	13.5.5 Demonstrate ways to organize and delegate responsibilities.	
	13.5.6 Create strategies to integrate new members into the team.	
	13.5.7 Demonstrate processes for cooperating, compromising, and collaborating.	
13.6 Demonstrate standards that guide behavior in interpersonal relationships.	13.6.1 Apply critical thinking and ethical criteria to evaluate interpersonal relationships.	
	13.6.2 Apply guidelines for assessing the nature of issues and situations.	
	13.6.3 Apply critical thinking and ethical standards when making judgments and taking action.	
	13.6.4 Demonstrate ethical behavior in family, workplace, and community settings.	
	13.6.5 Compare the relative merits of opposing points of view regarding current ethical issues.	

Nutrition and Wellness		
Content Standards	Competencies	
14.1 Analyze factors that influence nutrition and wellness practices across the life span.	14.1.1 Explain physical, emotional, social, psychological and spiritual components of individual and family wellness.	
	14.1.2 Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices.	
	14.1.3 Analyze the governmental, economic, and technological influences on food choices and practices.	
	14.1.4 Analyze the effects of global and local events and conditions on food choices and practices.	
	14.1.5 Analyze legislation and regulations related to nutrition and wellness.	
14.2 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.	14.2.1 Analyze the effect of nutrient on health, appearance, and peak performance.	
	14.2.2 Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.	
	14.2.3 Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.	
	14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness.	
14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.	14.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.	
	14.3.2 Design strategies that meet the health and nutrition requirements of individuals and families with special needs.	
14.4 Evaluate factors that affect food safety from production through consumption.	14.4.1 Analyze conditions and practices that promote safe food handling.	
	14.4.2 Analyze safety and sanitation practices throughout the food chain.	
14.5 Evaluate the influence of science and technology on food composition, safety, and other issues.	14.5.1 Analyze how scientific and technical advances influence the nutrient content, availability, and safety of foods.	
	14.5.2 Analyze how the scientific and technical advances in food processing, storage, product development, and distribution influence nutrition and wellness.	
	14.5.3 Analyze the effects of technological advances on selection, preparation and home storage of food.	
	14.5.4 Analyze the effects of food science and technology on meeting nutritional needs.	
Parenting		
Content Standards	Competencies	
15.2 Evaluate parenting practices that maximize human growth and development.	15.2.1 Choose nurturing practices that support human growth and development.	
	15.2.2 Apply communication strategies that promote positive self-esteem in family members.	
	15.2.3 Assess common practices and emerging research about discipline on human growth and development.	
	15.2.4 Assess the effects of abuse/neglect on children and families and determine methods for prevention.	
	15.2.5 Apply criteria for selecting care and services for children.	

15.4 Analyze physical and emotional factors related to beginning the parenting process.	15.4.1 Analyze biological processes related to prenatal development, birth, and health of child and mother.	
	15.4.2 Analyze the emotional factors of prenatal development and birth in relation to the health of parents and child.	
	15.4.3 Analyze implications of alternatives to biological parenthood.	
	15.4.4 Analyze legal and ethical impacts of current and emerging technology on fertility and family planning.	

Individual and Family Health Course Topics and Related Standards Overview

INDIVIDUAL & FAMILY HEALTH	FACS I	Middle School FACS
MIS03 # 09129	MIS03 # 09022	MIS03 # 09006
Family		
Roles (6.1.1, 6.1.2, 6.1.3, 6.1.4, 6.1.5, 6.1.6, 6.1.7)		
Diversity (6.2.1, 6.2.2, 6.2.3, 6.2.4, 6.2.5)		
Wellness (14.1.1, 14.1.2, 14.1.3, 14.1.4, 14.1.5, 14.2.1, 14.2.2, 14.2.3, 14.2.4, 14.3.1, 14.3.2, 14.5.2, 14.5.3)		
Nutrition (8.4.7, 9.3.1, 9.3.2, 9.3.3, 9.3.4, 9.3.5, 9.3.6, 9.3.7, 9.4.1, 9.4.4, 14.5.4)		
Relationships		
Types (13.1.1, 13.1.2, 13.1.3, 13.1.4, 13.1.5, 13.1.6)		
Self Esteem (13.2.1, 13.2.2, 13.2.3, 13.2.4, 13.2.5)		
Communication Skills (1.2.3, 13.3.1, 13.3.2, 13.3.3, 13.3.4, 13.3.5, 13.3.6, 13.3.7)		
Conflict (13.4.1, 13.4.2, 13.4.3, 13.4.4, 13.4.5, 13.4.6)		
Teamwork (1.2.4, 1.2.6, 13.5.1, 13.5.2, 13.5.3, 13.5.4, 13.5.5, 13.5.6, 13.5.7)		
Decision Making (13.6.1 - 13.6.5)		
Human Development		
Life Span (12.1.1, 12.1.2, 12.1.3, 15.4.1 - 15.4.4)		
Influencing Conditions (12.2.1 - 12.2.5, 12.3.1 - 12.3.3, 15.2.1 - 15.2.5)		
Safety (4.4.1 - 4.4.7, 5.5.1, 8.2.2, 9.2.7, 14.4.1, 14.4.2, 14.4.5, 14.5.1)		
Community		
Agencies (7.2.1, 7.2.2, 7.2.3, 7.2.4, 7.2.5, 7.2.6, 7.2.7)		
Professional Behaviors (7.3.1, 7.3.2, 7.3.3, 7.3.4, 7.3.5)		
Disadvantaging Conditions (7.4.1, 7.4.2, 7.4.3, 7.4.4, 7.4.5, 7.4.6, 7.5.1, 7.5.2, 7.5.3, 7.5.4, 7.5.5, 7.5.6, 7.5.7)		
Related Careers (1.1.4, 1.1.5, 1.1.6, 1.2.8, 1.3.1, 1.3.2, 1.3.3, 1.3.4, 1.3.5, 1.3.6, 7.1.1)		
Physical Fitness/Athletics (see health standards)		
Personal Hygiene (8.2.5, 9.2.5)		
Disease Prevention (5.3.3, 5.5.5, 9.2.1, 9.4.5)		
Alcohol, tobacco, and other drugs (see health standards)		
Environmental Health (2.2.1 - 2.2.4)		
Consumer Health (2.1.2, 2.1.3, 2.1.6, 2.1.7, 2.3.1 - 2.3.3, 2.4.1 - 2.4.3)		