

# Life Management

## Graduation Requirements

Class of 2006 needs 31 credits  
Class of 2007 needs 30 credits

Class of 2008 needs 29 credits  
Class of 2009 needs 28 credits

- 1404**      **Life Skills** (9-10)  
Students will learn and practice principles related to nutrition & foods, child development, and basic interior and design.
- In this class the student will:**
- Cook six times, using good safety, sanitation, and measuring techniques.
  - Demonstrate knowledge of how to develop more positive family caring giving skills through class discussion, videos, and essays.
  - Students will practice techniques of good room arrangement, decoration, and organization of their own personal space.
- Accreditation Target Goal Components:**  
**Writing:** Students will utilize Type 1 and 2 writing skills as they write five short essays on various topics related to the class.  
**Math:** Students will demonstrate knowledge of fractions through measurement.  
**Career Development:** A variety of careers related to each topic will be explored through the textbook and class discussion.
- 1406**      **Personal Living-** (9-10)  
Students will learn and practice principles of decision making, positive self esteem, interpersonal relationships, consumer education, and sewing.
- In this class the student will:**
- Practice goal setting in relation to personal decisions.
  - Demonstrate skills necessary for positive relationships as teenagers and in the workplace.
  - Sew two projects selected by the student. One project being all by hand and the other with the machine.
- Accreditation Target Goal Components:**  
**Writing:** Students will utilize Type 1 and 2 writing skills as they write five short essays on various topics related to the class.  
**Math:** Students will demonstrate knowledge of fractions through measurement.  
**Career Development:** A variety of careers related to each topic will be explored through the textbook and class discussion.
- 1408**      **Foods & Nutrition 1 (10-12):**  
In Foods and Nutrition, students will study a variety of topics associated with eating healthy by using the food pyramid and actual cooking labs.
- In this class the student will:**
- keep a recipe file
  - file all handouts of units in folder for later reference.
  - demonstrate the ability to set up, cook, and clean up—12 recipes.
- Accreditation Target Goal Components:**  
**Writing:** Students will write five short essays on various topics related to foods and nutrition.  
**Math:** Using a chart of fat grams, students will make a list figuring the fat formula of foods low in fat.  
**Career Development:** Students will learn about food service careers through videos, text, and pamphlets.

**1409 Foods & Nutrition 2 (10-12) Prerequisite Foods & Nutrition 1 or teacher permission**  
In this class, students will expand upon food preparation skills. Gourmet cooking including ethnic foods and culinary arts will be emphasized.

**Students will:**

- Continue recipe file
- Demonstrate advanced food preparation skills
- Demonstrate the ability to plan, set up, cook and clean up—12 recipes.

**In this class the student will:**

**Writing:** Students will write five short essays on various topics related to foods and nutrition.

**Math:** Students will figure the cost of a recipe.

**Career Development:** Students will practice skills relevant to the food service industry.

**1412 Parenting- (10-12)**  
This course is designed for prospective caregivers, parents, teachers, day care workers, etc. Students will learn a variety of skills and techniques relating to children and how to enhance their growth and development. Students will learn communication techniques, and stages of conception, fetal development, labor and delivery.

**In this class the student will:**

- Learn, understand and practice the communication and discipline skills needed by anyone who works and/or lives with children.
- Learn the importance of family, stages in the family life cycle and ways to strengthen the family.
- Understand the process of conception, fetal development, labor and delivery.
- Describe how birth defects can be diagnosed and prevented.

**Accreditation Target Goal Components:**

**Writing:** Students will write observation summaries and cause and effect essays to improve writing skills.

**Math:** Students will do budget simulations of monthly household expenses and the cost of having a baby and raising it to adulthood. Students will also calculate probability of a child having certain genetic traits.

**Career Development:** Students will explore various career options relating to children and parents by evaluating their personal interests and aptitudes in light of future career decisions

**1413 Child Development-(10-12) (Pre-requisite-Parenting or permission of instructor)**  
Students will learn and understand the various stages of physical, intellectual, social and emotional development in children ages one through six. Students will have the opportunity to develop and demonstrate a variety of skills needed in today's job market and that are required for admission to schools of education.

**In this class the student will:**

- Utilize their understanding and knowledge of the developmental stages of children with the supervised but hands-on operating of a preschool in the Child Care Lab.
- Participate in the Baby-Think-It-Over Program which promotes awareness of all aspects of parenting, particularly a child's dependence on a parent and a parent's total irrevocable responsibility to the child.

**Accreditation Target Goal Components**

**Writing:** Children will write observation summaries gleaned from their preschool lab experiences

**Math:** Students will explain data from a variety of charts and graphs that relate to a child's optimal growth and development.

**Career Development:** Students will explore various career options relating to children and parents by evaluating their personal interests and aptitudes in light of future career decisions. Guest speakers within the field of child development will also be utilized.

- 1418 Housing/Interior Design: (10-12)**  
In this course students will learn and practice principles of architectural design, room arrangement, color schemes, scale, reading and designing floor plans, as well as decorative arts and crafts.
- Students will**  
Complete several projects demonstrating principals of interior design  
Practice floral arrangements and other decorative arts
- Accreditation Target Goal Components:**  
**Writing:** Students will practice Type 1 and 2 writing.  
**Math:** Students will use measurement and scale.  
**Careers:** Students will develop skills used within a variety of careers such as architecture, interior design, landscaping, and floral arrangement.
- 1420 Consumer Education- (10-12)**  
Students will practice skills demonstrating knowledge of rights and responsibilities related to successful budgeting, renting an apartment & buying a home, purchasing through the internet and catalog, and management of checking and savings accounts. Students will recognize cons, quacks, and frauds related to many areas of their life.
- In this class the student will:**
- Participate in a variety of simulations, case studies, and projects practicing skills necessary to survival in everyday home life and the workplace.
- Accreditation Target Goal Components:**  
**Writing:** Students will utilize Type 1, 2, and 3 writing skills as they write five short essays on various topics related to the class.  
**Math:** Students will practice practical math skills.  
**Career Development:** A variety of career related to each topic will be explored through the textbook and class discussion.
- 1424 Fabrics & Sewing (10-12)**  
In fabrics and sewing students will demonstrate proficiency in basic sewing techniques and fabric identification.
- Students will:  
demonstrate the proper threading, cleaning, and safety when using the sewing machine.  
create a file with all patterns, handouts, and evaluation sheets.  
sew a total of 8 projected beginning with the very simple, ending with a complex project.
- In this class the student will:**  
**Writing:** Students will write three short essays detailing the steps to put three projects together.  
**Math:** Students will demonstrate a variety of measurement skills.  
**Career:** Students will demonstrate a variety of practical skills necessary in a variety of workplaces such as technical reading and measurement.
- 1425 Advanced Fabrics (10-12)**  
Prerequisite is Fabrics & Sewing. Students will complete more advanced sewing project with less teacher help and more student initiative and creativity.
- Students will:**  
demonstrate the sewing applications-- quilting, construction of one garment including zippers, waistbands, sleeves, and pockets.
- In this class the student will:**  
**Writing:** Students will practice Type 1 and 2 writing.  
**Math:** Students will compute the total cost of their garment.  
**Careers:** Students will develop skills necessary within a variety of careers including-- dress designers and tailors.

**Aerobics/Fitness Walking:** (10-12) Students will participate in dance/step aerobics routines utilizing hand weights, medicine balls and resistance bands choreographed to a variety of routines. Stability balls will also be used to build strength, develop flexibility and promote grace and balance.

**In this class the student will:**

- Learn how to monitor their heart rate, learn about target heart rates and how they relate to sound cardiovascular fitness.
- Participate in all step/dance/toning workouts.
- Race walk (performance walking) a 12-minute mile.
- Understand the correlation between body weight, body fat and overall good health and fitness.
- Be able to explain how calorie input/output and basal metabolic rate affect weight gain, loss or equilibrium.
- Feel **great** as you get leaner, stronger and have more endurance!

**Accreditation Target Goal Components:**

**Writing:** Students will improve their writings skills as they explain in essay form how target heart rates being elevated for a sustained amount of time increase cardio-vascular fitness, ECT.

**Math:** Students will calculate how many calories their bodies need daily to sustain their present weight, or to lose or gain weight. Students will also graph their target heart rates and analyze their personal data as it relates to fitness.

**Career Development:** Students will explore careers in the health, fitness and education