

FAMILY AND CONSUMER SCIENCE

PHFS102 Career & Life Planning

Level: 9-10
Credit: ½ unit

Career and Life Planning is a one semester class with self-management as the focus. Students will identify their skills, aptitudes, goals, values, interests, and family considerations in order to select a satisfying career. Students will learn what career pathways PHS offers and the careers they lead to. Students will review their four-year sequence of courses its relevance to their career interests. Employment seeking and keeping skills, health and safety, and workplace ethics will be included in the curriculum. The importance of involvement in PHS student life for personal and career development will be emphasized.

PHFS210 Human Growth and Development (must also be enrolled in Family Studies)

Level: 10-12
Credit: ½ unit

The course will be taught (second semester) as a continuation of Family Studies. Content will focus on an understanding of ages and stages of development through the life span. Course content will provide an overview of life stages, with a strong tie to prenatal and birth processes; fundamentals of children's emotional and physical development; and the appropriate care of children.

PHFS211 Family Studies (must also be enrolled in Human Growth and Development)

Level: 10-12
Credit: ½ unit

The course emphasizes the building and maintaining healthy interpersonal relationships among family members and other members of society. Topics include development of self in preparation for the responsibilities of family member and wage earner; marriage preparation and balancing work and family; parenthood and the function of the family unit, at various stages of life.

PHFS205 Nutrition & Wellness

Level: 10-12
Credit: ½ unit

Nutrition and Wellness focuses on the inter-relationship of nutrition, fitness, and positive self-image. Areas of study also include food preparation for optimal health, safety and sanitation, selection of reliable nutritional information, nutrition for athletic performance, developing a physical activity plan, eating disorders, and guidelines to good nutrition.

PHFS230 Consumer Decisions**Level: 11-12
Credit: ½ unit**

Consumer Decisions provides students with an understanding of the concepts and principles involved in managing one's personal finances. Topics include family management, managing resources, personal finances, saving and investing, insurance, taxes, credit, social security, and consumer skills. Process skills include: decision making, problem solving, and practical reasoning. These are all designed to help the learner assume adult roles and function effectively in society as an adult.

PHFS320 Career and Community Connections**Prerequisite: 2 credits from the Family & Community Services pathway and instructor approval****Level: 11-12
Credit: 1 unit**

In this application level course, the learner will apply technical skills in a professional learning experience, within the school environment. Learners will have an opportunity to focus on career related topics while participating in a service-learning class. Learners will be paired with an elementary teacher as a Youth Friend mentor and perform a variety of duties while working directly with children. Learners will also be given opportunities to learn about community services that children and families can directly access, as well as related careers. Students must meet the following criteria: 90% or better attendance, minimum GPA of 2.75 and be a student in "good standing" at PHS.