

Comprehensive High School Courses

Oklahoma Family and Consumer Sciences

Career Orientation

Course Code: FC00010 OCAS: 8414
Course Hours: 60.00 or 120.00 Grade levels: 9-12

Course Description: This course is designed to provide students with job seeking and retention skills through research and job shadowing activities, to gain essential employability skills, to explore career options, and to understand the importance of balancing a career and family. Emphasis is placed on acquiring conceptual skills such as strategic planning, communication, and problem solving. The importance of basic academic skills is stressed with job-related, practical application activities throughout the curriculum. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Connect to your Career, Goodheart-Willcox (2022)
Soft Skills for the Workplace, Goodheart-Willcox (2022)

Comprehensive Health

Course Code: FC00259 OCAS: 8479
Course Hours: 120.00 Grade levels: 9-12

Course Description: Health and wellness course covering current trending topics such as nutrition, alcohol, tobacco and opioid abuse, and human trafficking. Other topics include sleep, body image, and pregnancy prevention. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Comprehensive Health Skills, Goodheart-Willcox (2021)

Counseling and Mental Health

Course Code: FC00253 OCAS: 8473
Course Hours: 120.00 Grade levels: 9-12

Course Description: This course is designed to improve a student's knowledge of mental health literacy, and gain knowledge and skills necessary to pursue a counseling and mental health career through simulated environments. Students apply knowledge of ethical and legal responsibilities, limitations on their actions and responsibilities, and the implications of their actions. Students will understand how professional integrity in counseling and mental health care is dependent on acceptance of ethical and legal responsibilities. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Counseling and Mental Health, Curriculum Center for FACS, Texas Tech University

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Culinary Basics Skills

Course Code: FC00003

OCAS: 8426

Course Hours: 120.00

Grade levels: 9-12

Course Description: This course focuses on food and workplace safety, kitchen management basics and culinary exploration including stocks, sauces and soups, breakfast foods, and the science of baking. The importance of teamwork in the food service environment is emphasized. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course. This course is a laboratory-based course.

Recommended Curriculum:

Culinary Arts, Curriculum Center for FACS, Texas Tech University

The Culinary Professional, Goodheart-Willcox (2017)**

Culinary Arts Principles and Applications, American Technical Publishers (2018)**

Foundations of Restaurant Management & Culinary Arts, Level 1, National
Restaurant Association Education Foundation (2018)

Culinary Advanced Skills

(Requires Occupational Certification of Instructor)

Course Code: FC00015

OCAS: 8428

Course Hours: 120.00

Grade levels: 11-12

Course Description: This course introduces students to marketing concepts, menu planning principles, sustainability, and management of costs. Additional cooking fundamentals are gained in identification and preparation of meat, poultry, and seafood, garnishing and dessert/plate presentation. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course. This course is a laboratory-based course.

Recommended Curriculum:

The Culinary Professional, Goodheart-Willcox (2017)**

Culinary Arts Principles and Applications, American Technical Publishers (2018)**

Foundations of Restaurant Management & Culinary Arts, Level 2, National
Restaurant Association Education Foundation (2018)

***These texts are extensive and the one book will suffice for both courses – Culinary Basics and Culinary Advanced Skills.*

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ECE: Pathway to National Credential

Course Code: FC00241 OCAS: 8465
Course Hours: 120.00 Grade levels: 9-12

Course Description: This course provides high quality training for students who want to pursue the national credential of Child Development Associate (CDA). The curriculum includes reflective writing as a part of the learning process to expand the knowledge base. It is endorsed by the Oklahoma Child Care Services and aligned to several childcare entities including the Center for Early Childhood Professional Development (CECPD) for licensing regulations. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Essentials for Working with Young Children, Council for Professional Recognition,
www.cdacouncil.org
Working with Young Children, Goodheart-Willcox (2024)

Essential Health

Course Code: FC00 OCAS: 8481
Course Hours: 120.00 Grade levels: 9-12

Course Description: This health and wellness course focuses on the skills students can use to make healthy decisions and promote health for themselves and others. Topics include nutrition, physical activity, and mental health plus cutting-edge topics such as vaping, opioid addition, body positivity, self-compassion, social media, mindfulness, online communication, and relationships. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Essential Health Skills, Goodheart-Willcox (2023)

FCS Basics

Course Code: FC00033 OCAS: 8415
Course Hours: 120.00 Grade levels: 8-12

Course Description: This course is designed to provide students with basic information and skills needed to function effectively within the family and a changing, complex society. Emphasis is given to the development of competencies related to relationships, communication and conflict resolution, caring for children, designing personal space, basic sewing skills, clothing selection and care, promoting good health and nutrition, food selection and preparation, and career exploration. Upon completion of this course, the student will have developed basic life skills that promote a positive influence on the quality of life. Student

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leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

FACS Basics: Building Skills to Last a Lifetime, CIMC Curriculum, ODCTE
Succeeding in Life and Career, Goodheart-Willcox (2022)

FCSEd Capstone

(Counts for Mentorship/Internship Credit)

Course Code: FC00209 OCAS: 8446
Course Hours: 120.00 Grade levels: 11-12

Course Description: The Oklahoma CareerTech FACSEd capstone course is an instrument used to measure the attainment of curricular outcomes or competencies at the culmination of a program of study. It is an in-depth study opportunity for the student to demonstrate accomplishment of the full spectrum of their learning. It should be student centered and directed with the guidance of a mentor. It should integrate knowledge gained from specific FCS courses and academic courses. Capstone courses are the application of all that the student has learned and serve as a pure evaluation instrument when assessed by a panel of experts. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Fashion Design I

Course Code: FC00225 OCAS: 8413
Course Hours: 120.00 Grade levels: 9-12

Course Description: An introductory course that provides students with the most current information about the basic concepts and business aspects of fashion marketing and merchandising. It introduces students to the field of fashion promotion and provides foundational fashion concepts related to economics, textiles, and design. Basic fashion concepts and marketing terminology, fashion cycles, key components of the fashion industry, retail merchandise categories, and fashion promotion. Current issues related to industry globalization, social media, and sustainability as well as essential career skills and career opportunities will be explored. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Fashion Marketing & Merchandising, Goodheart-Willcox (2019)
Fashion Design I & Lab Pacing Guide, Curriculum Center for FACS, Texas Tech University
Apparel, Goodheart-Willcox (2024)

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Fashion Design II

Course Code: FC00226 OCAS: 8425
Course Hours: 120.00 Grade levels: 9-12

Course Description: This course introduces students to basic apparel design and construction skills. Students will examine the elements and principles of design, plan a wardrobe, how to properly care for clothing, select appropriate fabrics for a selected pattern, learn operations of sewing technology and equipment as well as applying basic sewing skills. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Apparel: Design, Textiles & Construction, Goodheart-Willcox (2018)
Fashion Design II/Fashion Design II Lab, Curriculum Center for FACS, Texas Tech University

Fashion Design III

Course Code: FC00257 OCAS: 8477
Course Hours: 120.00 Grade levels: 9-12

Course Description: This course will further strengthen and broaden apparel design and production techniques. In this course, students will design and construct intermediate to advanced level projects using various construction techniques. Students will identify, analyze, and apply design processes and techniques to textiles. Entrepreneurship, service projects, career skills and career opportunities within the apparel industry will also be explored. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Apparel: Design, Textiles & Construction, Goodheart-Willcox (2018)
Fashion Design II/Fashion Design II Lab, Curriculum Center for FACS, Texas Tech University

Food Science

Course Code: FC00252 OCAS: 8472
Course Hours: 120.00 Grade levels: 11-12

Course Description: A study of the physical, biological, and chemical makeup of food, the causes of deterioration in food products, the principles underlying food processing, and the improvement of foods for the consuming public. Students will conduct laboratory and field investigations, use scientific methods during investigations, and make informed decisions using critical thinking and scientific problem solving regarding consumable

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foods. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Food Science, Curriculum Center for FACS, Texas Tech University

Principles of Food Science, Goodheart-Willcox (2022)

Chemistry of Food, ODCTE CIMC

Foundations of Teaching *(formerly Teaching and Learning in Elementary, Secondary, and Adult Education)*

Course Code: FC00005 OCAS: 8459

Course Hours: 120.00 Grade levels: 9-12

Course Description: This course will explore the preparation, credentials, trends and assessment strategies influencing education and training. Content also includes the challenges confronting the education settings, the historical background of American Education, global impact, effective teacher attributes and classroom management techniques. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Teaching, Goodheart-Willcox (2024)

Hospitality & Tourism Management

Course Code: FC00258 OCAS: 8478

Course Hours: 120.00 Grade levels: 9-12

Course Description: This course incorporates management principles and procedures of the travel and tourism industry as well as destination geography, airlines, international travel, cruising, travel by rail, lodging, recreation, amusements, attractions, and resorts. Employment qualifications and opportunities, and principles for the balance of work and family are also included. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Hospitality and Tourism Management Program Year 2, American Hotel & Lodging Educational Institute

Hospitality & Tourism Management, Curriculum Center for FACS, Texas Tech University

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Human Growth and Development

Course Code: FC00251 OCAS: 8471
Course Hours: 120.00 Grade levels: 9-12

Course Description: In this course, students examine human development across the lifespan. From newborn to older adulthood, people continue to develop and change physically, cognitively, socially, and emotionally. Family trends, cultural diversity, health, and safety are included. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Human Growth and Development, Curriculum Center for FACS, Texas Tech University
Lifespan Development, Goodheart-Willcox (2018 or 2024)

Interior Design I

Course Code: FC00002 OCAS: 8461
Course Hours: 120.00 Grade levels: 9-12

Course Description: 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 housing needs, influences on the housing industry, furniture arrangement basics, floor plan evaluation, area planning, facility and maintenance management, and careers. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Housing and Interior Design, Goodheart-Willcox (2018 or 2023)

Interior Design II

Course Code: FC00224 OCAS: 8406
Course Hours: 120.00 Grade levels: 9-12

Course Description: This course provides students the opportunity to develop skills in applying the elements and principles of design to interiors. Projects are integrated throughout the course to provide applications as the student's study architecture, furniture styles and constructions, surface treatments and backgrounds, design and function of space and lighting. Decision-making skills are explored through the aspects of acquiring a home or place to live. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Housing and Interior Design, Goodheart-Willcox (2018 or 2023)
Interior Design, Curriculum Center for FACS, Texas Tech University

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Interior Design III

Course Code: FC00260 OCAS: 8480
Course Hours: 120.00 Grade levels: 9-12

Course Description: This course provides students the opportunity to develop advanced skills in applying the elements and principles of design to interiors and exteriors. Portfolio projects are integrated throughout the course to provide applications as the students continue their study of floor plans, housing construction, housing systems, exteriors, maintaining a home, security needs and outdoor living environments. Appropriate computer design programs are used in this course. A coordinated project that allows applications of interior design skills in a residential, commercial, or school setting may be a component of this course. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Housing and Interior Design, Goodheart-Willcox (2018 or 2023)
Interior Design, Curriculum Center for FACS, Texas Tech University

Introduction to Culinary Arts

Course Code: FC00255 OCAS: 8475
Course Hours: 120.00 Grade levels: 9-12

Course Description: This entry level course is for students interested in pursuing a career in the food service industry. Emphasis is placed on the principles of planning, organizing, staffing, directing, and controlling the management of a variety of food service operations. This course will provide insight into the operation of a well-run restaurant, food production skills, various levels of industry management, and hospitality skills. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course. This course is a classroom and laboratory-based course.

Recommended Curriculum:

Introduction to Culinary Arts, Curriculum Center for FACS, Texas Tech University

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Introduction to Hospitality & Tourism

Course Code FC00018 OCAS: 8448
Course Hours: 120.00 Grade levels: 9-12

Course Description: This course introduces students to an industry that encompasses lodging, travel and tourism, recreation, amusements, attractions, and food/beverage operations. Students learn knowledge and skills focusing on communication, time management, and customer service that meet industry standards. Students will explore the history of the hospitality and tourism industry and examine characteristics needed for success in the industry. Discovering Oklahoma's varied travel destinations and events of each country within the state is also a part of the course. Recommended avenues of teaching include guest speakers, and real or virtual tours of various tourism venues. Student leadership through Family Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Hospitality Services, Goodheart-Willcox

Hospitality and Tourism Management Program Year 1, American Hotel & Lodging
Educational Institute

Principles of Hospitality and Tourism, Curriculum Center for FACS, Texas Tech University

Touring Oklahoma, CIMC, ODCTE

Interpersonal Studies

Course Code: FC00250 OCAS: 8470
Course Hours: 120.00 Grade levels: 9-12

Course Description: This course examines how relationships between individuals and among family members significantly affect the quality of life. Students use knowledge and skills in

family studies and human development to enhance personal development, foster quality relationships, promote wellness of family members, manage multiple adult roles, and pursue careers. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Interpersonal Studies, Curriculum Center for FACS, Texas Tech University

Interpersonal Relationships, Goodheart-Willcox (2018 or 2023)

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Investigate FACS

Course Code: FC00031	OCAS: 8412	Course Hours: 120.00	Grade: 6
Course Code: FC00195	OCAS: 8439	Course Hours: 60.00	
Course Code: FC0196	OCAS: 8438	Course Hours: 30.00	

Course Description: This exploratory class will help students discover skills and explore topics needed for healthy personal development. Students will delve into learning through hands on activities in the areas of values, ethics, leadership, goal setting, decision-making, problem- solving, dealing with emotions, learning to cook, good grooming, and personal safety. This course may be for a 9-week period, semester, or year. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Tween Life, CIMC, ODCTE
Exploring Life and Career, Goodheart-Willcox (2023)

LEAD Oklahoma

Course Code: FC00035	OCAS: 8408
Course Hours: 120.00	Grade levels: 8-9

Course Description: A variety of career opportunities are explored in this course designed for middle school/junior high school students. Students interview personnel from various career fields within the educational system. They learn the responsibilities of school personnel such as the superintendent, personnel director, principal, assistant principal, curriculum coordinator and others. Students explore teaching as a career and compare it to other professions in terms of educational commitment and financial compensation. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

(Requires training and curriculum provided by the Oklahoma State Regents for Higher Education)
Contact the FCS State Office for further information.

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Leadership and Management

Course Code: FC00016 OCAS Code: 8452
Course Hours: 120.00 Grade levels: 11-12

Course Description: This course is designed on the concept that leadership abilities can be learned. Students will study leadership and management skills to be used in employment, community, and or volunteer settings. Experiential learning provides the opportunity to develop skills such as cooperation, teamwork, communication, trust, decision-making, and creative problem-solving. Students will gain skills in the areas of personal leadership, interpersonal leadership, group/organizational, and community/public policy leadership skills. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course and the FCCLA Leadership Academy: The FCCLA Covey Way should be incorporated into the curriculum coursework for the appropriate grade level of student.

Recommended Curriculum:

LEADS Curriculum Notebook, Leadership Excellence and Dynamic Solutions, K-State Research and Extension, *Available through CIMC, ODCTE*
Leaders for Tomorrow, Curriculum Center for FACS, Texas Tech University

Lifetime Nutrition and Wellness

Course Code: FC00254 OCAS: 8474
Course Hours: 120.00 Grade levels: 9-12

Course Description: A laboratory course in which students use nutrition knowledge to make informed choices to promote lifetime wellness, the importance of healthy eating and physical activity across the life span. Students will learn safe food handling practices, healthy menu planning and food preparation techniques, and how to recognize sources of stress and healthy strategies to reduce the impact of stress on total wellness. Needs of the competitive athlete are also addressed. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Lifetime Nutrition and Wellness, Curriculum Center for FACS, Texas Tech University
Nutrition and Wellness for Life, Goodheart-Willcox (2019 or 2023)
Guide to Good Food, Goodheart-Willcox (2022)

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School and Community Partnership I

(Counts for Mentorship/Internship Credit)

Course Code: FC00239 OCAS: 8419
Course Hours: 120.00 Grade levels: 10-12

Course Description: The School and Community Partnership I course provides a method of instruction which requires a joint effort between the school system and business and industry. The on-the-job training should be within the occupational career area of Family and Consumer Science (FACS). Up to 2 credits may be earned based upon the number of hours worked by the student (see CareerTech Rules, page 54). Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

School and Community Partnership II

(Counts for Mentorship/Internship Credit)

Course Code: FC00240 OCAS: 8420
Course Hours: 120.00 Grade levels: 11-12

Course Description: The Family and Consumer Sciences School and Community Partnership II course provides an instructional program designed to further develop employability and customer service skills to the senior level student within the school setting and on-the job training. School and Community Partnership I is a prerequisite for the course. Up to 2 credits may be earned based upon the number of hours worked by the student (see CareerTech Rules, page 54). Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Successful Adulthood: Personal Financial Literacy

Course Code: FC00049 OCAS: 8404
Course Hours: 60.00 Grade levels: 9-12

FCS EOI Required

Course Description: Students will learn basic skills and knowledge needed to effectively manage their personal finances. The objectives and learning activities are based on real world situations and will help to build a foundation for making informed and successful personal financial decisions. The course is comprised of 14 areas of instruction designed to include all standards of the Passport to Financial Literacy Act of 2007 (70 O.S. § 11-103.6h) at a level of instruction appropriate for ninth through twelfth grade students. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Personal Financial Literacy, CIMC, ODCTE

Next Gen Personal Finance, <https://www.ngpf.org/>

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Teach Oklahoma

Course Code: FC00028

OCAS: 8409

Course Hours: 120.00

Grade levels: 11-12

Course Description: Have you ever considered the rewards and joy of being a teacher, school counselor, principal, coach, school psychologist or special education teacher? This yearlong pre-education curriculum and class is designed to introduce high school students to various teaching and educational careers in pre-k through high school. *Teach Oklahoma* also has an internship component allowing the student to gain “real life” teaching experience with students in various academic settings. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

(Requires training and curriculum provided by the Oklahoma State Regents for Higher Education)

Contact the FCS State Office for further information.

Tween Life

Course Code: FC00039

OCAS: 8411

Course Hours: 120.00

Grade: 7

Course Code: FC00202

OCAS: 8441

Course Hours: 60.00

Course Code: FC00201

OCAS: 8440

Course Hours: 30.00

Course Description: This course is designed to assist students in developing essential skills for healthy growth and development. Students will gain skills through setting goals, making good decisions, and developing problem solving abilities. The course offers students the opportunity to explore learning through hands on activities in the areas of relationships, physical development, money management, childcare, sustainability, and career exploration. The skills gained at this early age will assist in creating a work and family life balance in the future. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

Tween Life, CIMC, ODCTE

Exploring Life and Career, Goodheart-Willcox (2023)