

Name: \_\_\_\_\_

## Family/Individual Health

### Course Rationale:

To improve the health of Missouri citizens, performance competencies in the family/individual health course taught in Family and Consumer Sciences Education programs enable students to:

- construct meaning pertinent to health care knowledge;
- communicate effectively with family members and health care providers;
- solve problems impacting health and wellness; and
- make responsible health care decisions involving individuals, families, and communities.

### Directions:

Evaluate the student by checking the appropriate number or letter to indicate the degree of competency. The rating for each task should reflect **employability readiness** rather than the grades given in class.

### Rating Scale:

- 3 Mastered** – can work independently with no supervision  
**2 Requires Supervision** – can perform job completely with limited supervision  
**1 Not Mastered** – requires instruction and close supervision  
**N No Exposure** – no experience or knowledge in this area

3	2	1	N	A. Assuming Leadership Roles as Responsible Family Members and Citizens	Notes:
				1. Utilize FCCLA program(s) to address family/individual health issues	
				2. Utilize leadership qualities and skills for problem solving	
				Other:	

3	2	1	N	B. Promoting Individual Wellness	Notes:
				1. Define wellness	
				2. Describe lifetime fitness principles and techniques	
				3. Assess personal health practices and risks	
				4. Create a personal wellness plan	
				5. Analyze how the family, peers, community and global issues influence the health of individuals	
				6. Analyze situations that require professional health service	
				Other:	

3	2	1	N	C. Exploring Functions and Interrelationships of Body, Social and Communication Systems	Notes:
				1. Describe functions of body systems including circulatory, digestive, reproductive and skeletal	
				2. Identify demographic changes that influence family health systems	
				3. Analyze how family and cultural diversity impact health	
				4. Defend a position on ethical, legal and environmental issues impacting health systems	
				Other:	

3	2	1	N	<b>D. Enhancing Human Growth and Development</b>	<b>Notes:</b>
				1. Describe developmental processes which occur during the life cycle	
				2. Identify diseases, illnesses and disorders affecting growth and development	
				3. Describe behaviors for preventing and controlling communicable diseases	
				4. Develop coping strategies to deal with health deviations and changes in the life cycle	
				Other:	

3	2	1	N	<b>E. Promoting Health and Prevention Concepts</b>	<b>Notes:</b>
				1. Describe the changing relationships of mental, emotional, social and physical health throughout life	
				2. Explain the effects of substance use and abuse on the individual, family and community	
				3. Evaluate how lifestyle choices impact health	
				4. Distinguish between appropriate and inappropriate behavior in relationships as they affect health	
				5. Identify standards of personal hygiene and health	
				Other:	

3	2	1	N	<b>F. Promoting Nutritional Health</b>	<b>Notes:</b>
				1. Explain relationships between dietary guidelines and wellness	
				2. Compare nutritional needs at different stages of the life cycle	
				3. Identify nutritional needs of individuals with special health deviations	
				Other:	

3	2	1	N	<b>G. Maintaining a Safe Environment</b>	<b>Notes:</b>
				1. Describe health emergency procedures	
				2. Develop accident/injury prevention strategies for personal, home, family and community health	
				3. Demonstrate refusal and negotiation skills to avoid potentially harmful or exploitive situations	
				4. Demonstrate strategies for solving interpersonal conflicts without harming self or others	
				5. Demonstrate methods of avoiding threatening situations	
				Other:	

3	2	1	N	<b>H. Accessing Health-Related Information, Products and Services</b>	<b>Notes:</b>
				1. Discriminate between reliable and unreliable health information, products and services	
				2. Analyze data from multiple sources to make informed decisions about health information, products and services	
				3. Describe factors that influence personal selection of health-care resources, products and services	

				4. Demonstrate the ability to access individuals and agencies that provide support and protection	
				5. Compare costs and benefits of available health-care coverages	
				Other:	

<b>3</b>	<b>2</b>	<b>1</b>	<b>N</b>	<b>I. Influencing Change in Environments</b>	<b>Notes:</b>
				1. Develop skills to affect public policy related to family/individual health	
				2. Analyze the impact of technology on individual and family lifestyles as related to family/individual health	
				3. Utilize technology and other resources to influence change in family/individual health environments	
				Other:	

<b>3</b>	<b>2</b>	<b>1</b>	<b>N</b>	<b>J. Researching Key Careers</b>	<b>Notes:</b>
				1. Identify career clusters and careers related to family/individual health	
				2. Assess personal characteristics and professional requirements for occupations related to family/individual health	
				3. Investigate working conditions and income of specific careers	
				4. Use effective communication techniques for multiple workplace situations	
				5. Examine ethical and professional issues and responsibilities	
				6. Evaluate entrepreneurial options related to family/individual health	
				Other:	