

**Family and Consumer Science (FCS)  
Content Expectation/ Course Credit Guides  
Michigan State-Approved FCS Course Content**

The following list indicates the content area and focus of each of the established Michigan state-approved FCS courses, and provides the framework for instruction:

**Parenthood Education (02):** development of personal awareness of, and knowledge and skills associated with the roles and responsibilities of parenting.

**Personal Development(Recommended for grades 9/10) (03) :** development of knowledge and skills, including problem solving, communication, and conflict resolution, and an understanding of the student’s own priorities and goals regarding their relationships with others and future possible careers.

**Financial Management (04):** development of critical knowledge and skills necessary for sound consumer decision-making in complex socio-economic environments.

**Human Development (05):** development of knowledge regarding the normal progression of physical, intellectual, emotional and moral development from conception through adolescence to adulthood and an understanding of the potential of environments and experiences to optimize development.

**Health and Wellness (06):** development of knowledge and skills needed to establish and maintain an optimal level of health and wellness for self and others.

**Interpersonal Relationships (07):** development of knowledge and skills to understand and enhance interpersonal relationships and communication in family, school, work, social and other contexts.

**Nutrition Science (08):** develop understanding, knowledge and skills to improve dietary practices that support optimal health for self and others.

**Balancing Responsibilities (Senior Level Capstone Course) (09):** development of knowledge and skills needed to successfully balance personal, family, work, and community roles and responsibilities.

Note: The following FCS content areas are NOT included in the state approved curriculum, however may be offered at the local level outside of a state approved FCS program: Cooking/food preparation, Textiles/Sewing and Design, Interior Design, Needle arts, Ethnic/cultural Foods, etc. National FCS Standards are available at <http://www.aafcs.org/FCSstandards/>