

VoCATS Course Blueprint

Family and Consumer Sciences Education

7018 Exploring Life Skills

*Public Schools of North Carolina
State Board of Education • Department of Public Instruction
Office of Instructional and Accountability Services
Division of Instructional Services*

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Special thanks to the following educators and business people who developed, reviewed, and approved this blueprint for technical content and appropriateness for industry.

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VoCATS Course Blueprint

A course blueprint is a document laying out the framework of the curriculum for a given course.

Shown on the blueprint are the units of instruction, the core competencies in each unit, and the specific objectives for each competency. The blueprint illustrates the recommended sequence of units and competencies and the cognitive and performance weight or relative importance of the objective within the course.

The blueprint is intended to be used by teachers in planning the course of work for the year preparing daily lesson plans, and constructing instructionally valid assessments.

For additional information about this blueprint, contact program area staff. For additional information about the VoCATS Competency Achievement Tracking System, contact program area staff or VoCATS, Workforce Development, Division of Instructional Services, North Carolina Department of Public Instruction, 301 North Wilmington Street, Raleigh, North Carolina 27601-2825, 919|807-3876, email: rwelfare@dpi.state.nc.us.

Interpretation of Columns on VoCATS Course Blueprints

No.	Heading	Column information
1	Comp# Obj.#	Comp=Competency number (three digits); Obj.=Objective number (competency number plus two-digit objective number).
2	Unit Titles Competency and Objective Statements	Statements of unit titles, competencies per unit, and specific objectives per competency. Each competency statement or specific objective begins with an action verb and makes a complete sentence when combined with the stem "The student will be able to. . ." (The stem appears once in Column 2.) Outcome behavior in each competency/objective statement is denoted by the verb plus its object.
3	Time Hrs	Space for teachers to calculate time to be spent on each objective based on their individual school schedule and the students' performance on preassessments.
4	COURSE % Cognitive	A percentage indicates the relative importance or weight of each unit within the total course or program, each competency within the total course or program, or each objective within the total course or program. Information in Column 5 is used to plan the yearly calendar of work and as a Test Blueprint for preassessments and postassessments.
5	COURSE % Perform	A percentage indicates the relative importance or weight of each competency within a specific unit or each objective within a specific unit. Information in Column 4 is used to plan the yearly calendar of work and as a Test Blueprint for interim assessments.
6	Type Behavior	Classification of outcome behavior in competency and objective statements. (C=Cognitive; P=Psychomotor; A=Affective)
7	Integrated Skill Area	Integrate Skills codes: A=Arts; C=Communications; H=Health Safety; M=Math; SC=Science; SS=Social Studies.
8	Core Supp	Designation of the competencies and objectives as Core or Supplemental. Competencies and objectives designated Core must be included in the yearly calendar of work.

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FAMILY AND CONSUMER SCIENCES EDUCATION

COURSE BLUEPRINT for 7018 EXPLORING LIFE SKILLS

[Recommended hours of instruction: 67-90]

Comp # Obj. #	Unit Titles/Competency and Objective Statements (The student will be able to:)	Time	Cognitive Weight	Performanc e Weight	Type Behavior	Integrated Skill Area	Core Supp.
1	2		4	5	6	7	8
			58%	36%			
A	RESOURCE MANAGEMENT		8%	14%			
EL01.00	Analyze ways to manage personal and material resources to achieve goals.		3%	3%	C3P	C/H/M/SS	Core
<i>EL01.01</i>	<i>Outline elements of effective management.</i>		1%		C2	C/H/M/SS	
<i>EL01.02</i>	<i>Apply the management process.</i>		1%	2%	C3P	C/H/M/SS	Core
<i>EL01.03</i>	<i>Utilize decision-making strategies.</i>		1%	1%	C3P	C/H/SS	Core
EL02.00	Demonstrate ways to manage the living environment.		5%	1%	C3P	A/C/H/M/SC/SS	Core/Supp
<i>EL02.01</i>	<i>Practice ways to organize and design living space.</i>		5%	1%	C3P	A/C/H/M/SS	Core
<i>EL02.02</i>	<i>Discover ways to create comfortable living space.</i>				C3	A/C/H/M/SS	Supp
<i>EL02.03</i>	<i>Practice ways to conserve resources.</i>				C3	C/H/SC/SS	Supp
EL03.00	Demonstrate ways to manage clothing resources.		3%	10%	C3P	A/C/H/M/SC/SS	Core/Supp
<i>EL03.01</i>	<i>Analyze clothing choices.</i>		1%		C3	A/C/H/SS	Core
<i>EL03.02</i>	<i>Demonstrate ways to care for clothing.</i>				C3P	C/H/SC	Supp
<i>EL03.03</i>	<i>Manage a sewing project.</i>		2%	10%	C3P	A/C/M/SC	Core
B	RELATIONSHIPS		12%				
EL04.00	Analyze aspects of personal development.		6%		C3	C/H/SS	Core
<i>EL04.01</i>	<i>Interpret the unique characteristics of self.</i>		3%		C2	C/H/SS	Core
<i>EL04.02</i>	<i>Examine factors that create a positive image.</i>		3%		C3	C/H/SS	Core
EL05.00	Develop caring and respectful relationships.		6%		C3	C/SS	Core
<i>EL05.01</i>	<i>Discuss roles and responsibilities in relationships.</i>		3%		C2	C/SS	Core
<i>EL05.02</i>	<i>Determine strategies for coping with challenges.</i>		3%		C3	C/SS	Core
C	NUTRITION AND WELLNESS		18%	17%			
EL06.00	Explore the impact of food choices on healthy lifestyle.		6%	3%	C3P	C/H/M/SC/SS	Core

Comp # Obj. #	Unit Titles/Competency and Objective Statements (The student will be able to:)	Time	Cognitive Weight	Performanc e Weight	Type Behavior	Integrated Skill Area	Core Supp.
1	2		4	5	6	7	8
EL06.01	Describe influences on wellness.		2%		C1	C/H/SC/SS	Core
EL06.02	Relate the Food Guide Pyramid to essential nutrients and their functions.		2%		C2	C/H/M/SC	Core
EL06.03	Analyze meals and snacks that meet Food Guide Pyramid recommendations.		1%	2%	C3P	C/H/M/SC	Core
EL06.04	Investigate resources for managing nutritional needs.		1%	1%	C3P	C/H/M/SC	Core
EL07.00	Demonstrate food preparation skills.		12%	14%	C3P	A/C/H/SC/SS	Core
EL07.01	Use safe and sanitary practices.		1%	2%	C3P	H/SC	Core
EL07.02	Prepare nutritious foods.		10%	11%	C3P	H/M/SC	Core
EL07.03	Use table etiquette.		1%	1%	C3P	A/C/H/SS	Core
D	LEARNING ABOUT CHILDREN		15%	4%			
EL08.00	Analyze development of children.		8%	2%	C3P	A/C/H/SC/SS	Core
EL08.01	Summarize characteristics of children at developmental stages.		7%		C2	C/H/SC/SS	Core
EL08.02	Plan developmentally appropriate activities for children.		1%	2%	C3P	A/C/H/SS	Core
EL09.00	Evaluate guidelines for child care.		7%	2%	C3P	C/H/SC/SS	Core
EL09.01	Examine nutritional needs of children.		3%	2%	C3P	C/H/SC	Core
EL09.02	Determine safety procedures for child care.		4%		C3	C/H/SC/SS	Core
E	CAREER PATHWAYS		5%	1%			
EL10.00	Examine career development planning.		3%		C3	A/C/H/SC/SS	Core
EL10.01	Examine factors in personal career selection.		2%		C3	C/H/SS	Core
EL10.02	Explore careers in Family And Consumer Sciences Pathways.		1%		C3	A/C/H/SC/SS	Core
EL11.00	Practice positive employability skills.		2%	1%	C3P	C/H/M/SS	Core
EL11.01	Identify traits of a good employee.		1%		C1	C/H/M/SS	Core
EL11.02	Apply effective job-seeking skills.		1%	1%	C3P	C/M/SS	Core