Tennessee CTE

Human Studies

Overview of Human & Social Services 1	1	**Historical Milestones: Research and summarize the significant milestones in the history of human services and dietetics fields.** 1.1
Career Investigation 2	1	**Career Preparation: Compare and contrast occupations by education and licensing requirements, job availability, salaries, and benefits. Outline an educational pathway to obtain the necessary level of education for a chosen occupation.** 2.1
	2	**Employability Skills: Research the management skills required of individuals to be productive members of society. Identify the employability skills related to time management, organizational planning, and professionalism necessary for success in diverse environments.** 2.2
	3	**Confidentiality and Ethics: Describe the importance of confidentiality in developing professional and therapeutic relationships. Demonstrate an awareness and understanding of how to approach ethical dilemmas that arise in academic, professional, and personal situations.** 2.3
Human Needs 3	1	**Levels of Human Growth: Describe the different levels of human growth (using research such as Maslow's hierarchy of needs) and articulate the different characteristics of each level.** 3.1
	2	**Nutrition and Development: Apply basic concepts of nutrition across the life span to optimize development. Research the importance of balanced nutrition on human development and productivity, and the correlation to mental health and wellness.** 3.2
	3	**Goals and Decision Making: Explain the relationship between goals, values and decision making. Analyze the impact they have on human growth and development. Differentiate between the types of goals and create a S.M.A.R.T. goal for each type.** 3.3
	4	**Self-Esteem and Self-Image: Research the development of self-esteem and self-image in individuals. Create a list of factors that promote and hinder the development of positive self-esteem and self-image. Formulate a plan to build/improve self-esteem and self-image** 3.4

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Relationships 4	1	**Interpersonal Relationships: Evaluate factors that impact human growth and development in areas related to interpersonal relationships. Explain how to build healthy relationships and how their role impacts human growth and development.** 4.1
	2	**Conflict Resolution: Identify the various types of conflict and create strategies for using effective conflict resolution methods. Research the outcomes and impacts of using negative conflict resolution methods including peer pressure and bullying/cyberbullying.** 4.2
Communication Skills 5	1	**Communication Techniques: Practice using appropriate communication techniques including verbal and nonverbal communication as well as active listening skills.** 5.1
	2	**Professional and Informal Communication: Compare and contrast skills for communicating professionally as well as informally in everyday social interactions. Differentiate between verbal and nonverbal communication. List specific techniques for effective communication and evaluate how different cultures attach different meanings to communication techniques.** 5.2
Mental Health 6	1	**Stress and Response to Crisis: Investigate the physiological effects of stress and crisis using research from the National Institute of Mental Health. Synthesize the information to identify the types of crises and create a graphic illustration of appropriate responses, management strategies, and technology available to meet individual and family needs during crisis situations.** 6.1
	2	**Mental Health Disorders: Identify types of mental health disorders as well as signs and symptoms and treatment options for each disorder including but not limited to GAD, depression, eating disorders, and substance abuse.** 6.2
The following standards are recommended for students continuing in the Dietetics and Nutrition program of study. 7	1	**Food safety and Sanitation Procedures: Compile a list and critique safety and sanitation procedures related to handling, preparing, storing and serving food. Review general laboratory safety procedures, including but not limited to prevention and control procedures. Incorporate safety procedures and complete safety test with 100 percent accuracy.** 7.1
	2	**Nutrition Principles: Evaluate nutrition principles, food plans, and specialized dietary plans.** 7.2
	3	**Food Preparation: Demonstrate food preparation techniques including knife skills, measuring skills, and reading a recipe** 7.3
The following standards are recommended for students continuing in th[illegible] Sci[illegible] stu[illegible]	1	**Ecological Factors Related to Development: Research and analyze the ecological factors that promote and inhibit the optimal development of individuals, children, and families.** 8.1
		[illegible]ajor Research Methodologies: Differentiate between the major methodologies [illegible]sed in research on human growth and development. Compare and contrast the

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benefits and consequences of each, including ethical issues involved with each method. 8.2

3 **Development Theories: Research theories associated with development of individuals, children, and families. Theories to research include, but are not limited to:** 8.3

- a Developmental Theory 8.3.A
- b Behavioral Theory 8.3.B
- c Cognitive-Behavioral Theory 8.3.C

4 **Theories of Mental Health: Research and summarize the theories of mental health. Research should include key people in the development of the theory, main points of the theory, and supporting evidence. Theories to research include, but are not limited to:** 8.4

- a Motivational Theory 8.4.A
- b Behavioral Theory 8.4.B
- c Ecological Theory 8.4.C