

Colorado CTE Course – Scope and Sequence Draft not complete-Coming soon

Course Name	Nutrition and Wellness		Course Details	65 Class Periods- 45 Minutes Each		
			Course = 0.50 Carnegie Unit Credit			
Course Description	The purpose of the course is to develop lifelong, healthy individuals with an understanding and academic knowledge of wellness as a lifestyle, exercise and fitness, nutrition, and consumer products and services. Emphasis is placed on implementing healthy nutritional choices, developing a fitness/wellness plan, integrating science principles as related to nutrition, and practicing wise consumer decisions.					
Note:	This is a suggested scope and sequence for the course content. The content will work with any textbook or instructional resource. If locally adapted, make sure all essential knowledge and skills are covered.					
SCED Identification #	Schedule calculation based on 60 calendar days of a 90-day semester. Scope and sequence allows for additional time for guest speakers, student presentations, field trips, remediation, or other content topics.					
<p>All courses taught in an approved CTE program must include Essential Skills embedded into the course content. The Essential Skills Framework for this course can be found at https://www.cde.state.co.us/standardsandinstruction/essentialskills</p> <p>The technical standards for Family and Consumer Sciences are found on the National Administrators for Family and Consumer Sciences website at http://www.nasafacs.org/national-standards-and-competencies.html</p>						
Instructional Unit Topic	Suggested Length of Instruction	CTE or Academic Standard Alignment	Competency / Performance Indicator	Outcome / Measurement	CTSO Integration	
I. Wellness as a lifestyle		NASAFACS 14.1 Analyze factors that influence nutrition and wellness practices across the life span.				
II. Exercise and Fitness		NASAFACS 14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.				
III. Digestion, Metabolism		NASAFACS				

