

*Northwood-Kensett Jr.-Sr. High School is pleased to announce some new course additions to our offerings for the 2018-2019 school year. Read further to learn more about them!*

## ***New Family & Consumer Sciences Offerings***

### **Adulting 101**

This course fits nicely with Personal Finance and will cover major life skills needed for living as an independent adult. We recommend you take this course opposite Personal Finance for practical adult skills that will be needed as you enter the adult world of work, relationships, and family life.

### **Internship**

Students who register for internship class are placed at job sites in the human services career cluster and receive credit for learning workplace skills and working at their internship, which will be regularly supervised by the FACS teacher.

Human Services workplace clusters include:

- Education and Training
- Human Services
- Hospitality and Tourism
- Government & Public Administration
- Law, Public Safety, Corrections, and Security



### **Housing**

This course will explore the different types of housing that people choose. Students will also participate in the planning and decoration of a home. This course includes structural elements, the exterior, and the interior design of homes. This course should appeal to students who are interested in design and adult living—If you like “Fixer Upper” and other HGTV programming, this is the course for you!



### **Fashion**

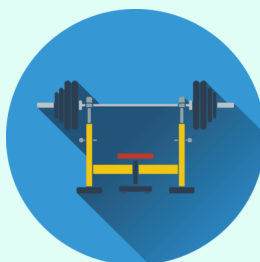
This course is an introduction to the fashion industry. It is designed to explore the possibilities within this industry and learn practical skills in the areas of fashion, design, and textiles. It will include principles of design, clothing construction, clothing

## ***New Physical Education Offerings***

### **Weightlifting & Personalized Wellness**

**Weightlifting** is ideal for students who'd like to begin or maintain a strength program. Students will refine and follow a strength training program to increase muscle mass, as well as improve their lifting technique.

**Personalized Wellness** is similar to Weightlifting. Students will design and implement a personalized physical fitness plan that includes both cardio and strength training in a non-competitive atmosphere.



### **Lifetime Fitness**

This course is for the student who enjoys a less competitive exercise environment. Students in Lifetime Fitness will participate in non-competitive activities that can be enjoyed at any age, such as Zumba dance, walking for fitness, yoga, and free gym. The emphasis of this class is to build a healthy lifestyle to last a lifetime.



**For the first time, students will be able to take Physical Education courses every day for high school credit! Let Mrs. Hansen know if you'd like to be in PE every day.**