

MICHIGAN TEST FOR TEACHER CERTIFICATION (MTTC)

TEST OBJECTIVES FIELD 040: FAMILY AND CONSUMER SCIENCES

Subarea	Approximate Percentage of Questions on Test
Individual and Family Life	29%
Parenting and Human Development	16%
Individual and Family Health, Nutrition, and Wellness	23%
Family, Community, and Career Environments	16%
Consumer Education and Resource Management	16%

I. INDIVIDUAL AND FAMILY LIFE

001 Understand the characteristics of families.

Includes identifying the characteristics of healthy families; recognizing roles and responsibilities within a family; recognizing the various definitions of family, including diverse family structures and cultures; demonstrating knowledge of strategies for improving interpersonal relationships within a family; identifying the ways in which families change in composition and configuration over time; and understanding social, cultural, and economic factors that affect families.

002 Understand the characteristics of interpersonal relationships.

Includes recognizing types and characteristics of interpersonal relationships; distinguishing among different types of love relationships; demonstrating knowledge of the influence of social and cultural factors on interpersonal communication; understanding the relationship among social, emotional, and physical development; and recognizing decision-making processes related to choices involved in interpersonal relationships.

003 Understand human growth, development, and aging throughout adulthood.

Includes recognizing the characteristics and stages of adulthood; recognizing the characteristics and stages of the aging process; demonstrating knowledge of strategies that facilitate adjustment to major life changes throughout adulthood; and identifying physical, cognitive, social, and emotional factors related to adulthood and the aging process.

004 Understand the development of human sexuality.

Includes identifying physiological changes in adolescence and adulthood; recognizing key physiological, psychological, and social aspects of sexual development; understanding the consequences of various sexual behaviors; analyzing the effects of peer pressure; and understanding principles and practices of family planning and the responsibilities of sexual behavior.

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TEST OBJECTIVES
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005 Understand how change affects individuals and families.

Includes recognizing the changing needs of family members throughout the life span, including members of families with special needs; analyzing how personal needs and characteristics affect relationships; and understanding communication skills that contribute to positive relationships and promote effective communication about issues across the life span.

006 Understand strategies for individuals and families experiencing change and transitions.

Includes understanding factors and events that contribute to stress and crisis for individuals and families; identifying symptoms of and coping strategies for stress and crisis for individuals and families; recognizing strategies to prevent and manage conflict; and understanding how to gain access to services, education, and support for individuals and families.

007 Understand the rights and responsibilities of individuals and families toward each other.

Includes understanding ethical and legal issues pertaining to individuals and families; demonstrating awareness of equity issues; identifying harassment behaviors and practices and appropriate responses; and demonstrating the ability to understand and respect the rights of all people, including those with different values, orientations, and experiences.

II. PARENTING AND HUMAN DEVELOPMENT

008 Understand the stages, characteristics, and implications of physical, motor, cognitive, social, and emotional development in children and adolescents.

Includes recognizing the stages and characteristics of human development in childhood and adolescence; understanding the relationship between a child's development and parenting; and recognizing changes in individual needs at different stages of development.

009 Understand preparation for parenthood.

Includes identifying ways parents and other members of the family system can prepare for the addition of a child; understanding strategies for promoting a healthy environment for parents and children; recognizing methods of and factors affecting family planning; and demonstrating knowledge of the principles of prenatal care and childbirth preparation.

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010 Understand the roles, rewards, demands, and responsibilities of parenting.

Includes understanding how the parenting process affects both parents and children; recognizing parenting skills and child-rearing practices needed to support children's physical, economic, social, intellectual, and emotional well-being; demonstrating knowledge of methods for teaching life skills to children; identifying strategies for adapting to various parenting situations; understanding the effect of family differences on parenting styles; and identifying parents' legal and financial obligations to their children and those of children to their parents.

011 Understand the role of communication in parent-child relationships.

Includes analyzing factors that affect communication between parents and children; recognizing family conflict and identifying resolution strategies; identifying strategies for preventing and recovering from family violence, abuse, and neglect; and identifying agencies and services available to assist children, parents, and families.

III. INDIVIDUAL AND FAMILY HEALTH, NUTRITION, AND WELLNESS

012 Understand factors that influence the achievement of personal wellness.

Includes recognizing factors that affect life choices; analyzing the influence of life choices on wellness; identifying reliable resources for use in making wellness decisions; using resources, including technology, to assess and evaluate wellness; and recognizing the role of individual and family responsibility in achieving wellness.

013 Understand strategies and techniques for maintaining personal wellness.

Includes understanding the relationships among diet, fitness, gender, heredity, and wellness; recognizing health problems, disease prevention strategies, and responses to various illnesses; and demonstrating awareness of stress management in relationship to wellness issues.

014 Understand the principles of nutrition.

Includes identifying the functions and sources of nutrients; demonstrating knowledge of the digestive process and its effects on nutrition and wellness; recognizing the components of a balanced diet; analyzing causes and characteristics of malnutrition and its effects on individuals, families, and society; and analyzing the effects of drug and nutrient interaction on health and wellness.

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015 Understand the effects of nutritional choices on personal wellness.

Includes identifying varying nutritional needs throughout the life span; understanding healthy food selection, storage, and preparation methods; demonstrating knowledge of food choices for disease prevention and diet therapy; recognizing the effects of specific nutritional deficiencies and excesses; demonstrating an understanding of the importance of diet and exercise in weight management plans; and recognizing the characteristics of eating disorders.

016 Understand individual and institutional rights and responsibilities regarding health care.

Includes recognizing strategies for effective communication with health care providers; evaluating options for caring for individuals, including those with special needs, throughout the life span; understanding issues related to access to and availability of health care and health insurance; and recognizing individuals' and institutions' responsibilities for global health and safety.

IV. FAMILY, COMMUNITY, AND CAREER ENVIRONMENTS

017 Understand the interrelatedness of family, career, and community roles and responsibilities.

Includes understanding that a personal life plan should reflect individual, family, career, learning, leisure, and community goals; analyzing the effects of each component of a personal life plan on the other components of the plan; and analyzing strategies for balancing work and community commitments with individual and family needs and desires.

018 Understand skills developed in individual, family, community, and career roles.

Includes demonstrating knowledge of leadership and other skills developed through participation in one's family, career, workplace, and community; and identifying skills developed in individual, family, community, and career roles that are transferable to other roles.

019 Understand the management of individual, family, community, and career roles and responsibilities.

Includes analyzing how to respond to family, workplace, and community issues in a socially responsible manner; and understanding how resources, including technology, can be used to manage individual, family, community, and career roles and responsibilities.

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020 Understand the effect of the environment on human needs.

Includes evaluating the needs of individuals and families in diverse environments; analyzing the effects of family development, needs, values, and resources on housing choices; and analyzing the importance of aesthetics in meeting human environmental needs.

V. CONSUMER EDUCATION AND RESOURCE MANAGEMENT

021 Understand the role of the consumer in the world economy.

Includes analyzing the interrelationship between the economic system and consumer behaviors; analyzing policies and legislation pertaining to consumer rights and responsibilities; and understanding how economic policies and legislation affect consumers and families.

022 Understand individual and family resource management skills.

Includes applying decision-making and goal-setting skills; understanding the steps and skills involved in developing and maintaining a budget for an individual or a family; recognizing the components of short- and long-term financial management plans; understanding how resources, including technology, can be used in achieving family goals; understanding the types, uses, and misuses of credit; identifying alternative resources for achieving consumer goals; and analyzing the effects of resource management decisions on individual and family well-being.

023 Understand factors affecting the management of individual and family resources.

Includes analyzing resource management as a means of enhancing human potential and the quality of life; understanding differing views about the use of family resources; understanding influences on consumer decision making; and evaluating the effects of values and standards on resource management.

024 Understand responsible resource selection and consumption behaviors.

Includes understanding responsible selection of resources to meet individual and family needs throughout the life span; recognizing consumer fraud and deception; and recognizing responsible resource consumption and conservation behaviors.