

# MICHIGAN TEST FOR TEACHER CERTIFICATION (MTTC)

## TEST OBJECTIVES FIELD 040: FAMILY AND CONSUMER SCIENCES

<b>Subarea</b>	<b>Approximate Percentage of Questions on Test</b>
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%

### INDIVIDUAL AND FAMILY LIFE

#### **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.

#### **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.

#### **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.

#### **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**  
**FIELD 040: FAMILY AND CONSUMER SCIENCES**

**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.

**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.

**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.

**PARENTING AND HUMAN DEVELOPMENT**

**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.

**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.

**TEST OBJECTIVES**  
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**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.

**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.

**INDIVIDUAL AND FAMILY HEALTH, NUTRITION, AND WELLNESS**

**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.

**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.

**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.

**TEST OBJECTIVES**  
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**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.

**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.

**FAMILY, COMMUNITY, AND CAREER ENVIRONMENTS**

**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.

**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.

**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.

**TEST OBJECTIVES**  
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**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.

**CONSUMER EDUCATION AND RESOURCE MANAGEMENT**

**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.

**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.

**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.

**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.