

# Family and Consumer Sciences High School (6-10) Endorsement

## *Specifications, Competencies & Requirements*

### PURPOSE

This endorsement is meant for certified teachers interested in teaching **Family and Consumer Science Essentials** courses. It attaches to a current Utah Educator License with a license area of concentration in **Secondary** or **CTE Education**.

Upon attachment of this endorsement to a Utah educator license, educators will be approved to teach the following USBE courses:

Fashion Design Studio  
Sewing for Apparel and Outdoor Design 1  
Food & Nutrition  
Culinary 1  
Child Development  
Early Childhood Education 1

Interior Design 1  
Behavioral Health Intro  
FCS Explorations  
FCS 6th Grade  
College and Career Awareness

### ENDORSEMENT REQUIREMENTS

#### *Prerequisite*

Demonstrate an understanding of Career and Technical Education (CTE) basics.

CTE Knowledge

#### *Associate Level Requirements*

Applicants must complete **THREE** of the following competency requirements. The associate-level endorsement is valid for up to 3 school years before it expires. Associate-level endorsements are non-renewable.

Intro to Early Childhood Education  
Intermediate Sewing  
Culinary Arts Lab  
Interior Design  
Human Development  
FCCLA Advising  
FCS Lab Safety & Procedures

#### *Professional Level Requirements*

The applicant must meet **ALL** the competency areas listed above.

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### COMPETENCY DETAILS & DESCRIPTIONS

#### *Prerequisites*

#### 1. CTE Knowledge

Demonstrate an understanding of CTE basics:

- Explain how CTE links learning to specific Utah industries and what its main goals are.
- Know the licenses and endorsements needed to teach specific CTE courses.



- Describe how CTE is organized into clusters and pathways at the state, district (LEA), and school levels, and how this helps students succeed after graduation.
- Locate and use the state's strands and standards in lesson plans.
- Explore CTE student organizations (CTSOs) and professional groups and explain how they support students and teachers.
- Explain how advisory boards, with industry members, make sure programs meet job market needs and maintain safe learning environments.
- Understand the basics of securing funding, planning for the future of the program, and participating in the state Program of Quality Review (PQR) to ensure program excellence.

Select **one** of the following options:

- **USBE Course:** [CTE Orientation](#)
- **Complete THREE years of full-time CTE Teaching in Utah**
- **Currently hold a professional-level CTE endorsement**

### Endorsement Competencies

## 2. Intro to Early Childhood Education

Knowledge of the Interior Design industry goes beyond aesthetics and personal expression to include function and human factors in designing spaces. This includes an overview of the Interior Design profession and the theories, issues, and topics in interior design, including knowledge of aesthetic judgment, styles, materials, color, and lighting.

Select **one** of the following options:

- **Work Experience:** 3 Years of work experience in the Early Childhood Education industry (ex, preschool teacher, childcare worker, or school counselor). Letter of recommendation including detailed job duties related to Early Childhood Education, years of employment, and supervisor contact information, or redacted tax returns showing business ownership.
- **College Course:** At least 3 credit hours and passing grades in an Intro to Early Childhood Education (ex, FHS 2600) course.
- **Microcredentials (all required):**
  - Developmentally Appropriate Practices Pathway
    - DAP Principles and Considerations
    - Observation Techniques for Early Childhood Education
    - Types of Learning for Early Childhood Education
  - Age-Appropriate Curriculum Pathway
    - Early Childhood Content Areas
    - Stages of Play
- **NOCTI Exam:** Successful completion of the [#5183 Early Childhood Education and Care](#) with a score of 62 or higher on the written exam, and 85.3 or higher on the Performance exam.
- **Earned Professional Early Childhood Education Endorsement**

## 3. Intermediate Sewing

Builds upon fundamental sewing skills, focusing on more advanced techniques and garment construction. Working with challenging fabrics (like knits, silks, and wools), mastering complex

construction methods (such as setting in sleeves, inserting zippers, and creating linings), and utilizing advanced pattern alterations. Emphasizes precision, professional finishing techniques, and an understanding of garment fit.

Select ***one*** of the following options:

- **Work Experience:** 3 Years of work experience in the Sewing & Fashion industry (ex, product developer, professional sewist, or retail buyer). Letter of recommendation including detailed job duties related to the Sewing & Fashion Industry, years of employment, and supervisor contact information, or redacted tax returns showing business ownership.
- **College Course:** At least 3 credit hours and passing grades in an Intermediate Sewing (ex, FASH 2030) course.
- Earned Professional Sewing and Fashion Endorsement
- **Microcredentials (all required):**
  - Sewing and Serger Machine Equipment and Function Pathway
    - Sewing Machine & Serger Safety
    - Sewing Machine & Serger Troubleshooting
    - Sewing Machine and Serger Function
    - Sewing Tools
  - Sewing Construction Techniques Pathway
    - Alterations
    - Edge Finishing
    - Hems
    - Sleeves
    - Zippers
  - Sewing Construction Skills Pathway
    - Construction Terms for Fashion, Textiles, and Apparel
    - Interfacing
    - Measuring for Fashion, Textiles, and Apparel
    - Pressing for Fashion, Textiles, and Apparel
    - Types and Usage of Threads
    - Using a commercial pattern

## 4. Food Nutrition

General knowledge to develop the fundamental skills necessary to perform as a culinary professional. Basic food service skills in a commercial kitchen environment. Stresses the use of standardized recipes and procedures. Introduces basic ingredients, stocks, soups, mother sauces, protein fabrication, and cooking methods. Emphasizes sanitary food handling practices and professional work habits.

Select ***one*** of the following options:

- **Work Experience:** 2 years of work experience in the culinary/nutrition industry (ex, chef/cook or nutritionist).
- **College Course:** At least 3 credit hours and passing grades in a Food Service/Culinary Arts (ex, CHEF 1300) course.
- Earned Professional Food Science/Nutrition or Culinary Endorsement
- **Microcredentials (all required):**
  - FCS Endorsement: Foods & Nutrition and Culinary Arts Industry Pathway

- Culinary Industry Careers
- Culinary Industry History and Trends
- Culinary Supply Chain
- Lab Techniques for Foods & Nutrition and Culinary Arts Pathway
  - Culinary Math and Menu Planning
  - Kitchen Equipment and Management
  - Workplace and Lab Safety and Sanitation
- FCS Endorsement: Cooking Techniques Pathway
  - Eggs and Dairy
  - Fruits and Vegetables
  - Grains, Pastas, & Starches
  - Meat, Poultry, and Seafoods

## 5. Interior Design

Focusing on physical, psychological, and human factors influencing the design of interior space. Includes research, programming, analysis, and design of residential and nonresidential spaces. Historical survey and research of interiors, furnishings, and architecture from the 1880s to the present. A study of the business aspect of Interior Design. Information regarding forms and professional practices for the Interior Designer, i.e., ethics, contracts, fees, purchase orders, letters of agreement, business formations, and terminology of business practice. Exploration and research of interior finishes, materials, and sustainable practices. Practical applications for specifying and installing materials will be emphasized.

Select **one** of the following options:

- **Work Experience:** 2 years of work experience in the interior design/housing industry (ex, interior designer).
- **College Course:** At least 3 credit hours and passing grades in an Interior Design (ex, INTD 1010) course.
- Earned Professional Interior Design Endorsement
- **Microcredentials (all required):** Coming 2026

## 6. Human Development

General knowledge that addresses the developmental aspects of individuals across the lifespan. Content encompasses the study of biological, cognitive, social, and emotional developmental changes of the healthy individual in the context of the family and society.

Select **one** of the following options:

- **Work Experience:** 2 years of work experience in the social science industry (ex, Correctional Officer). Work Experience must be verified by a letter of recommendation from your previous employer detailing the job responsibilities and skills associated with the position. The letter must be on company letterhead with supervisor contact information included.
- **College Course:** At least 3 credit hours with passing grades in a Human Development course, such as FHS 1500, CJ 1010, or SOC 1010.

- **Professional License:** Hold a current DOPL license in a related area (such as Social Work, Marriage and Family Therapist, Psychologist, Nursing, etc.)
- Earned Professional Family and Human Services Endorsement
- **Microcredential (complete both):**
  - Human Development Pathway
    - Adulthood
    - Death and Dying
    - Developmental Theories - Advanced
    - Emerging Adulthood
    - Late Adulthood

## 7. FCCLA Advising

Demonstrate leadership knowledge by empowering student members to develop leadership skills and take initiative. Provide mentorship opportunities, helping students set goals and navigate challenges in their growth. Show knowledge in organizational management, coordinating meetings, events, and budgeting while overseeing administrative tasks. Develop programs and methods to align with the CTSO's mission, fostering leadership development, career exploration, and skill-building. Possess strong communication skills to engage with members, administrators, and stakeholders and promote the CTSO within the community. Collaborate with school faculty, industry partners, and organizations to create opportunities like internships and community service projects. Demonstrate advocacy skills to promote CTE and secure resources and recognition. Demonstrate commitment to professional development and staying informed about CTSO management and CTE trends. Show prioritization of student success by advocating for their interests and celebrating achievements.

Select **one** of the following options:

- **FCCLA New Advisor Training:** This is an in-person option offered each summer. Visit the [CTE Calendar](#) for more information.
- **USBE Canvas Course:** [FCCLA New Advisor Canvas Course](#)
- **FCCLA Microcredential**

## 8. FCS Lab Safety & Procedures

Demonstrate best practices relevant to FCS education. Show various instructional strategies for teaching safety in FCS labs (Foods & Sewing). Demonstrate effective classroom and lab safety training, integrating safety principles and procedures into instructional activities. Demonstrate methods for managing FCS labs, and legal and regulatory requirements relevant to FCS labs (Foods & Sewing). Demonstrate awareness of strategies in establishing and maintaining partnerships with industry stakeholders to enhance student learning and career opportunities.

Select **one** of the following options:

- **FCS New Teacher Training:** This in-person option is offered each summer. Visit the [CTE Calendar](#) for more information.
- **USBE Canvas Course:** [FCS New Teacher Training](#)
- **FCS Lab Safety and Procedures Microcredential; Modules 1-4**