

Financial Fitness

Course Code: 5812

Graduation is near and life after high school is quickly approaching! Are you ready? Take this course to satisfy the high school graduation credit and help to put you in control of your financial future. Financial Fitness is designed to help students develop financial management skills by evaluating marketplace alternatives, creating a personal budget, understanding consumer rights and responsibilities, understanding the impact of career choices on personal goals and making informed consumer decisions. Learning experiences provide real life application concepts such as budgeting money, using credit, and avoiding scams, rip offs and identity theft and incorporate strategies to improve higher order thinking skills, the use of technology, problem solving skills, and characteristics of a responsible consumer. Integration of the Family and Consumer Sciences career and technical education student organization, Family Career, and Community Leaders of America greatly enhances this curriculum.

Credit:	1 Carnegie Unit (120 hours)
Recommended grades:	11-12
Prerequisite: Prerequisite:	Foods and Nutrition 1
National Certification:	Financial Literacy Assessment/Credential ServSafe Food Handler
Instructional Materials:	Comprehensive Listing of State Adopted Materials [CLM] My SC Textbooks [MSCT]
Course Project:	Showcase Financial Portfolio
Legislative Mandates:	Financial Literacy Instruction [FLI] Graduation Requirements [GR]
Note:	Course satisfies the high school graduation credit requirement

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Academic Alignment Key

Table 1 Academic Alignment Key

ELA – English Language Arts	ES – Earth Science
EA – Elementary Algebra	ECON – Economics and Personal Finance
G – Geometry	HG – Human Geography
PC - Pre-Calculus	USHC – United States History and Constitution
PS – Probability and Statistics	USG – United States Government
B - Biology P - Physics	ISTE – International Society for Technology in Education

Standards and Indicators Information

The standards integrate the tenets of the Depth of Knowledge (DOK) to lead to demanding cognition and high expectations in instruction and assessment. The indicators follow the Five E Instructional Model which is a five-stage teaching sequence that helps students build their own understanding and new ideas.

Five E Instructional Model

Engage is designed to pique student interest and get them personally involved in the instruction and adding a mechanism to pre-assess prior knowledge.

Explore gets students involved in the topic and provides an opportunity to build their own understanding.

Explain involves opportunities to communicate and describe what is learned at different intervals of the instruction.

Elaborate allows students to use their new knowledge and go beyond to explore implications of the new knowledge.

Evaluate is an opportunity to determine how much learning and understanding has taken place for the students and the teachers.

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At the completion of this course, students will demonstrate 21ST Century Workplace Readiness Skills.

Personal Qualities and Abilities

1. **Creativity and Innovation:** Employs originality, inventiveness, and resourcefulness in the workplace
2. **Critical Thinking and Problem-Solving:** Uses sound reasoning to analyze problems, evaluate potential solutions, and implement effective courses of action
3. **Initiative and Self-Direction:** Independently looks for ways to improve the workplace and accomplish tasks
4. **Integrity:** Complies with laws, procedures, and workplace policies; demonstrates honesty, fairness, and respect
5. **Work Ethic:** Consistently works to the best of one's ability and is diligent, dependable, and accountable for one's actions

Interpersonal Skills

6. **Conflict Resolution:** Negotiates diplomatic solutions to interpersonal and workplace issues
7. **Listening and Speaking:** Listens attentively and asks questions to clarify meaning; articulates ideas clearly in a manner appropriate for the setting and audience
8. **Respect for Diversity:** Values individual differences and works collaboratively with people of diverse backgrounds, viewpoints, and experiences
9. **Customer Service Orientation:** Anticipates and addresses the needs of customers and coworkers, providing thoughtful, courteous, and knowledgeable service
10. **Teamwork:** Shares responsibility for collaborative work and respects the thoughts, opinions, and contributions of other team members

Professional Competencies

11. **Big Picture Thinking:** Understands one's role in fulfilling the mission of the workplace and considers the social, economic, and environmental impacts of one's actions
12. **Career and Life Management:** Plans, implements, and manages personal and professional development goals related to education, career, finances, and health
13. **Continuous Learning and Adaptability:** Accepts constructive feedback well and is open to new ideas and ways of doing things; continuously develops professional skills and knowledge to adjust to changing job requirements
14. **Efficiency and Productivity:** Plans, prioritizes, and adapts work goals to manage time and resources effectively.

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Professional Competencies (cont.)

16. **Information Literacy:** Locates information efficiently, evaluates the credibility and relevance of sources and facts, and uses information effectively to accomplish work-related tasks
17. **Information Security:** Understands basic Internet and email safety and follows workplace protocols to maintain the security of information, computers, networks, and facilities
18. **Information Technology:** Maintains a working knowledge of devices, resources, hardware, software, systems, services, applications, and IT conventions
19. **Job-Specific Tools and Technologies:** Knows how to select and safely use industry-specific technologies, tools, and machines to complete job tasks effectively
20. **Mathematics:** Applies mathematical skills to complete tasks as necessary
21. **Professionalism:** Meets organizational expectations regarding work schedule, behavior, appearance, and communication
22. **Reading and Writing:** Reads and interprets workplace documents and writes effectively
23. **Workplace Safety:** Maintains a safe work environment by adhering to safety guidelines and identifying risks to self and others

[Workplace Readiness Skills for the Commonwealth](#) was developed by the Virginia Department of Education's Office of Career, Technical, and Adult Education, in cooperation with the University of Virginia's Weldon Cooper Center for Public Service, the Career and Technical Education Consortium of States and Virginia's CTE Resource Center.

Employment Opportunities:

Secondary Education:	customer service representative, product demonstrator, customer complaint clerk, personal shopper, financial institution teller, data processors
Postsecondary Education:	loan officers, bill and account collectors, appraisers, underwriters, accountants, investment advisers, economists, financial consultants, analyst, portfolio manager, financial examiners, compliance analyst, internal auditor, compliance director, compliance manager
Postgraduate Education:	treasurers, controllers and chief revenue agents, auditor, economists, financial institution president, certified financial planner, account executive

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FFA. PERSONAL FINANCE

FFA1. Analyze factors that influence personal finance behaviors.

FFA1.1. Engage: Identify personal values affecting financial decisions.

FFA1.2. Explore: Explore how values differ from person to person.

FFA1.3. Explain: Explain how external influences impact financial decisions.

FFA1.4. Extend: Differentiate behavioral biases that can produce poor investment decisions.

FFA1.5. Evaluate: Analyze strategies to manage psychological and emotional obstacles to saving.

FFB. FINANCIAL DECISION MAKING/FINANCIAL PLANNING

FFB1. Analyze management of financial resources.

FFB1.1 Engage: Describe a plan for setting aside emergency savings.

FFB1.2 Explore: Explain smart money habits and techniques.

FFB1.3 Explain: Identify different types of budgeting methods.

FFB1.4 Extend: Justify the importance of using a plan to achieve financial goals.

FFB1.5 Evaluate: Evaluate short-term and long-term financial plans.

FFC. POSTSECONDARY EDUCATION AND/OR TRAINING

FFC1. Evaluate plans for financing education and training.

FFC1.1 Engage: Examine financial aid options for education and training.

FFC1.2 Explore: Explore employment incentives and benefits.

FFC1.3 Explain: Research financial aid options for postsecondary education and training.

FFC1.4 Extend: Identify information needed to complete forms for postsecondary education and training.

FFC1.5 Evaluate: Evaluate the return on investment for postsecondary education and training based on an anticipated career path.

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FFD. FINANCIAL SERVICES

FFD1. Explore services provided by financial institutions.

FFD1.1 Engage: Compare the types of financial institutions.

FFD1.2 Explore: Explore services offered by financial institutions.

FFD1.3 Explain: Explain the benefits of using financial institutions.

FFD1.4 Extend: Differentiate the various payment methods provided by financial institutions.

FFD1.5 Evaluate: Explain how to reconcile financial accounts provided by financial institutions.

FFE. INCOME AND TAXES

FFE1. Investigate the rationale and application for taxes.

FFE1.1 Engage: Identify types of income and components of paychecks.

FFE1.2 Explore: Investigate tax terminology, documents, and forms.

FFE1.3 Explain: Explain the purpose of federal, state, and local taxes.

FFE1.4 Extend: Differentiate between various entitlement programs.

FFE1.5 Evaluate: Evaluate tax forms.

FFF. SAVING AND INVESTING

FFF1. Explore options for savings and investments.

FFF1.1 Engage: Determine the characteristics and benefits of savings accounts, investments, and assets.

FFF1.2 Explore: Compare saving and investment options to meet various personal goals.

FFF1.3 Explain: Explain the benefits of savings and investment accounts as tools for retirement.

FFF1.4 Extend: Investigate how regulatory agencies protect consumers.

FFF1.5 Evaluate: Evaluate the impact of inflation, economy, and global events on savings and investments.

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FFG. INSURANCE

FFG1. Analyze insurance as a risk management strategy.

FFG1.1 Engage: Examine how insurance needs vary from person to person.

FFG1.2 Explore: Explain risk management methods.

FFG1.3 Explain: Evaluate the various types of insurance. (*life: term, whole life, universal, variable life insurance*), *liability, health, auto, homeowners, renters, annuities*).

FFG1.4 Extend: Identify factors that impact insurance premiums and the relationship between premiums, deductibles, and coverage limits.

FFG1.5 Evaluate: Analyze insurance as a financial tool.

FFH. CREDIT AND DEBT

FFH1. Evaluate credit and debt in financial management.

FFH1.1 Engage: Identify major types of credit and their characteristics.

FFH1.2 Explore: Explore credit card laws, consumer rights, and predatory lending practices.

FFH1.3 Explain: Explain the cost of credit.

FFH1.4 Extend: Evaluate components of a credit score.

FFH1.5 Evaluate: Analyze debt management strategies.

FFI. TECHNOLOGY

FFI1. Analyze how technology impacts financial management.

FFI1.1 Engage: Identify internet safety behaviors and guidelines.

FFI1.2 Explore: Examine methods of fraud detection.

FFI1.3 Explain: Describe security solutions for internet-based financial transactions.

FFI1.4 Extend: Analyze procedures to protect information from online threats.

FFI1.5 Evaluate: Discuss basic principles of finance for a global economy connected by the internet.

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FFJ. CONSUMER RESPONSIBILITIES AND RIGHTS

FFJ1. Analyze policies that support consumer rights and responsibilities.

FFJ1.1 Engage: Identify basic consumer rights protected by law.

FFJ1.2 Explore: Analyze local, state, and federal policies and laws providing consumer protection.

FFJ1.3 Explain: Distinguish lawful and unlawful business practices.

FFJ1.4 Extend: Explain procedures to identify help with consumer complaints.

FFJ1.5 Evaluate: Evaluate business sales practices.

FFK. CAREERS PATHWAYS AND PROFESSIONAL RESPONSIBILITIES

FFK1. Analyze career pathways and requirements for careers in financial services.

FFK1.1 Engage: Identify the relationship between career and personal goals.

FFK1.2 Explore: Explore employment options.

FFK1.3 Explain: Discuss the effect of education and training on employment.

FFK1.4 Extend: Analyze how employment choices and economic conditions affect income.

FFK1.5 Evaluate: Evaluate personal employability skills.