

Learn Everywhere with 4-H



2026-2027 COURSE CATALOG





ANIMAL SCIENCE, CIVIC ENGAGEMENT, FAMILY CONSUMER SCIENCE AND PE/HEALTH COURSES AVAILABLE

University of Idaho Extension

Welcome to the Learn Everywhere with 4-H Courses!

Currently, we are offering Animal Science, Know Your Government, Family Consumer Science and Physical Education/Health courses. In the future, we will be expanding to accommodate interest of 4-H'ers. All our courses include:

- lessons that have information to learn, activities to do and quizzes to check for understanding, rubrics to assess items from your 4-H project,
- a 4-H project you are already working on or a new one you start,
- examples/suggestions for learning activities you will do,
- a presentation/demonstration on your project,
- an interview where you will be able to verbally express what you have learned,
- and a record book.

You would start either with a project in mind or a topic you want to learn more about.

Look through this course catalog for the courses that are available now. If you want some help deciding, feel free to contact your local county extension office or 4-H club. The course numbers align to the three skill levels used in 4-H. Level 1 skills would be 100 courses, Level 2 skills would be 200 courses and level 3 skills would be 300 courses. Some subjects have 4 levels while others have only 1 and 2 levels.

Each course has been aligned with the Idaho State Standards (included in the lesson plans) and will involve 60 hours of the course work listed above. The lessons will give you information you will apply to your project.

Through your experiences with your 4-H club and county extension you will gain soft skills like work ethic, teamwork, collaboration, professionalism, citizenship, civic responsibility, oral and written communication, financial literacy, and critical thinking which are aligned with the Idaho State Board of Education College and Career Readiness Competencies found in Appendix A.

To pass the course, you must have Meet Expectation on all the Rubrics found in Appendix B.

See the next page for the term timelines which include the dates to register for the classes and completion dates.

Timeline to Completion

Includes suggestions for when to complete the courses

Term	Fall
9/1	Sign up starts
10/29	½ of the lessons, 4-H project, 4-H meetings, Learning Activities completed which should total 30 hours of work
12/1	Everything is finished except for the Rubrics
12/31	Final time to upload documents per term would be before midnight on this date.
Term	Spring
1/1	Sign up starts
3/1	½ of the lessons, 4-H project, 4-H meetings, Learning Activities completed which should total 30 hours of work
3/18	Everything is finished except for the Rubrics
4/30	Final time to upload documents per term would be before midnight on this date.
Term	Summer
5/1	Sign up starts
6/26	½ of the lessons, 4-H project, 4-H meetings, Learning Activities completed which should total 30 hours of work
8/18	Everything is finished except for the Rubrics
8/31	Final time to upload documents per term would be before midnight on this date.
Term	Full Year (CIV ENG, FCS and PE/HLTH)
10/1	Sign up starts
2/28	½ of the lessons, 4-H project, 4-H meetings, Learning Activities completed which should total 30 hours of work
8/31	Everything is finished except for the Rubrics
9/30	Final time to upload documents per term would be before midnight on this date.

Animal Science Courses

AN SCI 101 Animal Facilities Management

This course covers how to select optimal bedding for animal performance, design adequate pen space, handle animals safely by understanding flight zones, and manage barn temperature and airflow to support growth and productivity.

Environment: Caring for My Animal

Housing My Animal

Safe Animal Handling

Temperature and Ventilation (Air Flow) in the Barn

AN SCI 102 Animal Health 1

This course covers the difference between healthy and sick animals, causes of sickness, proper injection techniques, and how to read, interpret, and identify the parts of a medication label and insert.

What Does a Healthy Animal Look Like?

Injection Sites and Techniques

Reading Medication Labels: Level 1

AN SCI 103 Animal Advocacy & Marketing

This course covers how to create a positive public image when discussing agriculture, where food comes from, the range of agriculture careers, how to write a thank you letter and how to speak to others to market a product.

Connecting with Public through a Positive Image

Where Our Food Comes From

Career Exploration

Marketing: Thank You Letters

AN SCI 104 Animal Welfare

This course covers keeping animals calm to impact behavior, moving animals safely using flight zone and point of balance, conducting safety inspections on a trailer and demonstrating safe loading and unloading of livestock.

Animal Handling

Animal Moving

Animal Hauling

AN SCI 105 Animal Nutrition 1

This course covers how to track and provide adequate food to help an animal reach market weight, identify the first necessary feed nutrients to grow properly and how to assess and read a feed label.

Average Daily Gain

Five Basic Nutrients

Feed Labels

AN SCI 106 Animal Selection & Evaluation 1

This course covers popular livestock breeds for beef, swine, sheep and goat, the impact of frame size on market ready weights, the importance of structural correctness, and skeletal structures of beef, swine, sheep and goat.

Common Livestock Breeds

Frame Size and Market Ready Weights

Structural Conformation

Skeletal Structure

AN SCI 107 Animal Quality Assurance 1

This course covers the role of Quality Assurance, the products that contain animal by-products and how animals raised by 4-H & FFA become food products for consumers.

Why is Quality Assurance Important?

Animal By-Products

Ideal Market Animal

AN SCI 108 Planning & Record Keeping

This course covers the resources needed to raise a livestock project, the need for animal identification, how to develop a budget to track income and expense including feed expenses, amd the necessary paperwork and ownership requirements.

What's Your Plan?

Animal Identification

Making a Plan: Costs to Raise Market Animals

Livestock Ownership Records

Budgeting for Feed Expense

AN SCI 109 Animal Management: Showring

This course covers the equipment needed to show an animal, the different methods needed to getting an animal gentle enough to handle safely, the preparation needed to show an animal and the skills needed to successfully exhibit an animal.

Equipment

Halter Breaking and Gentling

Getting Ready for the Show

Showmanship

AN SCI 110 Animal Health 2

This course covers establishing a sound veterinarian-client-patient relationship (VCPR), better understanding of a medication label, calculating proper dosage for different animals, preventing diseases, and keeping proper records.

Preventable Practice

Veterinary Client Relationships

Reading Medication Labels: Level 2

AN SCI 201 Animal Health 3

This course covers developing a vaccination/herd health plan, keeping records for disease prevention, and defining biosecurity while creating a biosecurity plan for a herd/flock.

Vaccination Plans and Understanding Immunity

Animal Record Keeping for Disease Prevention

Animal Biosecurity

AN SCI 202 Animal Selection & Evaluation 2

This course covers the basics of livestock evaluation and judging through identifying animal body parts, terms and judging criteria. It will compare the livestock industry goals and standards for beef, sheep, goat, and swine as well as implementing evaluation criteria for selecting a project animal keeping Expected Progeny Differences in mind. While learning how to judge livestock you will learn how to give oral reasons.

Livestock Evaluation

Project Animal Selection

Livestock Judging, Note Taking and Oral Reasons

Expected Progeny Differences

AN SCI 203 Animal Ethics

This course covers how to make good choices, how to set realistic, personal goals while learning accountability, self-discipline, and time management, how to build strong teamwork and collaborative habits, and how to translate ethical habits into future job performance.

Ethics: Sportsmanship

Ethics: Pillars of Character

Ethics: Consequences of Unethical Behavior

AN SCI 204 Animal Health 4

This course covers why management practices of castration, dehorning and docking are necessary, and how to identify common external and internal parasites with options to control them.

Castration, Dehorning/Disbudding and Docking

External Parasites

Internal Parasites

AN SCI 205 Animal Reproduction 1

This course covers the basics of reproduction and puberty in livestock including major male/female reproductive structures and functions in beef, sheep, swine and goats. It will cover the benefits of crossbreeding, the basic genetic concepts and heritability for traits.

Introduction to Reproduction

Parts of Reproductive Systems

Purebred vs. Crossbred

Genetics

AN SCI 301 Animal Quality Assurance 2

This course covers the difference between wholesale and retail meat cuts, the difference between quality and yield grades of beef and lamb, how USDA pork grades influence pork quality, using carcass terminology to describe meat quality and measuring cuts of meat.

Recognizing Wholesale and Retail Cuts

USDA Quality and Yield Grade

Carcass Terminology

Using Grids to Determine Carcass Measurements

AN SCI 302 Animal Nutrition 2

This course covers classifying feed ingredients into nutrient groups, understanding nutritional requirement needs based on growth stage, learning the differences, parts and functions between ruminant and monogastric digestive systems, identifying the vocabulary and nutritional needs of monogastric animals during different growth stages and recognizing and assigning animal body condition scores to the four species.

Basic Nutrition Requirements – Ruminants

Monogastric Nutrition

Digestive Systems

Body Condition Scoring

AN SCI 303 Animal Reproduction 2

This course covers how breeding management decisions impact when animals are born, how to identify the physical signs and tools used to help with heat detection, why artificial insemination is used in livestock production including what tools are used, and which primary hormones responsible for reproduction in the female and male.

When Will My Project Animal Be Born?

Heat Detection

Artificial Insemination

Hormones Control Everything

Civic Engagement Courses

CIV ENG 101 Know Your Government (KYG) Legislative

This course covers the structure and function of Idaho's legislative process through hands-on activities and guided learning. At the KYG Conference, you will take part in mock bill hearings, a simulated legislative session, and discussions with elected officials to better understand how laws are made and how citizens — especially youth — can participate. Throughout the course, students will strengthen communication, leadership, goal-setting, and critical-thinking skills that support informed and responsible civic engagement.

Introduction to State and Tribal Government

Local Government

Legislative Branch

Constitution of the United States of America

Bill of Rights

Government Project

KYG Conference: Legislative Branch Delegate

CIV ENG 102 Know Your Government (KYG) Judicial

This course covers Idaho's judicial system and the role it plays in government. At the KYG Conference, you will learn how court cases move through the system, explore ways to engage in civic processes, meet elected officials, and observe local government in action. Throughout the course, students will build skills in communication, leadership, goal-setting, and informed decision-making that support informed and responsible civic engagement.

Executive Branch

Judicial Branch

Who Influences Our Government

News Media & Social Media

Foundations of Tribal Leadership

Government Project

KYG Conference: Judicial Delegate

CIV ENG 103 Know Your Government (KYG) Legislative or Judicial

This course will be used if you do not follow the suggested topics in 101 and 102 and covers the structure and function of Idaho's legislative or judicial process through hands-on activities and guided learning. You will need to select the five sections based on what you selected and completed. At the KYG Conference, you will take part in either the Legislative or Judicial delegate role. Throughout the course, students will strengthen communication, leadership, goal-setting, and critical-thinking skills that support informed and responsible civic engagement.

Introduction to State and Tribal Government

Local Government

Legislative Branch

Executive Branch

Judicial Branch

Who Influences Our Government

News Media & Social Media

Foundations of Tribal Leadership

Constitution of the United States of America

Bill of Rights

Government Project

KYG Conference: Legislative or Judicial Branch Delegate

CIV ENG 201 Know Your Government (KYG) Advanced Citizenship: Legislator

This course is for the third year of the Know Your Government project where you are a Legislator and part of the Steering Committee. You will attend meetings in the summer to prepare for the KYG Conference in February then you will have an integral part of the conference. You will learn how bills become laws and parliamentary procedures, then you will complete several legislator activities.

Steering Committee Duties including writing a bill for the conference

Government Project

KYG Conference: Legislator

CIV ENG 202 Know Your Government (KYG) Advanced Citizenship: Judge

This course is for the third year of the Know Your Government project where you are a Judge and part of the Steering Committee. You will attend meetings in the summer to prepare for the KYG Conference in February then you will have an integral part of the conference. You will learn how laws impact the judicial system and how a jury trial operates, then you will complete several judicial activities.

Steering Committee Duties including working on the Mock Trial for the conference

Government Project

KYG Conference: Judge

CIV ENG 203 Know Your Government (KYG) Power of the Press: Reporter

This course is for the third year of the Know Your Government project where you are a Reporter and part of the Steering Committee. You will attend meetings in the summer to prepare for the KYG Conference in February then you will have an integral part of the conference. You will learn the importance of the press and how to interview, then you will complete several news reporter activities.

Steering Committee Duties including interviewing, writing articles and making videos for the conference

Government Project

KYG Conference: Reporter

CIV ENG 301 Know Your Government (KYG) Steering Committee: Justice, Speaker of the House, News Editor/Video Producer

This course is for the fourth year of the Know Your Government project where you are the Speaker of the House or Justice or News Editor/Video Producer and will be a leader of the Steering Committee. You will attend meetings in the summer to prepare for the KYG Conference in February then you will have an integral part of the conference. You will learn more about your role in the government then you will complete several news reporter activities.

Steering Committee Duties including leading at the conference

Government Project

KYG Conference: Justice or Speaker of the House or News Editor or Video Producer

Family Consumer Science Courses

FCS 101 Cooking 101

This course is the introductory course on cooking. It covers USDA dietary guidelines, the basics of food & kitchen safety, planning meals, measuring and cooking basic 'how to's. You will receive recipes of snacks, side dishes, main dishes, quick breads, and desserts to prepare.

Kitchen Basics including mealtime and measuring basics

USDA Dietary Guidelines

Food & Kitchen Safety

Cooking Basics

FCS 201 Cooking 201

This course builds on what you learned in Cooking 101 by exploring more about food safety, planning and nutrition. Some new topics in safety are fire safety, food temperature, proper food handling and knife skills. While exploring the different food groups, you will learn more about their nutrients, how to select and how to prepare them.

Food Safety: fire, temperature, food handling & knife

Nutrition facts

Food groups: nutrients, selecting & preparing

Mealtime Basics including manners

Physical Education/Health Courses

PEHLTH 101 Archery 1

This course is the first of the introductory courses on archery. It covers basic archery rules, range procedures, NAA range commands, the basic parts of the bow, arrows and arrow tips.

Archery Safety Rules

Eye dominance2xcd

Range procedures and NAA range commands

Parts of the bow, arrows and arrow tips

PEHLTH 102 Archery 2

This course is the second of the introductory courses on archery. It covers stringing and unstringing a recurve bow, major types of bows and how to fit a bow, types of arrow shafts, recognizing equipment failure flaws, handling arrows on the range and how to score targets.

String/unstring a recurve bow

Types of Bows and how to fit

Types of Arrow shafts

Potential equipment failure flaws

Removing and carrying arrows on the range

Scoring targets

PEHLTH 201 Archery 3

This course is the level 2 course on archery. It covers using archery sights, selecting arrow sizes for different bows, using proper off-season storage and transportation of archery equipment, caring and maintaining bows and arrows, selecting and using a compound bow, accessories for a bow, mentor/teaching and constructing various items.

Archery sights

Different arrow and bow sizes

Storage and transportation of archery equipment

Care and Maintenance of bows and arrows

Compound bow

Mentor/teaching

Accessories for a bow

Construct: ground quiver, strings, arrows, wall bow stringer

Appendix B: ISBE College & Career Readiness Competencies



What to know more?

Mastery Education / Idaho Department of Education

https://www.sde.idaho.gov/mastery-ed/

Appendix B: Rubrics

University of Idaho Extension

Idaho 4-H Presentation/Demonstration Rubric

Member Name:_____ Project:_____ Course/Name:_____

Age Division: Junior Intermediate Senior Grade:_____ Judge:_____ Date:_____

Category	Requirements	Exceeds Expectations 4	Meets Expectations 3	Below Expectations 2	Incomplete 1	Score
Manner & Appearance	☐ Appropriately Dressed ☐ Posture & Body Language ☐ Eye Contact ☐ Poise	All requirements shown without prompting 4 points	All requirements shown with prompting 3 points	Missing one requirement even with prompting 2 points	Missing two requirements with prompting 1 point	___/4
Delivery	☐ Volume & Speed ☐ Clear Speech/Diction ☐ Memorized/Not Read	All requirements shown without prompting 4 points	All requirements shown with prompting 3 points	Missing one of the requirements even with prompting 2 points	Missing two requirements even with prompting 1 point	___/4
Introduction & Conclusion	☐ Engages Interest ☐ Concise ☐ Importance of subject established ☐ Wrap up at the end	All requirements shown without prompting 4 points	All requirements shown with prompting 3 points	Missing one of the requirements even with prompting 2 points	Missing two of the requirements even with prompting 1 point	___/4
Content	☐ Suitable topic ☐ One central theme ☐ Logical sequence ☐ Accurate information ☐ Clear information ☐ Options (beginning, middle, and end	All requirements shown without prompting 4 points	All requirements shown with prompting 3 points	Missing one of the requirements even with prompting 2 points	Missing two of the requirements even with prompting 1 point	___/4
Time Requirement	☐ Meets time requirement for age division (20 points) ☐ Does not meet time requirement for age division (0 points)	Time Requirements by age Juniors (8-10 years old): 5-8 minutes Intermediates (11-13 years old): 8-10 minutes Seniors (14-18 years old): 10-12 minutes Record Time:_____				___

Total Score: ___/100 points

Scoring Instructions: Please mark requirements that student demonstrated. Multiply scores as noted. Add the Category scores together for the Total Score.

Potential Ribbon Earned: 90-100 Points—Blue 75-89 Points—Red <75 Points—White

COMMENTS:

County Professional or Learn Everywhere with 4-H Certified Leader:_____ Date:_____

University of Idaho Extension

Idaho 4-H Learning Activities Rubric

Member Name:_____ Project:_____ Course/Term:_____

Age Division: Junior Intermediate Senior Grade:_____ Judge:_____ Date:_____

Category	Requirements	Exceeds Expectations 4	Meets Expectations 3	Below Expectations 2	Incomplete 1	Score
Types of Activities	○ Appropriate activities ○ Variety of activities ○ Activities show some depth	All requirements met and related to course 4 points	All requirements met 3 points	Missing one of the requirements 2 points	Missing two of the requirements 1 point	____ x5 = ____
Activity Log/ Course Hours Log	○ Log shows some detail ○ Who/What/When/Where included ○ Shows club meetings	All requirements met and the connections to course are detailed 4 points	All requirements met 3 points	Missing one of the requirements 2 points	Missing two of the requirements 1 point	____ x5 = ____
Evidence of Activities	○ Evidence included ○ Variety of evidence ○ Presented logically	All requirements met and multiple topics from the course covered 4 points	All requirements met 3 points	Missing one of the requirements 2 points	Missing two of the requirements 1 point	____ x5 = ____
Completion of Required Hours	○ Hours logged for learning activities on Course Hours Log	Over 60 hours completed 4 points	60 hours completed 3 points		<60 hours completed 1 point	____ x10 = ____

Total Score: _____ /100 points

Scoring instructions: Please mark requirements that student demonstrated. Multiply scores as noted. Add the Category scores together for the total Score.

Circle Ribbon Earned: 90-100 Points—Blue 75-89 Points—Red <75 Points—White

COMMENTS:

County Professional or Learn Everywhere with 4-H Certified Leader:_____ Date:_____

University of Idaho Extension

Idaho 4-H Record Book Rubric

Member Name: _____ Project: _____ Course/Term: _____

Age Division: Junior Intermediate Senior Grade: _____ Judge: _____ Date: _____

Category	Requirements	Exceeds Expectations 4	Meets Expectations 3	Below Expectations 2	Incomplete 1	Score
Front page, Signatures, Goals	○ All information completed as of current term end date ○ Goals as required by age division with 3 "to do's" for each goal ○ Goals relate well to a project and learning ○ Completed the 'How did you do?' page	All requirements shown and goals are detailed and met. 4 points	All requirements shown 3 points	Missing one requirement or goals are too simple 2 points	Missing two requirements 1 point	___ x5 = ___
Presentation	○ Presentation information complete ○ Evidence of presentation is present ○ Content is age and level appropriate ○ Content is related to the project	All requirements shown and presentation relates to the course 4 points	All requirements shown 3 points	Missing one requirement 2 points	Missing two requirements 1 point	___ x5 = ___
Project Information & Activity Log	○ Logging of activities ○ Regular involvement ○ Detailed information ○ Information is neat; mostly correct spelling	All requirements shown and a wide variety of activities 4 points	All requirements shown 3 points	Missing one requirement 2 points	Missing two requirements 1 point	___ x5 = ___
Expense/Income	○ Detailed descriptions in each column ○ Correctly uses $x.xx for each entry ○ Totals are accurate	All requirements shown and more than basic items listed 4 points	All requirements shown 3 points	Missing one requirement 2 points	Missing two requirements 1 point	___ x5 = ___
Project Story	○ Story or other required document is completed as of the current term date ○ Introduction is present ○ Body contains examples and details ○ Conclusion as of the end of the current term date	All requirements shown and discusses the course 4 points	All requirements shown 3 points	Missing one requirement 2 points	Missing two requirements 1 point	___ x5 = ___

Total Score: _____ /100 points

Scoring Instructions: Please mark requirements that student demonstrated. Multiply scores as noted. Add the Category scores together for the total Score.

Potential Ribbon Earned: 90-100 Points—Blue 75-89 Points—Red <75 Points—White

COMMENTS:

County Professional or Learn Everywhere with 4-H Certified Leader: _____ Date: _____

University of Idaho Extension

Idaho 4-H Exhibit Rubric

Member Name: _____ Project: _____ Course/Term: _____

Age Division: Junior Intermediate Senior Grade: _____ Judge: _____ Date: _____

Category	Requirements	Exceeds Expectations 4	Meets Expectations 3		Did not do 0	Score
Exhibit: photo, visual, essay, physical	Represents Project & Course	Exhibit showcases the project & course	Exhibit showcases the project			____ x12.5 = ____
Participation in Local Event	Evidence of exhibit	Evidence easily found	Evidence given upon request			____ x12.5 = ____

Total Score: _____ /100 points

Scoring Instructions: Please mark requirements that student demonstrated. Multiply scores as noted. Add the Category scores together for the total Score.

Potential Ribbon Earned: 90-100 Points—Blue 75-89 Points—Red <75 Points—White

COMMENTS:

County Professional or Learn Everywhere with 4-H Certified Leader: _____ Date: _____

University of Idaho Extension

Idaho 4-H Interview Rubric

Member Name:_____ Project:_____ Course/Term:_____

Age Division: Junior Intermediate Senior Grade:_____ Judge:_____ Date:_____

Category	Requirements	Exceeds Expectations 4	Meets Expectations 3	Below Expectations 2	Incomplete 1	Score
Interview Skills	○ Ability to talk about project experience ○ Appropriate eye contact & body language ○ Ability to explain feelings & accomplishments	All requirements shown without prompting 4 points	All requirements shown with prompting 3 points	Missing one of the requirements with prompting 2 points	Missing two of the requirements with prompting 1 point	____ x10 = ____
Project Knowledge	○ Identifies learned skills ○ Explains methods used ○ Explains the project ○ Relates project to Learn Everywhere course	All requirements shown without prompting 4 points	All requirements shown with prompting 3 points	Missing one of the requirements with prompting 2 points	Missing two of the requirements with prompting 1 point	____ x5 = ____
Project Growth	○ Relates what new skills were gained ○ Explains related learning from project ○ Speaks about growth from prior year ○ Shows growth by leading their club or in the community	All requirements shown without prompting 4 points	All requirements shown with prompting 3 points	Missing one of the requirements with prompting 2 points	Missing two of the requirements with prompting 1 point	____ x5 = ____
Recordbook/Project Story	○ Explains process of completing the Record Book & story 10 points					____ x1 = ____
Exhibit	○ Shares about their final exhibit explaining what they did and what they might change 10 points					____ x1 = ____

Total Score: _____

Scoring Instructions: Please mark requirements that student demonstrated. Multiply scores as noted. Add the Category scores together for the Total Score. /100 points

Potential Ribbon Scoring: 90-100 Points—Blue 75-89 Points—Red <75 Points—White

COMMENTS:

County Professional or Learn Everywhere with 4-H Certified Leader:_____ Date:_____