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| **\*Health Education I - Life Management Skills** | |
| **Course #** | 08003000 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to produce health literate students that make sound decisions and take positive actions for healthy and effective living. The course is wellness oriented and emphasizes responsible decision-making and planning for a healthy lifestyle. The content should include, but is not limited to, the following: •Responsible decision-making •Goal-setting, including personal health and individual wellness planning •Positive emotional development, including the prevention of depression and suicide •Communication, interpersonal and coping skills, including prevention of violence, gangs, and bullying •Nutrition and physical activity •Tobacco, alcohol, and other drug use and abuse •Safety education, including cardiopulmonary resuscitation (CPR) and automatic external defibrillator (AED), first aid for obstructed airway, and injury prevention •Prevention of child abuse and neglect •Human sexuality, including abstinence from sexual activity, and teen pregnancy prevention •Disease prevention and control, including HIV/AIDS and other STIs •Analyzing health information and consumer knowledge •Health-related community resources  •Health advocacy skills | |

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| **Health for Life in the Workplace** | |
| **Course #** | 08003950 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to emphasize real-world health literacy knowledge and skills that promote individual and societal responsibilities to foster a well work force. The engaging rigorous content would include: consumer and health care system information, safety practices, personal and social responsibility, health ethics, coping skills and stress-management, interpersonal communication skills, risk factor assessments and behavior change/goal projects. | |

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| **Health Education II - Personal Health** | |
| **Course #** | 08003100 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | Health Education I |
| **Credit** | 1/2 |
| The purpose of this course is to provide an in-depth study of the principles of personal health maintenance. Wellness promotion for self and others will be emphasized along with responsible decision-making and planning for a healthy lifestyle. The content should include, but is not limited to, the following:•Wellness promotion •Roles and relationships of family members •Health issues related to stages of life •Personal safety •Positive emotional development, including the prevention of suicide •Health care systems •Health careers •Environmental health •Consumer health •Community health •Current and emerging diseases and disorders | |

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| **Q Advanced Health Explorations** | |
| **Course #** | 08003600 |
| **Grade Level** | 11-12 |
| **Length** | 1 semester |
| **Prerequisite** | Health Education I |
| **Credit** | 1/2 |
| The purpose of this course is for students to apply health-related research practices. Experiences include discourses in major health problems in society, modern health practices, current scientific findings related to human diseases and disorders, collection, analysis and evaluation of health information, health advocacy trends, and health career investigations. The content should include, but is not limited to, the following: •Trends in current and emerging diseases including prevention, control, and treatment •Communicable and non-communicable diseases •Interrelationships of body systems •Wellness promotion •Analyze and evaluate health information •Health advocacy skills •Health careers •Health-related community resources. | |

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| **Community Environmental Health** | |
| **Course #** | 08003400 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| This course provides an in-depth study of individual and societal interactions with the environment. The course emphasizes cause and effect relationships and problem-solving strategies to promote healthy communities. The content should include, but is not limited to, the following: •Individual and societal responsibilities for the protection of health •Health care systems •Government regulations and services •Community agencies •Environmental health careers •Natural and man-made conditions that affect human health including, air quality, solid waste, radiation, noise •Industrial hygiene •Modes of transmission for infectious agents such as foods, water, vectors, air, and human contact •Community planning •Population impact | |

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| **First Aid Safety** | |
| **Course #** | 08003200 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| This course provides a basic overview of the causes and preventions of unintentional injuries, appropriate emergency responses to those injuries and crisis response planning. Safety education should include cardiopulmonary resuscitation (CPR) and the use of an automatic external defibrillator (AED), first aid for obstructed airway, and injury prevention. The content should include, but is not limited to, the following: •Safety promotion •First aid procedures •Adult, child, and infant CPR, and AED procedures •Disaster preparedness •Community resources and services •Career and public service opportunities | |

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| **Adolescent Health Problems** | |
| **Course #** | 08003500 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | Health Ed. I |
| **Credit** | 1/2 |
| This course provides students with opportunities for investigation and self-assessment of selected adolescent health problems. This course should incorporate individual, small group, and large group study. The content should include, but is not limited to, the following:•Communication, interpersonal and coping skills •Responsible decision-making •Personal relationships •Family problems, such as separation and divorce •Death and dying •Risk-taking and self-defeating behaviors •Positive emotional development, including the prevention of depression and suicide, violence, gangs, and bullying •Personal hygiene and appearance •Disease prevention and control, including HIV/AIDS and other STIs •Human growth and development through adulthood including human sexuality, abstinence from sexual activity, and pregnancy prevention •Parenting skills and care-giving, including child abuse and neglect •Health-related community resources •Tobacco, alcohol, and other drug use and abuse | |

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| **Personal, Social, and Family Relationships** | |
| **Course #** | 08003300 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to develop advanced knowledge and skills that promote positive social and emotional interactions and relationships. The content includes in-depth study of basic human needs, self-awareness and acceptance. The content should include, but is not limited to, the following:•Responsible decision-making and goal-setting •Positive emotional development and coping skills •Communication skills such as conflict-resolution, peer mediation, and negotiation skills •Stress management and the prevention of suicide •Family dynamics •Parenting skills, including the prevention of child abuse and neglect •Benefits of mutually monogamous relationships like marriage •Human growth and development through adulthood including human sexuality, abstinence from sexual activity, and teen pregnancy prevention •Mental health •Disease prevention and control , including HIV/AIDS and other STIs •Health-related community resources | |

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| **Health for Expectant Parents** | |
| **Course #** | 08003900 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to develop knowledge and skills that promote a healthy baby, mother, and family. Emphasis is placed on human reproduction, fetal growth and development, physical changes during pregnancy, health care and nutrition for the expectant mother, the birth process, decision making, and family planning. The content should include, but is not limited to, the following: •Human reproduction •Stages of fetal development •Stages of physical, social, cognitive, and emotional development of an infant •Physical and emotional development and care of expectant mother •Birth process •Pre and post natal care •Disease prevention and control of common illnesses affecting mother and fetus •Healthy lifestyle of family •Family planning and care giving •Parenting skills including prevention of child abuse, neglect, and infant mortality •Family relationships including parental rights and responsibilities •Communication, interpersonal and coping skills •Responsible decision-making and goal-setting •Health-related community resources •Consumer skills | |

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| **Parenting I** | |
| **Course #** | 08003700 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| This course provides students with skills and information to enable them to care for and nurture the infant child. Emphases are placed on child safety, nutrition, and growth and development. Additional content includes care of the sick or injured child, parental rights and responsibilities, consumer skills, and building positive family relationships. The content should include, but is not limited to, the following: •Healthy lifestyle and pre and post natal care •Stages of physical, social, cognitive, and emotional development of infants •Positive emotional development of mother •Communication, interpersonal and coping skills •Responsible decision-making •Parenting skills and care-giving including prevention of child abuse and neglect and infant mortality •Family relationships including parental rights and responsibilities •Child care, safety, and hygiene •Disease prevention and control common infant illnesses •Health-related community resources •Consumer skills | |

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| **Parenting II** | |
| **Course #** | 08003800 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| This course provides students with skills and information to enable them to care for and nurture the toddler and preschool-age child. Emphases are placed on child safety, nutrition, and growth and development. Additional content includes care of the sick or injured child, parental rights and responsibilities, consumer skills, and building positive family relationships. The content should include, but is not limited to, the following: •Healthy lifestyle of family •Stages of physical, social, cognitive, and emotional development of toddler and preschool-age child •Positive emotional development of mother •Communication, interpersonal and coping skills •Responsible decision-making •Parenting skills and care-giving including prevention of child abuse and neglect •Family relationships including parental rights and responsibilities •Child care, safety, and hygiene •Disease prevention and control common toddler and preschool-age children’s’ illnesses •Behavior management •Child learning and play experiences •Health-related community resources •Consumer skills | |

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| **Explanation of Symbols** | |
| **Symbol** | **Explanation** |
| **\*** | Course meets Health graduation requirement for 12th graders. |
| **Description: C:\Users\HOLLOWAYL\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\VFNRH0QY\ScreenHunter_09 Aug  26 12 44.gif** | The Pinellas County School (PCS) virtual symbol indicates this course is available in a Pinellas County School virtual learning environment.  All Pinellas County School Virtual School (PVS) courses are aligned with the Next Generation Sunshine State Standards (NGSSS) and in the Board approved MS and HS Course Code Directories. |