

**2011-2012
Health**

Course Title: M/J Health 1
Course Number: 0800000
Credit:
Grade Level: 6-8

Course Description

The M/J Health 1 course provides students with the opportunity to gain the knowledge and skills necessary to become health literate and practice responsible behaviors to promote healthy lifestyle and healthy living. This comprehensive course focuses on the health issues core to the optimum development of adolescents.

The content should include, but is not limited to;

- *life stages (infancy, childhood, adolescence, adulthood, & senior)*
- *mental, physical and emotional changes during puberty (growth spurt, stress management, goal setting, reproductive development)*
- *the proper care of the body (hygiene)*
- *common health issues related to adolescence (communicable diseases, eating disorders, decision making, hereditary factors)*
- *prevention of risky behaviors related to adolescence (refusal skills, negotiation skills, conflict resolution)*
- *enhance relationships with peers and family (coping skills, divorce, communication skills)*
- *benefits of good nutrition and regular physical activity (improve or maintain optimal health)*
- *common safety and injury prevention practices (helmet use, weather-related, Internet safety)*
- *harmful effects of alcohol, tobacco, other drugs, and violence (inhalants, bullying, gangs)*
- *community health (advocacy, volunteering)*
- *environmental health (home and school recycling practices)*
- *health-conscious consumer (valid, reliable information sources)*

Special Note: Any student whose parent makes written request to the school principal shall be exempted from the teaching of reproductive health or any disease, including HIV/AIDS, its symptoms, development, and treatment. A student so exempted may not be penalized by reason of that exemption.

General Course Information:

	YES	NO	Other
Core Course Requirement		X	EL
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Receives High School Credit		X	
Advance Course		X	

**2011-2012
Health**

Course Title: M/J Health 2

Course Number: 0800010

Credit:

Grade Level: 6-8

Course Description

The M/J Health 2 course provides students with the opportunity to gain the knowledge and skills necessary to become health literate and practice responsible behaviors to promote healthy living. This comprehensive course focuses on making wise personal decisions and respecting and promoting the health of others.

The content should include, but is not limited to;

- *mental, physical and emotional health during adolescence (personal health care, reproductive health, depression, grief and loss)*
- *control and prevention of disease (non-communicable, sexually transmitted diseases (STD's), HIV/AIDS)*
- *risk reduction behaviors related to adolescence (policies/laws, goal setting, negotiation skills, conflict resolution)*
- *interpersonal relationships (communication skills, coping skills, social relationships)*
- *benefits of good nutrition and regular physical activity (weight management, fitness plan, eating disorders, BMI)*
- *common safety and injury prevention practices (Internet safety, first aid/CPR/AED, weapons safety, water safety)*
- *harmful effects of alcohol, tobacco, other drugs, and violence (over-the-counter drugs, cyberbullying, gangs)*
- *community health (local health organizations, resources, services)*
- *environmental health (toxins & pollutants)*
- *health-conscious consumer (advertising, media influence)*

Special Note: Any student whose parent makes written request to the school principal shall be exempted from the teaching of reproductive health or any disease, including HIV/AIDS, its symptoms, development, and treatment. A student so exempted may not be penalized by reason of that exemption.

General Course Information:

	YES	NO	Other
Core Course Requirement		X	EL
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Receives High School Credit		X	
Advance Course		X	

2011-2012 Health

Course Title: M/J Health 2 & Career Planning
Course Number: 0800015
Credit:
Grade Level: 6-8
Course Description

The M/J Health 2 & Career Planning course provides students with the opportunity to gain the knowledge and skills necessary to become health literate and practice responsible behaviors to promote healthy living. This comprehensive course focuses on making wise personal decisions and respecting and promoting the health of others.

Career and Education Planning - The career and education planning course required by Section 1003.4156, Florida Statutes, has been integrated into this course. This course must include career exploration using CHOICES or a comparable cost-effective program and educational planning using the online student advising system known as Florida Academic Counseling and Tracking for Students at the Internet website FACTS.org; and shall result in the completion of a personalized academic and career plan.

Listed below are the competencies that must be met to satisfy the requirements of (Section 1003.4156, Florida Statutes):

Understanding the Workplace

- 1.0 Describe how work relates to the needs and functions of the economy, society, and personal fulfillment.*
- 2.0 Describe the influences that societal, economic, and technological changes have on employment trends and future training.*
- 3.0 Describe the need for career planning, changing careers, and the concept of lifelong learning and how they relate to personal fulfillment.*
- 4.0 Appraise how legislation such as the Americans with Disabilities Act and Child Labor Laws regulates employee rights.*

Self-Awareness

- 5.0 Use results of an interest assessment to describe their top interest areas and relate to careers/career clusters.*
- 6.0 Identify five values that they consider important in making a career choice.*
- 7.0 Identify skills needed for career choices and match to personal abilities.*
- 8.0 Demonstrate the ability to apply skills of self-advocacy and self-determination throughout the career planning process.*
- 9.0 Identify strengths and areas in which assistance is needed at school.*
- 10.0 Apply results of all assessments to personal abilities in order to make realistic career choices.*

Exploring Careers

- 11.0 Demonstrate the ability to locate, understand, and use career information.*
- 12.0 Use the Internet to access career and education planning information.*
- 13.0 Identify skills that are transferable from one occupation to another.*
- 14.0 Demonstrate use of career resources to identify occupational clusters, career opportunities within each cluster, employment outlook, and education/ training requirements.*
- 15.0 Explain the relationship between educational achievement and career success.*

Goal Setting and Decision-Making

- 16.0 Identify and demonstrate use of steps to make career decisions.*
- 17.0 Identify and demonstrate processes for making short and long term goals.*

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Workplace Skills

18.0 Demonstrate personal qualities (e.g. dependability, punctuality, responsibility, integrity, getting along with others) that are needed to be successful in the workplace.

19.0 Demonstrate skills to interact positively with others.

20.0 Demonstrate employability skills such as working on a team, problem-solving and organizational skills.

Career and Education Planning

21.0 Identify secondary and postsecondary school courses and electives that meet tentative career plans.

22.0 Identify advantages and disadvantages of entering various secondary and postsecondary programs for the attainment of career goals.

23.0 Demonstrate knowledge of varied types and sources of financial aid to obtain assistance for postsecondary education.

24.0 Identify inappropriate discriminatory behaviors that may limit opportunities in the workplace.

25.0 Develop a career and education plan that includes short and long-term goals, high school program of study, and postsecondary/work goals.

26.0 Describe how extracurricular programs can be incorporated in career and education planning.

27.0 Demonstrate knowledge of high school exit options (e.g., standard diploma, certificate of completion, special diploma, GED, etc.) and impact on post-school opportunities.

28.0 Describe high school credits and explain how GPAs are calculated.

Job Search

29.0 Demonstrate skills to complete a job application.

30.0 Demonstrate skills essential for a job interview.

General Course Information:

	YES	NO	Other
Core Course Requirement		X	EL
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Receives High School Credit		X	
Advance Course		X	

**2011-2012
Health**

Course Title: M/J Health 3
Course Number: 0800020
Credit:
Grade Level: 6-8
Course Description

The M/J Health 3 course provides students with the opportunity to gain the knowledge and skills necessary to become health literate and practice responsible behaviors to become healthy, productive citizens. This comprehensive course focuses on the development of positive life-long knowledge, attitudes, and behaviors, which promote an active and healthy lifestyle.

The content should include, but is not limited to:

- *mental, physical and emotional health (personal health care including self examinations, reproductive health including fetal development, suicide prevention, death and dying)*
- *control and prevention of disease (neurological and genetic diseases, sexually transmitted diseases (STD's), HIV/AIDS)*
- *risk reduction behaviors (STD's, pregnancy prevention, chronic diseases, policies/laws, goal setting, negotiation skills)*
- *interpersonal relationships (communication skills, coping skills, healthy relationships including dating)*
- *benefits of good nutrition and regular physical activity (wellness plan, target zone)*
- *common safety and injury prevention practices (Internet safety, weapons safety, vehicular safety, child abuse & neglect, sexual abuse)*
- *harmful effects of alcohol, tobacco, other drugs, and violence (prescription drugs, steroids, harassment, date and domestic violence, gangs)*
- *community health (respect for multicultural diversity, national & international health organizations, health policy and advocacy)*
- *environmental health (global warming, environmentally-conscious)*
- *health-conscious consumer (Internet advertising, technology)*

Special Note: Any student whose parent makes written request to the school principal shall be exempted from the teaching of reproductive health or any disease, including HIV/AIDS, its symptoms, development, and treatment. A student so exempted may not be penalized by reason of that exemption.

General Course Information:

	YES	NO	Other
Core Course Requirement		X	EL
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Receives High School Credit		X	
Advance Course		X	

2011-2012 Health

Course Title: M/J Health 3 & Career Planning
Course Number: 0800015
Credit:
Grade Level: 6-8
Course Description

The M/J Health 3& Career Planning course provides students with the opportunity to gain the knowledge and skills necessary to become health literate and practice responsible behaviors to become healthy, productive citizens. This comprehensive course focuses on the development of positive life-long knowledge, attitudes, and behaviors, which promote an active and healthy lifestyle.

Career and Education Planning - The career and education planning course required by Section 1003.4156, Florida Statutes, has been integrated into this course. This course must include career exploration using CHOICES or a comparable cost-effective program and educational planning using the online student advising system known as Florida Academic Counseling and Tracking for Students at the Internet website FACTS.org; and shall result in the completion of a personalized academic and career plan.

Listed below are the competencies that must be met to satisfy the requirements of (Section 1003.4156, Florida Statutes):

Understanding the Workplace

- 1.0 Describe how work relates to the needs and functions of the economy, society, and personal fulfillment.*
- 2.0 Describe the influences that societal, economic, and technological changes have on employment trends and future training.*
- 3.0 Describe the need for career planning, changing careers, and the concept of lifelong learning and how they relate to personal fulfillment.*
- 4.0 Appraise how legislation such as the Americans with Disabilities Act and Child Labor Laws regulates employee rights.*

Self- Awareness

- 5.0 Use results of an interest assessment to describe their top interest areas and relate to careers/career clusters.*
- 6.0 Identify five values that they consider important in making a career choice.*
- 7.0 Identify skills needed for career choices and match to personal abilities.*
- 8.0 Demonstrate the ability to apply skills of self-advocacy and self-determination throughout the career planning process.*
- 9.0 Identify strengths and areas in which assistance is needed at school.*
- 10.0 Apply results of all assessments to personal abilities in order to make realistic career choices.*

Exploring Careers

- 11.0 Demonstrate the ability to locate, understand, and use career information.*
- 12.0 Use the Internet to access career and education planning information.*
- 13.0 Identify skills that are transferable from one occupation to another.*
- 14.0 Demonstrate use of career resources to identify occupational clusters, career opportunities within each cluster, employment outlook, and education/ training requirements.*
- 15.0 Explain the relationship between educational achievement and career success.*

Goal Setting and Decision-Making

- 16.0 Identify and demonstrate use of steps to make career decisions.*
- 17.0 Identify and demonstrate processes for making short and long term goals.*

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Workplace Skills

18.0 Demonstrate personal qualities (e.g. dependability, punctuality, responsibility, integrity, getting along with others) that are needed to be successful in the workplace.

19.0 Demonstrate skills to interact positively with others.

20.0 Demonstrate employability skills such as working on a team, problem-solving and organizational skills.

Career and Education Planning

21.0 Identify secondary and postsecondary school courses and electives that meet tentative career plans.

22.0 Identify advantages and disadvantages of entering various secondary and postsecondary programs for the attainment of career goals.

23.0 Demonstrate knowledge of varied types and sources of financial aid to obtain assistance for postsecondary education.

24.0 Identify inappropriate discriminatory behaviors that may limit opportunities in the workplace.

25.0 Develop a career and education plan that includes short and long-term goals, high school program of study, and postsecondary/work goals.

26.0 Describe how extracurricular programs can be incorporated in career and education planning.

27.0 Demonstrate knowledge of high school exit options (e.g., standard diploma, certificate of completion, special diploma, GED, etc.) and impact on post-school opportunities.

28.0 Describe high school credits and explain how GPAs are calculated.

Job Search

29.0 Demonstrate skills to complete a job application.

30.0 Demonstrate skills essential for a job interview.

General Course Information:

	YES	NO	Other
Core Course Requirement		X	EL
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Receives High School Credit		X	
Advance Course		X	

**2011-2012
Health**

Course Title: M/J Health 4
Course Number: 0800030
Credit:
Grade Level: 6-8
Course Description

The M/J Health 4 course provides students with the opportunity to gain the knowledge and skills necessary to become health literate and practice responsible behaviors to promote healthy lifestyle and healthy living. This course focuses on the comprehensive health issues core to the optimal development of adolescents.

The content should include, but is not limited to;

- *mental, physical and emotional changes during puberty (hygiene, stress management, goal setting, reproductive development, coping skills)*
- *control and prevention of disease (communicable diseases, eating disorders, decision making, hereditary factors)*
- *prevention of risky behaviors related to adolescence (refusal skills, negotiation skills, conflict resolution)*
- *benefits of good nutrition and regular physical activity (improve or maintain optimal health)*
- *common safety and injury prevention practices (helmet use, weather-related, Internet safety)*
- *harmful effects of alcohol, tobacco, other drugs, and violence (inhalants, bullying, gangs)*
- *environmental/community/consumer health (recycling practices, reliable information sources)*

Special Note: Any student whose parent makes written request to the school principal shall be exempted from the teaching of reproductive health or any disease, including HIV/AIDS, its symptoms, development, and treatment. A student so exempted may not be penalized by reason of that exemption.

General Course Information:

	YES	NO	Other
Core Course Requirement		X	EL
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Receives High School Credit		X	
Advance Course		X	

**2011-2012
Health**

Course Title: M/J Health 5
Course Number: 0800040
Credit:
Grade Level: 6-8
Course Description

The M/J Health 5 course provides students with the opportunity to gain the knowledge and skills necessary to become health literate and practice responsible behaviors to promote healthy living. This comprehensive course focuses on making wise personal decisions and respecting and promoting the health of others.

The content should include, but is not limited to;

- *mental, physical and emotional health during adolescence (personal health care, reproductive health, depression, interpersonal relationships, grief and loss)*
- *control and prevention of disease (non-communicable, sexually transmitted diseases (STD's), HIV/AIDS)*
- *risk reduction behaviors related to adolescence (policies/laws, goal setting, negotiation skills, conflict resolution)*
- *benefits of good nutrition and regular physical activity (weight management, fitness plan, eating disorders, BMI)*
- *common safety and injury prevention practices (Internet safety, first aid/CPR/AED)*
- *harmful effects of alcohol, tobacco, other drugs, and violence (over-the-counter drugs, cyberbullying, gangs)*
- *environmental/community/consumer health (local health organizations, pollutants and media influences)*

Special Note: Any student whose parent makes written request to the school principal shall be exempted from the teaching of reproductive health or any disease, including HIV/AIDS, its symptoms, development, and treatment. A student so exempted may not be penalized by reason of that exemption.

General Course Information:

	YES	NO	Other
Core Course Requirement		X	EL
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Receives High School Credit		X	
Advance Course		X	

**2011-2012
Health**

Course Title: M/J Health 6
Course Number: 0800050
Credit:
Grade Level: 6-8
Course Description

The M/J Health 6 course provides students with the opportunity to gain the the knowledge and skills necessary to become health literate and practice responsible behaviors to become healthy, productive citizens. This comprehensive course focuses on the development of positive life-long knowledge, attitudes, and behaviors, which promote an active and healthy lifestyle.

The content should include, but is not limited to:

- *mental, physical and emotional health (interpersonal relationships, personal health care including self examinations, reproductive health, suicide prevention, death and dying)*
- *control and prevention of disease (neurological and genetic diseases, sexually transmitted diseases (STD's), HIV/AIDS)*
- *risk reduction behaviors (STD's, pregnancy prevention, chronic diseases, policies/laws, goal setting, negotiation skills)*
- *benefits of good nutrition and regular physical activity (wellness plan, target zone)*
- *common safety and injury prevention practices (Internet safety, weapons safety, child abuse & neglect, sexual abuse)*
- *harmful effects of alcohol, tobacco, other drugs, and violence (prescription drugs, steroids, harassment, date and domestic violence, gangs)*
- *environmental/community/consumer health (global warming, national & international health organizations, respect for multicultural diversity)*

Special Note: Any student whose parent makes written request to the school principal shall be exempted from the teaching of reproductive health or any disease, including HIV/AIDS, its symptoms, development, and treatment. A student so exempted may not be penalized by reason of that exemption.

General Course Information:

	YES	NO	Other
Core Course Requirement		X	EL
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Receives High School Credit		X	
Advance Course		X	