

**2012-2013
Health Courses**

For up-to-date Bright Futures and State University System course eligibility information, go to:
www.floridastudentfinancialaid.org/SSFAD/bf/acadrequire.htm

For up-to-date NCAA Clearinghouse course eligibility information, go to:
https://web1.ncaa.org/eligibilitycenter/student/index_student.html

The first seven digits of any course number listed below are determined by the Florida Department of Education. The 8th digit of any course number listed below is issued only by BCPS to meet the scheduling needs of our district.

Course Title: Health 1 - Life Management Skills (R)
Course Number: 0800300
Credit: .50
Grade Level: 9-12
Major Concepts/Content

The purpose of Health I - Life Management Skills (R) 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*

PREREQUISITE: None

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
Graduation Requirement	X		LM
Bright Futures (BF)			
Florida Academic Scholar (FAS)		X	
Florida Medallion Scholar (FMS)		X	
Florida Gold Seal Vocational (FGSV)	X		4 YR 24 CREDIT OPTION ONLY **
State University System (SUS)		X	
National Collegiate Athletic Association (NCAA)		X	
BCPS "Core" Course		X	
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Industry Credential Eligible		X	

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Weighted Quality Points			
State Honors (1 quality point)		X	
BCPS Local Honors ONLY (1 quality point)		X	
Pre IB (1 quality point)		X	
Pre AICE (1 quality point)		X	
AP (Advanced Placement) (2 quality points) *		X	
IB (International Baccalaureate) (2 quality points)		X	
AICE (Advanced International Certificate of Education) (2 quality points)		X	
Technical Dual Enrollment (2 quality points)		X	

* Must take AP exam; otherwise only 1 quality point.

** For the 3-year, 18 credit option, requirements may differ. See your guidance counselor for more information.

All information contained in this Curriculum Guide is subject to change. For current information, please visit the respective websites for each program.

Course Title: Health 2 - Personal Health (R)
Course Number: 0800310
Credit: .50
Grade Level: 9-12, Adult
Major Concepts/Content

The purpose of Health II - Personal Health (R) 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*

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.*

PREREQUISITE: None

General Course Information:

	YES	NO	Other
Graduation Requirement		X	EL
Bright Futures (BF)			
Florida Academic Scholar (FAS)		X	
Florida Medallion Scholar (FMS)		X	
Florida Gold Seal Vocational (FGSV)	X		4 YR 24 CREDIT OPTION ONLY **
State University System (SUS)		X	
National Collegiate Athletic Association (NCAA)		X	
BCPS "Core" Course		X	
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Industry Credential Eligible		X	
Weighted Quality Points			
State Honors (1 quality point)		X	
BCPS Local Honors ONLY (1 quality point)		X	
Pre IB (1 quality point)		X	
Pre AICE (1 quality point)		X	
AP (Advanced Placement) (2 quality points) *		X	
IB (International Baccalaureate) (2 quality points)		X	
AICE (Advanced International Certificate of Education) (2 quality points)		X	
Technical Dual Enrollment (2 quality points)		X	

* Must take AP exam; otherwise only 1 quality point.

** For the 3-year, 18 credit option, requirements may differ. See your guidance counselor for more information.

All information contained in this Curriculum Guide is subject to change. For current information, please visit the respective websites for each program.

Course Title: First Aid and Safety (R)
Course Number: 0800320
Credit: .50
Grade Level: 9-12, Adult
Major Concepts/Content

First Aid and Safety 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*

PREREQUISITE: None

General Course Information:

	YES	NO	Other
Graduation Requirement		X	EL
Bright Futures (BF)			
Florida Academic Scholar (FAS)		X	
Florida Medallion Scholar (FMS)		X	
Florida Gold Seal Vocational (FGSV)	X		4 YR 24 CREDIT OPTION ONLY **
State University System (SUS)		X	
National Collegiate Athletic Association (NCAA)		X	
BCPS "Core" Course		X	
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Industry Credential Eligible		X	
Weighted Quality Points			
State Honors (1 quality point)		X	
BCPS Local Honors ONLY (1 quality point)		X	
Pre IB (1 quality point)		X	
Pre AICE (1 quality point)		X	
AP (Advanced Placement) (2 quality points) *		X	
IB (International Baccalaureate) (2 quality points)		X	
AICE (Advanced International Certificate of Education) (2 quality points)		X	
Technical Dual Enrollment (2 quality points)		X	

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All information contained in this Curriculum Guide is subject to change. For current information, please visit the respective websites for each program.

Course Title: Personal, Social and Family Relationships (R)
Course Number: 0800330
Credit: .50
Grade Level: 9-12, Adult
Major Concepts/Content

The purpose of the Personal, Social and Family Relationships 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*

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.

PREREQUISITE: None

General Course Information:

	YES	NO	Other
Graduation Requirement		X	EL
Bright Futures (BF)			
Florida Academic Scholar (FAS)		X	
Florida Medallion Scholar (FMS)		X	
Florida Gold Seal Vocational (FGSV)	X		4 YR 24 CREDIT OPTION ONLY **
State University System (SUS)		X	
National Collegiate Athletic Association (NCAA)		X	
BCPS "Core" Course		X	
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Industry Credential Eligible		X	
Weighted Quality Points			
State Honors (1 quality point)		X	
BCPS Local Honors ONLY (1 quality point)		X	
Pre IB (1 quality point)		X	
Pre AICE (1 quality point)		X	
AP (Advanced Placement) (2 quality points) *		X	
IB (International Baccalaureate) (2 quality points)		X	
AICE (Advanced International Certificate of Education) (2 quality points)		X	
Technical Dual Enrollment (2 quality points)		X	

* Must take AP exam; otherwise only 1 quality point.

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Course Title: Community and Environmental Health (R)
Course Number: 0800340
Credit: .50
Grade Level: 9-12, Adult
Major Concepts/Content

The Community and Environmental Health (R) 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

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.

PREREQUISITE: None

General Course Information:

	YES	NO	Other
Graduation Requirement		X	EL
Bright Futures (BF)			
Florida Academic Scholar (FAS)		X	
Florida Medallion Scholar (FMS)		X	
Florida Gold Seal Vocational (FGSV)	X		4 YR 24 CREDIT OPTION ONLY **
State University System (SUS)		X	
National Collegiate Athletic Association (NCAA)		X	
BCPS "Core" Course		X	
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Industry Credential Eligible		X	
Weighted Quality Points			
State Honors (1 quality point)		X	
BCPS Local Honors ONLY (1 quality point)		X	
Pre IB (1 quality point)		X	
Pre AICE (1 quality point)		X	
AP (Advanced Placement) (2 quality points) *		X	
IB (International Baccalaureate) (2 quality points)		X	
AICE (Advanced International Certificate of Education) (2 quality points)		X	
Technical Dual Enrollment (2 quality points)		X	

* Must take AP exam; otherwise only 1 quality point.

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** For the 3-year, 18 credit option, requirements may differ. See your guidance counselor for more information.

Course Title: **Parenting 1**
Course Number: **0800370**
Credit: **.50**
Grade Level: **9-12, Adult**
Major Concepts/Content

Parenting I provides students with skills and information to enable them to care for and nurture the infant child. Emphasis is 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*

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.

PREREQUISITE: None

General Course Information:

	YES	NO	Other
Graduation Requirement		X	EL
Bright Futures (BF)			
Florida Academic Scholar (FAS)		X	
Florida Medallion Scholar (FMS)		X	
Florida Gold Seal Vocational (FGSV)	X		4 YR 24 CREDIT OPTION ONLY **
State University System (SUS)		X	
National Collegiate Athletic Association (NCAA)		X	
BCPS "Core" Course		X	
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Industry Credential Eligible		X	
Weighted Quality Points			
State Honors (1 quality point)		X	
BCPS Local Honors ONLY (1 quality point)		X	
Pre IB (1 quality point)		X	
Pre AICE (1 quality point)		X	
AP (Advanced Placement) (2 quality points) *		X	
IB (International Baccalaureate) (2 quality points)		X	
AICE (Advanced International Certificate of Education) (2 quality points)		X	
Technical Dual Enrollment (2 quality points)		X	

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* Must take AP exam; otherwise only 1 quality point.

** For the 3-year, 18 credit option, requirements may differ. See your guidance counselor for more information.

Course Title: Parenting 2

Course Number: 0800380

Credit: .50

Grade Level: 9-12, Adult

Major Concepts/Content

The Parenting II course provides students with skills and information to enable them to care for and nurture the toddler and pre school-age child. Emphasis is 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 pre school-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 pre school-age childrens' illnesses*
- *Behavior management*
- *Child learning and play experiences*
- *Health-related community resources*
- *Consumer skills*

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.*

PREREQUISITE: None

General Course Information:

	YES	NO	Other
Graduation Requirement		X	EL
Bright Futures (BF)			
Florida Academic Scholar (FAS)		X	
Florida Medallion Scholar (FMS)		X	
Florida Gold Seal Vocational (FGSV)	X		4 YR 24 CREDIT OPTION ONLY **
State University System (SUS)		X	
National Collegiate Athletic Association (NCAA)		X	
BCPS "Core" Course		X	
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Industry Credential Eligible		X	
Weighted Quality Points			
State Honors (1 quality point)		X	
BCPS Local Honors ONLY (1 quality point)		X	
Pre IB (1 quality point)		X	
Pre AICE (1 quality point)		X	
AP (Advanced Placement) (2 quality points) *		X	
IB (International Baccalaureate) (2 quality points)		X	
AICE (Advanced International Certificate of Education) (2 quality points)		X	

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Technical Dual Enrollment (2 quality points)		X	
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* Must take AP exam; otherwise only 1 quality point.

** For the 3-year, 18 credit option, requirements may differ. See your guidance counselor for more information.

Course Title: Health for Expectant Parents (R)

Course Number: 0800390

Credit: .50

Grade Level: 9-12, Adult

Major Concepts/Content

The Health for Expectant Parents 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*

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.*

PREREQUISITE: None

General Course Information:

	YES	NO	Other
Graduation Requirement		X	EL
Bright Futures (BF)			
Florida Academic Scholar (FAS)		X	
Florida Medallion Scholar (FMS)		X	
Florida Gold Seal Vocational (FGSV)	X		4 YR 24 CREDIT OPTION ONLY **
State University System (SUS)		X	
National Collegiate Athletic Association (NCAA)		X	
BCPS "Core" Course		X	
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Industry Credential Eligible		X	
Weighted Quality Points			
State Honors (1 quality point)		X	
BCPS Local Honors ONLY (1 quality point)		X	
Pre IB (1 quality point)		X	
Pre AICE (1 quality point)		X	
AP (Advanced Placement) (2 quality points) *		X	
IB (International Baccalaureate) (2 quality points)		X	
AICE (Advanced International Certificate of Education) (2 quality points)		X	

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Technical Dual Enrollment (2 quality points)		X	
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* Must take AP exam; otherwise only 1 quality point.

** For the 3-year, 18 credit option, requirements may differ. See your guidance counselor for more information.

Course Title: Adolescent Health Problems (R)

Course Number: 0800350

Credit: .50

Grade Level: 9-12, Adult

Major Concepts/Content

The Adolescent Health Problems (R) 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*

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.*

PREREQUISITE: None

General Course Information:

	YES	NO	Other
Graduation Requirement		X	EL
Bright Futures (BF)			
Florida Academic Scholar (FAS)		X	
Florida Medallion Scholar (FMS)		X	
Florida Gold Seal Vocational (FGSV)	X		4 YR 24 CREDIT OPTION ONLY **
State University System (SUS)		X	
National Collegiate Athletic Association (NCAA)		X	
BCPS "Core" Course		X	
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Industry Credential Eligible		X	
Weighted Quality Points			
State Honors (1 quality point)		X	
BCPS Local Honors ONLY (1 quality point)		X	
Pre IB (1 quality point)		X	
Pre AICE (1 quality point)		X	
AP (Advanced Placement) (2 quality points) *		X	
IB (International Baccalaureate) (2 quality points)		X	

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AICE (Advanced International Certificate of Education) (2 quality points)		X	
Technical Dual Enrollment (2 quality points)		X	

* Must take AP exam; otherwise only 1 quality point.

** For the 3-year, 18 credit option, requirements may differ. See your guidance counselor for more information.

Course Title: Advanced Health Explorations (R)

Course Number: 0800360

Credit: .50

Grade Level: 9-12, Adult

Major Concepts/Content

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*

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.

PREREQUISITE: None

General Course Information:

	YES	NO	Other
Graduation Requirement		X	EL
Bright Futures (BF)			
Florida Academic Scholar (FAS)		X	
Florida Medallion Scholar (FMS)		X	
Florida Gold Seal Vocational (FGSV)	X		4 YR 24 CREDIT OPTION ONLY **
State University System (SUS)	X		ELECTIVE
National Collegiate Athletic Association (NCAA)		X	
BCPS "Core" Course		X	
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Industry Credential Eligible		X	
Weighted Quality Points			
State Honors (1 quality point)		X	
BCPS Local Honors ONLY (1 quality point)		X	
Pre IB (1 quality point)		X	
Pre AICE (1 quality point)		X	
AP (Advanced Placement) (2 quality points) *		X	
IB (International Baccalaureate) (2 quality points)		X	
AICE (Advanced International Certificate of Education) (2 quality points)		X	
Technical Dual Enrollment (2 quality points)		X	

* Must take AP exam; otherwise only 1 quality point.

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** For the 3-year, 18 credit option, requirements may differ. See your guidance counselor for more information.

Course Title: Health For Life in the Workplace
Course Number: 0800395
Credit: .50
Grade Level: 9-12, Adult
Major Concepts/Content

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.

The content should include, but is not limited to, the following:

- *Consumer health*
- *Health care systems, insurance options, and community resources*
- *Safety education including injury and suicide prevention*
- *Communicable and non-communicable disease prevention and control*
- *Consequences for alcohol, tobacco, and other drug use*
- *Reproductive health*
- *Individual and societal influences on the work force*
- *Ethics*
- *Stress management and coping skills*
- *Interpersonal communication skills*
- *Decision-making skills*
- *Health risk appraisals*
- *Behavior change plan*
- *Health 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.

PREREQUISITE: None

General Course Information:

	YES	NO	Other
Graduation Requirement		X	EL
Bright Futures (BF)			
Florida Academic Scholar (FAS)		X	
Florida Medallion Scholar (FMS)		X	
Florida Gold Seal Vocational (FGSV)	X		4 YR 24 CREDIT OPTION ONLY **
State University System (SUS)	X		ELECTIVE
National Collegiate Athletic Association (NCAA)		X	
BCPS "Core" Course		X	
Course Level 1=below grade level, 2= at grade level, 3= above grade level			2
Industry Credential Eligible		X	
Weighted Quality Points			
State Honors (1 quality point)		X	
BCPS Local Honors ONLY (1 quality point)		X	
Pre IB (1 quality point)		X	

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Pre AICE (1 quality point)		X	
AP (Advanced Placement) (2 quality points) *		X	
IB (International Baccalaureate) (2 quality points)		X	
AICE (Advanced International Certificate of Education) (2 quality points)		X	
Technical Dual Enrollment (2 quality points)		X	

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