

# smarthorizons CAREER ONLINE EDUCATION

# **CURRICULUM GUIDE**

Updated: August 2022



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#### **ENGLISH I: GRAMMAR AND COMPOSITION**

#### **DESCRIPTION:**

This course emphasizes the study of grammar and composition. The course is presented in two semesters.

Semester 1 introduces and explores word origins and various parts of speech to prepare students for critical reading and writing. This course also introduces students to practical applications for writing, such as business letters and memos.

Semester 2 provides an analytical overview of grammar, punctuation, and sentence structure to help students improve writing skills, including writing efficiently and effectively. This course introduces students to practical applications for writing, such as cover letters and resumes. It guides students through the steps for writing essays, from prewriting to final draft, and discusses various types of essays.

### **CREDITS:**

1 Credit

#### PREREQUISITES:

There are no prerequisites for this course.

#### STANDARDS:

This course is aligned to the Common Core State Standards Initiative (CCSSI) standards, Florida Sunshine State Standards, the Texas Essential Knowledge and Skills Standards.



## English I: Grammar and Composition

## **ENG 101: Pretest - Grammar and Composition**

Word Origins and Commonly Used Foreign Expressions

Word Roots, Prefixes, and Suffixes

**Nouns and Pronouns** 

Adjectives and Adverbs

Prepositions and Conjunctions

**Determiners** 

Interjections, Exclamations, and Imperatives

Writing Effectively

Subjects, Verbs, and Agreement

Predicate and Subject Complements

Clauses

Direct and Indirect Objects

Verb Tenses, Forms, and Moods

Faulty Comparisons

Types of Sentences and Sentence Problems

**Business Letters and Memos** 

**ENG 101: Test - Grammar and Composition** 

## English I: Grammar and Composition

# **ENG 102: Pretest - Grammar and Composition**

Punctuation, Part 1

Punctuation, Part 2

Capitalization and Numbers

Words and the Dictionary

Making Connections: Transition and Flow

Paragraphs

Cover Letters

Resumes

Prewriting

Establishing a Topic, Gathering Information, and Outlining

Organizing and Writing a First Draft

Choosing the Right Words: Reviewing and Revising

Types of Essays

**Exploring Cause and Effect Essays** 

Writing Compare and Contrast Essays

Persuasive and Narrative Essays

**ENG 102: Test - Grammar and Composition** 



## **ENGLISH II: INTRODUCTION TO LITERATURE**

#### **DESCRIPTION:**

This course provides an introduction to literature. The course is presented in two semesters.

Semester 1 introduces students to different types of figurative language encountered when reading literature.

Semester 2 discusses and explains elements of various types of literature, information and media literacy, and desktop publishing, as it applies to creating and producing brochures. This course explores a variety of career writing applications, such as print and nonprint media, mass and social media, technical writing, and journalism.

#### **CREDITS:**

1 Credit

#### PREREQUISITES:

English I: Grammar and Composition

#### STANDARDS:

This course is aligned to the Common Core State Standards Initiative (CCSSI) standards, Florida Sunshine State Standards, and the Texas Essential Knowledge and Skills Standards.



#### English II: Introduction to Literature

# **ENG 201: Pretest - Introduction to Literature**

**Denotation and Connotation** 

Literal and Figurative Language

Hyperbole and Onomatopoeia

Oxymoron

Personification and Anthropomorphism

Irony

Parallelism and Paradox

Symbols and Symbolism

**Technical Writing** 

Journalism

Plays

Short Story

Novel

History of Poetry

Limericks and Haiku

Allegories, Fables, and Fairy Tales

**ENG 201: Test - Introduction to Literature** 

# English II: Introduction to Literature

## **ENG 202: Pretest - Introduction to Literature**

**Epic Poetry** 

Lyric Poetry

Dramatic Poetry

Tragedy

Comedy

Parody

Satire

Reading Prose

Information and Media Literacy

Visual Components

Creating an Informative Document

Online Research

Mass and Social Media

**Evaluating Print Media** 

**Evaluating Nonprint Media** 

Creating a Brochure

**ENG 202: Test - Introduction to Literature** 



#### **ENGLISH III: WORLD LITERATURE**

## **DESCRIPTION:**

This course emphasizes the study of world literature. The course is presented in two semesters.

Semester 1 examines various literary elements, discussing them in the context of selected poems, short stories, plays, and novels. It teaches students how to determine the main idea and theme of a piece of literature, as well as discern the underlying, inferred meaning and tone

Semester 2 exposes students to novels and theater around the world. This course also emphasizes the application of critical reading skills by studying the works of a few major European authors and playwrights.

#### **CREDITS:**

1 Credit

## PREREQUISITES:

English I: Grammar and Composition English II: Introduction of Literature

#### STANDARDS:

This course is aligned to Common Core State Standards Initiative (CCSSI) standards, Florida Sunshine State Standards, and the Texas Essential Knowledge and Skills Standards.



## English III: World Literature

## **ENG 301: Pretest - World Literature**

Diction, Tone, and Mood

Rhythm Rhyme

Stanza and Verse

Imagery and Symbolism

Simile and Metaphor

Alliteration, Assonance, and Consonance

Analyzing and Interpreting Poetry

Setting

Plot

Characterization

Theme

Point of View

Literary Elements in a Short Story

Critical Reading Skills

"The Curious Case of Benjamin Button" by F. Scott Fitzgerald

**ENG 301: Test - World Literature** 

## English III: World Literature

#### **ENG 302: Pretest - World Literature**

Novellas and Novels

Heart of Darkness

Characterization in Heart of Darkness

Symbolism and Themes in *Heart of Darkness* 

Gulliver's Travels: "A Voyage to Lilliput"

Gulliver's Travels: "A Voyage to Brobdingnag"

Gulliver's Travels: "Voyage to Laputa, Balnibarbi, Luggnagg, Glubbdubdrib, and

Japan"

Gulliver's Travels: "A Voyage to the Country of the Houyhnhnms"

History of Theater

Theater Around the World

No Exit Endgame

Hedda Gabler Acts I and II

Hedda Gabler Acts III and IV

The Comedy of Errors Acts I-III

The Comedy of Errors Acts IV-V

**ENG 302: Test - World Literature** 



#### **ENGLISH IV: AMERICAN LITERATURE**

#### **DESCRIPTION:**

This course emphasizes the study of American literature. The course is presented in two semesters.

Semester 1 examines American literary works from Colonial times to the present in a variety of forms, from poetry to nonfiction to fiction.

Semester 2 explores American literary themes found in genres such as dark romanticism and detective fiction. This course also discusses theater in the United States beginning in the 18<sup>th</sup> century. It also familiarizes students with famous speeches and public speaking. This course also emphasizes the application of higher order thinking.

## **CREDITS:**

1 Credit

## PREREQUISITES:

English I: Grammar and Composition English II: Introduction of Literature

English III: World Literature

#### STANDARDS:

This course is aligned to the Common Core State Standards Initiative (CCSSI) standards, Florida Sunshine State Standards, the Texas Essential Knowledge and Skills Standards.



## English IV: American Literature

## **ENG 401: Pretest - American Literature**

American Poetry—A New Voice Poetry and the American Revolution Fireside Poets and Civil War Poetry Walt Whitman and Emily Dickinson

Nature Poems

Gothic Poetry and Folk Poetry Contemporary American Poets

**Prose Poetry** 

Early American Prose

American Transcendentalism

Early Historical Fiction and Nonfiction

Domestic Fiction

Folklore and Tall Tales

Southwestern Humor

Horror Fiction

Science Fiction and Fantasy

**ENG 401: Test - American Literature** 

## English IV: American Literature

## **ENG 402: Pretest - American Literature**

Crime Fighters (Crime/Detective Fiction)

Caught by Surprise

American Gothics: Poe and Hawthorne (Dark Romanticism)

Award Winning Authors

Edith Wharton: *Ethan Frome* Part 1 Edith Wharton: *Ethan Frome* Part 2 Edith Wharton: *Ethan Frome* Part 3 Edith Wharton: *Ethan Frome* Part 4

Theater in the United States Early American Playwrights

20th Century American Playwrights

One-Act Plays

Expressionism: The Emperor Jones by Eugene O'Neill

The Emperor Jones: A Literary Analysis

Famous Speeches
Public Speaking

ENG 402: Test - American Literature



#### **MATH I: GENERAL MATH**

## **DESCRIPTION:**

This course emphasizes the study of general math. The course is presented in two semesters.

Semester 1 introduces the number types and basic math operations, to include addition, subtraction, multiplication, and division. Identifies the order of operations, explains the commutative, associative, and distributive properties as well as factoring and divisibility rules, and their application to word problems. It guides students through the use of fractions, decimals, and percents and their relationships to each other.

Semester 2 illustrates the use of exponents, roots, scientific notation, and the use of formulas. It covers lines and angles, area and perimeter of quadrilaterals, circumference, radius, and diameter of circles, and properties of obtuse, acute, and right triangles. This course also discusses patterns, probability, graphs and charts, tables, and item sets.

#### **CREDITS:**

1 Credit

#### PREREQUISITES:

There are no prerequisites for this course.

#### STANDARDS:

This course is aligned to the National Council of Teachers of Mathematics (NCTM), Florida Sunshine State Standards, Texas Essential Knowledge and Skills Standards, Common Core State Standards Initiative (CCSSI), and the Achieve American Diploma Project Network (ADP) standards.



#### Math I: General Math

## MAT 101: Pretest - General Math

**Number Types** 

Basic Math Operations

Signed Numbers and Absolute Value

Order of Operations

Rounding and Estimation

Number Properties

Factoring and Divisibility Rules

Word Problems

Simplifying Fractions

Adding and Subtracting with Fractions

Multiplying and Dividing with Fractions

Decimals and Place Value

Converting Between Fractions, Decimals, and Percents

Percents

Comparing Fractions, Decimals, and Percents

**Ratios and Proportions** 

MAT 101: Test - General Math

## Math I: General Math

#### MAT 102: Pretest - General Math

**Exponents and Roots** 

Scientific Notation

Using Formulas in Math

Angles and Lines

Quadrilaterals

Circles

Triangles

Surface Area and Volume

Patterns

Simple Probability

**Basic Statistics** 

Basic Charts and Graphs

Charts and Graphs

Frequency Tables and Graphs

Item Sets

Solving Equations

MAT 102: Test - General Math



## MATH II: CONSUMER MATH

#### **DESCRIPTION:**

This course covers math processes needed to be a successful consumer. The course is presented in two semesters.

Semester 1 explains money tracking, spending plans and paying bills. It examines the use of credit, savings, major purchases, and the use of a checkbook. It explains interest rates and their effects on loans. It discusses the different types of investments and retirement plans.

Semester 2 discusses asset allocation, student loans, and paying off debt. It also explores employment benefits as well as different options in life and health insurance. This course discusses consumer awareness and various housing options. This course also covers the different types of measurement, U.S. Customary and Metric.

## **CREDITS:**

1 Credit

#### PREREQUISITES:

Math I: General Math

#### STANDARDS:

This course is aligned to the National Council of Teachers of Mathematics (NCTM), Florida Sunshine State Standards, Texas Essential Knowledge and Skills Standards, Common Core State Standards Initiative (CCSSI), and the Achieve American Diploma Project Network (ADP) standards.



#### Math II: Consumer Math

MAT 201: Pretest - Consumer Math

Managing Money

Creating a Spending Plan

Balancing Your Checkbook

Paying Bills

Understanding and Handling Debt

Interest Rates

Choosing Bank and Credit Accounts

**Savings Accounts** 

**Establishing Credit** 

Taking out a Loan

Charge Accounts and Credit Cards

Planning for Retirement

Buying a Car

Purchasing a Home

Investments I

Investments II

MAT 201: Test - Consumer Math

## Math II: Consumer Math

## MAT 202: Pretest - Consumer Math

Early Allocation of Assets

Adapting Allocation of Assets to Changes in Life Circumstances

Student Loans

Paying off Debt

**Employee Benefits** 

Taxes

Life Insurance

Health Insurance

Using Technology in Finance

**Grocery Shopping** 

Consumer Awareness

Renting vs. Buying

U.S. Customary System of Measurements

Metric System of Measurements

Converting Between Measurement Systems

Currency

MAT 202: Test - Consumer Math



**MATH III: ALGEBRA** 

## **DESCRIPTION:**

This course emphasizes the study of algebra. The course is presented in two semesters.

Semester 1 introduces and defines algebraic terms, the properties of zero and one, variables and constants, fractions, and factoring. It explains the use of powers, roots, and exponents as well as the order of operations. It demonstrates how to solve monomials and polynomials and whole number expressions.

Semester 2 defines, shows how to interpret, and translates equations as well as create and interpret graphs.

#### CREDITS:

1 Credit

#### PREREQUISITES:

Math I: General Math Math II: Consumer Math

#### STANDARDS:

This course is aligned to the National Council of Teachers of Mathematics (NCTM), Florida Sunshine State Standards, Texas Essential Knowledge and Skills Standards, Common Core State Standards Initiative (CCSSI), and the Achieve American Diploma Project Network (ADP) standards.



#### Math III: Algebra

MAT 301: Pretest - Algebra

Introduction to Algebra

Signed Numbers, Number Line and Absolute Value

Powers, Exponents, and Square Roots

Order of Operations

Scientific Notation

Integers and Operations

Fractions-Least Common Denominator

Patterns and Functions

Monomials and Polynomials

Variables and Constants

Commutative, Associative, and Distributive Properties

Algebraic Expressions

Simplifying Expressions

Inequalities

Greatest Common Factor

Least Common Multiple

MAT 301: Test - Algebra

## Math III: Algebra

## MAT 302: Pretest - Algebra

Equations

Interpreting and Translating Equations

Translating and Solving Algebra Word Problems

Simplifying Equations

One-Step Equations

Two-Step Equations

Factoring Polynomials

Solving Fractional Equations

Coordinate Plane and Graphing Coordinates

Distance Between Points

**Quadratic Equations** 

Slope of a Line

Slope-intercept Form

Point-slope Form

Radicals

Scatterplots

MAT 302: Test - Algebra



#### SCIENCE I: EARTH AND SPACE SCIENCE

#### **DESCRIPTION:**

This course examines the processes of science and body of knowledge about Earth and its place in the universe. The course is presented in two semesters.

Semester 1 outlines criteria necessary for data to become scientific knowledge and details the process of scientific inquiry focusing on scientific inferences and creativity, scientific argumentation, sources of information, theories, laws, models, and the relationship between science and technology. The origin and evolution of the universe is discussed through exploration of the Big Bang Theory, astronomical objects, formation of planetary systems, properties of stars, coordinate system, astronomical distances, electromagnetic spectrum, and the effects of earth, moon, and stars.

Semester 2 discusses the earth's layers and atmosphere, plate tectonics, surfaces features and processes, oceans, geologic time, and natural and human-induced hazards. This course also describes the earth's energy systems, geochemical cycles, deep water motion, system interactions, climate, weather prediction, severe weather, and global climate change.

#### **CREDITS:**

1 Credit

#### PREREQUISITES:

There are no prerequisites for this course.

#### STANDARDS:

This course is aligned to the National Science Education Standards (NSES), Florida Sunshine State Standards, and the Texas Essential Knowledge and Skills Standards.



## Science I: Earth and Space Science

## SCI 101: Pretest - Earth and Space Science

Scientific Knowledge

Practice of Scientific Inquiry

Sources of Information

Scientific Argumentation, Inference, Explanations and Creativity

Scientific Theories and Laws

Scientific Models

Science and Technology

Big Bang Theory

**Astronomical Objects** 

Formation of Planetary Systems

Properties of Stars

Coordinate System

**Astronomical Distances** 

Electromagnetic Spectrum

Effects of Earth, Moon, and Sun

SCI 101: Test - Earth and Space Science

## Science I: Earth and Space Science

## SCI 102: Pretest - Earth and Space Science

Introducing Planet Earth

Formation of Planet Earth

Evolution of Earth's Flora and Fauna

The Inner Earth

The Earth's Atmosphere

The Earth's Great Bodies of Water

The Earth's Landmasses

Our Ever-Changing Earth

The Earth's Spheres

Basic Principles of Matter

Basic Principles of Energy

The Earth's Cycles and Processes

Basic Principles of Weather

Severe Weather Events

Weather and Climate

Global Climate Change

SCI 102: Test - Earth and Space Science



#### SCIENCE II: PHYSICAL SCIENCE

#### **DESCRIPTION:**

This course emphasizes the study of the properties and nature of matter and energy. The course is presented in two semesters.

Semester 1 explores atomic theory, phases of matter, the periodic table, chemical bonding and formula representations, carbon interactions, and matter and energy in living systems. It examines chemical reactions including chemical equations, reaction kinetics, and the processes of reactions including oxidation-reduction, acid-base, direct combinations, decomposition, and displacement.

Semester 2 describes Newton's laws of motion, and the fundamental forces of matter including electromagnetism, strong and weak interactions, and gravitation. This course also details different types of energy including thermal, chemical, electrical, radiant, nuclear, magnetic, elastic, sound, and gravitational energies as well as thermodynamics and waves.

#### **CREDITS:**

1 Credit

#### PREREQUISITES:

Science I: Environmental Science

#### STANDARDS:

This course is aligned to the National Science Education Standards (NSES), Florida Sunshine State Standards, and the Texas Essential Knowledge and Skills Standards.



## Science II: Physical Science

## SCI 201: Pretest - Physical Science

**Atomic Theory** 

Properties and Phases of Matter

Periodic Table

**Chemical Bonding** 

Nomenclature and Formula Representations

Carbon Atoms

Matter and Energy Transformations

**Chemical Reactions** 

Chemical Equations

Reaction Kinetics

Oxidation-Reduction (Redox) Reactions

Acid-Base Reactions

Direct Combination and Chemical Decomposition

Single and Double Displacement

SCI 201: Test - Physical Science

# Science II: Physical Science

# SCI 202: Pretest - Physical Science

Newton's First Law of Motion

Newton's Second Law of Motion

Newton's Third Law of Motion

Work and Power

Strong and Weak Interactions

Electromagnetism

Gravitation

Thermal and Chemical Energy

Electrical and Radiant Energy

Nuclear and Magnetic Energy

Elastic and Sound Energy

Gravitational Energy

Laws of Thermodynamics

Waves

SCI 202: Test - Physical Science



**SCIENCE III: BIOLOGY** 

## **DESCRIPTION:**

This course emphasizes the study of living organisms and life processes. The course is presented in two semesters.

Semester 1 examines the structure and function of cells and human body systems including the integumentary, skeletal, muscular, nervous, circulatory, respiratory, digestive, urinary, endocrine, lymphatic, and reproductive systems. It provides lines of support for the Theory of Evolution, the evolutionary process, hominid evolution, classification and interdependence of living organisms.

Semester 2 describes Mendel's work and the Hardy-Weinberg Equilibrium, universal genetic code, and processes associated with reproduction and human development. Matter and energy in living systems are discussed with an overview of four types of biological macromolecules, cellular respiration, and an examination of the role of enzymes.

## **CREDITS:**

1 Credit

#### PREREQUISITES:

Science I: Environmental Science Science II: Physical Science

## STANDARDS:

This course is aligned to the National Science Education Standards (NSES), Florida Sunshine State Standards, the Texas Essential Knowledge and Skills Standards.



## Science III: Biology

SCI 301: Pretest - Biology

The Cell

Integumentary and Skeletal Systems

Human Muscular System

Nervous System

Human Circulatory and Respiratory Systems

Human Digestive and Excretory Systems

Human Endocrine and Immune Systems

**Human Reproductive System** 

The Theory of Evolution

**Evolutionary Timeline** 

Biological Classifications

Plant and Animal Kingdoms

Primate and Hominid Evolution

Hominid and Human Evolution

Interdependence of Organisms

SCI 301: Test - Biology

Science III: Biology

# SCI 302: Pretest - Biology

Mendel's Laws

Hardy-Weinberg Equilibrium

Universal Genetic Code

Transcription and Translation

Mitosis

Meiosis

**Human Development** 

Biological Macromolecules Overview

Carbohydrates

Lipids

**Proteins** 

**Nucleic Acid** 

Cellular Respiration

Role of Enzymes

SCI 302: Test - Biology



#### **SOCIAL STUDIES I: WORLD HISTORY**

## **DESCRIPTION:**

This course emphasizes the study of world history. The course is presented in two semesters.

Semester 1 describes world conditions beginning 5000 BCE and ending in 1630 CE. Specific topics included are ancient, Greek, and Roman civilizations, the Byzantine Empire, the rise of Islamic civilizations, the middle ages, Chinese and Japanese empires, as well as African and American civilizations. Also included are the Renaissance, the Reformation, scientific revolution and enlightenment, European expansion and exploration, and European monarchies.

Semester 2 describes world conditions beginning in 1750 and ending in the 21<sup>st</sup> century. Specific topics included are reform, revolution, and social change; causes and effects of World War I, peace and stability, causes and effects of World War II, post-war recovery, the Cold War, economic interdependence, and social movements.

#### **CREDITS:**

1 Credit

## PREREQUISITES:

There are no prerequisites for this course.

## **STANDARDS**:

This course is aligned to the National Council for History Standards (NCHS), Florida Sunshine State Standards, and the Texas Essential Knowledge and Skills Standards.



Social Studies I: World History

## SOC 101: Pretest - World History

Ancient Civilizations (Prehistory–550 CE)

Greek and Roman Civilizations (2000 BCE-476 CE)

The Byzantine Empire and Eastern Europe (500 CE-1547 CE)

Islamic Civilizations (570 CE-1629 CE)

The Middle Ages (500 CE-1500 CE)

Chinese and Japanese Empires

African Civilizations (730 BCE-1591 CE)

American Civilizations (Prehistory-1570 CE)

The Renaissance

The Reformation

The Scientific Revolution

The Age of Enlightenment

European Expansion and Exploration: Part I European Expansion and Exploration: Part II

European Monarchies: Part I European Monarchies: Part II SOC 101: Test - World History

Social Studies I: World History

## SOC102: Pretest - World History

American and French Revolutions (1750–1815)

Industrial Revolution (1750–1885)

European and Latin American Revolutions (1790-1850)

Nationalism (1800-1914)

Democracy and Self Rule (1750-1919)

Imperialism, Expansion, and Modernization (1800-1914)

World War I

Reform, Revolution, and Social Change

Totalitarianism (1911-1939)

World War II (1939-1945)

The Aftermath of World War II

The Cold War

Twentieth Century Nations (1946-1999)

Modern Regional Tensions (1945-Present)

Globalization and Modern Day Advances

World Challenges Today

SOC102: Test - World History



#### **SOCIAL STUDIES II: AMERICAN HISTORY**

#### **DESCRIPTION:**

This course emphasizes the study of American History. The course is presented in two semesters.

Semester 1 discusses the causes, course and effects of the Civil War including reconstruction and industrialization after the war, rapid growth of cities, impact of immigration, rise of national labor unions, and the foreign policy after the war. The progressive era and the jazz age studies capitalism, urbanization and political corruption that examines progressive era reforms, the transformation of the American economy, early social changes, causes of World War I, the course and effect of World War I, and the Roaring Twenties economic and social changes.

Semester 2 examines the causes and effects of the great depression, the First and Second New Deal, America before World War II, World War II, and the domestic effects and aftermath of World War II. This course discusses post World War II changes, the Cold War, the civil rights movement, the New Frontier, the Great Society, domestic policy, foreign policy initiatives, and the Global War on Terror.

#### **CREDITS:**

1 Credit

#### PREREQUISITES:

Social Studies I: World History

#### **STANDARDS**:

This course is aligned to the National Council for History Standards (NCHS), Florida Sunshine State Standards, and the Texas Essential Knowledge and Skills Standards.



## Social Studies II: American History

SOC 201: Pretest - American History

Causes of the Civil War

Course and Effects of the Civil War

Reconstruction

Civil War and Industrialization

The Rapid Growth of Cities

Impact of Immigration

Rise of National Labor Unions

Foreign Policy After the Civil War

Capitalism, Urbanization, and Political Machines

Progressive Era Reforms

Transformation of the American Economy

Early Social Changes

Causes of World War I

Course and Effects of World War I—Part I

Course and Effects of World War I—Part II

The Roaring Twenties: Economic and Social Change

SOC 201: Test - American History

## Social Studies II: American History

## **SOC 202: Pretest - American History**

The Onset of the Great Depression

The First New Deal

The Second New Deal

America before World War II

World War II: The Pacific Theater

World War II: The European Theater

The Domestic Effects of World War II

Aftermath of World War II

Post-World War II Changes

The Cold War

Civil Rights Movement

The New Frontier

The Great Society

**Domestic Policy** 

Foreign Policy Initiatives

The Global War on Terror

SOC 202: Test - American History



#### SOCIAL STUDIES III: AMERICAN GOVERNMENT AND ECONOMICS

#### **DESCRIPTION:**

This course is a study of the foundations and functions of American Government. The course is presented in two semesters.

Semester 1 identifies the origins and purposes of government, law, and politics in the United States. It discusses the purposes and provisions of the Constitution and its amendments. It examines citizenship, Civil Rights, voting rights, affirmative action policies, reverse discrimination cases, political parties, interest groups, propaganda techniques, and the affect media has on public policies and political agendas. This course is a study of the United States federalist system of government. It details the structure and functions of the federal and state legislative, executive, and judicial branches of government and examines independent federal agencies, Constitutional powers, other national governments and world affairs.

Semester 2 describes the fundamentals of a Market Economy including economic systems, production possibilities curve, supply and demand, business organizations, market structures, price and non-price competition, absolute and comparative advantage, and the role of money. It also discusses the national economy including economic goals, wage and price control, capital investments, monopolies, inflation, taxes, the national budget and debt, and the Federal Reserve System.

#### CREDITS:

1 Credit

#### PREREQUISITES:

Social Studies I: World History Social Studies II: American History

## **STANDARDS:**

This course is aligned to the National Standards for Civics and Government (NSCG), Council for Economic Education (CEE) standards, Florida Sunshine State Standards, and the Texas Essential Knowledge and Skills Standards.



#### Social Studies III: American Government

## **SOC 301: Pretest - American Government**

Founding Ideals and Principles

The Constitution

Amendments to the Constitution

Citizenship

Changes in Civil Rights

Political Parties and Interest Groups

**Political Communication** 

Federalism

Legislative Branch

**Executive Branch** 

Judicial Branch

**Local Government** 

Foreign Policy

World Affairs

Political and Economic Systems

**SOC 301: Test - American Government** 

## Social Studies III: Economics

#### SOC 302: Pretest - Economics

**Economic Systems** 

Production Possibilities Curve

Supply and Demand

**Business Organizations** 

**Market Structures** 

Price and Non-Price Competition

Absolute and Comparative Advantage

Money

**Economic Goals** 

Wage and Price Control

Capital Investment

Monopolies

Inflation

Taxes

National Budget and Debt

Federal Reserve System

SOC 302: Test - Economics



## **HEALTH: HEALTH AND PERSONAL FITNESS**

#### **DESCRIPTION:**

This course discusses healthy concepts and behaviors as well as personal fitness guidelines and activities. The course is presented in two semesters.

Semester 1 discusses the importance of making healthy decisions and the impact of risky behavior is explored to illustrate the contribution an individual's behavior has on his/her health. It also discusses medical conditions, the medical system, and recommendations for seeking assistance when confronted with potential health issues.

Semester 2 discusses the importance physical fitness has on health and ways to increase levels of physical activity to improve or safeguard health. Types of fitness strategies are reviewed in addition to recommendations for participating in various activities and the different health benefits that can be expected from making a choice to be physically active.

### CREDITS:

1 Credit

#### PREREQUISITES:

There are no prerequisites for this course.

#### STANDARDS:

This course is aligned to the National Health Education Standards (NHES), National Association for Sport and Physical Education, Florida Sunshine State Standards, and the Texas Essential Knowledge and Skills Standards.

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Health: Health

HPF 101: Pretest - Health

Healthy Body Systems

Disease Prevention

Influences on Healthy Behaviors

Familial and Environmental Effects on Health

Health Information and Products

Health Care Services

Effective Communication

Interpersonal Conflicts

Barriers to Healthy Decision Making

Making Healthy Decisions, Part I

Making Healthy Decisions, Part II

Developing Personal Health Goals

**Managing Stress** 

Strategies for Injury Prevention and Management

Community, State, and Federal Health Agencies

Influencing Others to Make Positive Health Choices

HPF 101: Test - Health

Health: Personal Fitness

#### **HPF 102: Pretest - Personal Fitness**

Components of Physical Fitness

Biomechanics and Exercise Physiology

Developing and Using a Personal Fitness Plan

Reducing Medical Risks Through Physical Activity

**Nutrition and Physical Fitness** 

Impact of Physical Fitness on Mental Health

Measuring Physical Fitness

Individual and Team Sports Considerations

Personal Fitness Guidelines

Be Fit: Be Safe

Bone-Strengthening Activities

Types of Aerobic Activities

Muscle-Strengthening Activities

Resistance Training

**Exercise and Weight Control** 

Physical Fitness for Individuals with Disabilities

HPF 102: Test - Personal Fitness



## **CAREER ELECTIVE CHILD CARE I**

## **DESCRIPTION:**

This course will prepare online students to employ skills needed in the workplace. It also discusses aspects of cognitive development in children. The course is presented in two semesters.

Semester 1 describes an overview of basic personal, professional, and self-management skills, including setting goals, professional communication skills, and time management and stress management techniques.

Semester 2 discusses aspects of cognitive development in children, including the stages of cognitive development, enhancing intellectual development, and assessing children's development.

## **CREDITS:**

1 Credit

#### PREREQUISITES:

There are no prerequisites for this course.



## Child Care I Semester 1

Child Care I: Semester 1 Pretest Understanding Self-Esteem

Setting Goals

Learning Styles

Professional Uses of Technology

Security in Technology

21st Century Written Business Communication

Time Management Overview

Stress Management Overview

Anger Management Overview

Conflict Resolution Strategies

Communication and Diversity

Communication in the Workplace

Sexual Harassment Awareness Overview

**Ethical Behavior** 

Child Care I: Semester 1 End of Semester Exam

#### Child Care I Semester 2

Child Care I: Semester 2 Pretest

Stages of Cognitive Development in Infants

Stages of Cognitive Development in Toddlers

Stages of Cognitive Development in Preschoolers

**Child Oriented Spaces** 

**Special Interest Centers** 

Methods for Enhancing Intellectual Development

Early Literacy

Language Development

Discovery of Math

Teaching Science to Young Children

Early Childhood Programs for Multilingual Children

**Encouraging Parental Involvement** 

Assessing Childhood Development

Child Care I: Semester 2 End of Semester Exam



#### **CAREER ELECTIVE CHILD CARE II**

#### **DESCRIPTION:**

This course will prepare online students to employ skills needed in the childcare facilities. It also discusses aspects of physical development and social/emotional development in children. The course is presented in two semesters.

Semester 1 discusses aspects of physical development in children, including the stages of physical development, physical activity and safety, assessing children's physical needs and relating to parents.

Semester 2 discusses aspects of social/emotional development in children, including the stages of social/emotional development, children's self-esteem and temperament, childhood anger and anger management, and other social/emotional topics like stress, separation anxiety and grief. It also discusses documenting children's behaviors and working with children who have disabilities.

## **CREDITS:**

1 Credit

#### PREREQUISITES:

Child Care I



## Child Care II Semester 1

Child Care II: Semester 1 Pretest

Stages of Physical Growth and Development in Infants

Stages of Physical Growth and Development in Toddlers

Stages of Physical Growth and Development in Preschoolers

Safety

Outdoor Play Safety

Physical Activity

Equipment, Activities, and Strategies for Promoting Physical Activity

Physical Activity for Children with Disabilities

Recognizing Levels of Social Play

Assessing Children's Physical Development

Risk Management

Relating with Parents

Overcoming Difficulties Communicating with Parents

Child Care II: Semester 1 End of Semester Exam

## Child Care II Semester 2

Child Care II: Semester 2 Pretest

Stages of Social and Emotional Development in Infants

Stages of Social and Emotional Development in Toddlers

Stages of Social and Emotional Development in Preschoolers

Child Self-Esteem

Children's Temperament

Childhood Anger and Anger Management

Post-Traumatic Stress Disorder

Stress in Young Children

Stranger and Separation Anxiety

Helping Children Cope with Grief

Working with Children with Disabilities

Documenting Children's Behaviors

Using Portfolios in Early Childhood Programs

Child Care II: Semester 2 End of Semester Exam



## **CAREER ELECTIVE CHILD CARE III**

## **DESCRIPTION:**

This course will prepare online students to employ skills needed in the childcare facilities. It also discusses healthy development and various aspects of classroom practices and communication with families. The course is presented in two semesters.

Semester 1 discusses aspects of healthy development in children, including nutrition, environmental safety, and supporting a healthy lifestyle. It also discusses toilet training and some tips for toddlers.

Semester 2 discusses some ways to incorporate music, the arts, and technology into the classroom. It also discusses helping children transition to kindergarten and professional ways to communicate with families.

## **CREDITS:**

1 Credit

#### PREREQUISITES:

Child Care I Child Care II



#### Child Care III Semester 1

Child Care III: Semester 1 Pretest

Childhood Obesity

Nutrition

Nutrition: Curriculum Development Tools

**Environmental Safety** 

Bloodborne Pathogens Awareness

Health

Health: Curriculum Development Tools Infant and Toddler: Health and Safety

Toilet Training

Surviving Toddlerhood Special Care: Inclusion

Child Care III: Semester 1 End of Semester Exam

## Child Care III Semester 2

Child Care III: Semester 2 Pretest Experiencing Music in the Classroom Using the Arts as a Teaching Tool

Using Visual Arts to Enhance Development Safety: Curriculum Development Tools

Open House

Transitioning to Kindergarten
Effective Written Communication

Working and Communicating with Families

**Professional Practices** 

Introduction to Computer Technology

Finding and Using Resources on the Internet

Computer Technology in Early Childhood Education Child Care III: Semester 2 End of Semester Exam



## **CAREER ELECTIVE CHILD CARE IV**

#### **DESCRIPTION:**

This course will prepare online students to employ skills needed in the childcare facilities. It discusses issues that may be encountered while working with children and provides information relevant to establishment, management, oversight, and day-to-day operation of a child care facility. The course is presented in two semesters.

Semester 1 discusses potential issues that may be encountered while working in childcare facilities. It describes techniques and procedures for preventing, recognizing, and reporting child abuse, indicators of shaken baby syndrome, ways to identify and prevent bullying, and techniques for guiding children's behavior. It also addresses conflict management, multiculturalism, and how to teach tolerance to children.

Semester 2 focuses on the business aspects of commercial child care. It describes how to manage a business and presents sound professional practices. It discusses related activities including staffing a facility, assessing organizational strengths and weaknesses, and gaining required accreditation.

#### **CREDITS:**

1 Credit

#### PREREQUISITES:

Child Care I Child Care II Child Care III



#### Child Care IV Semester 1

Child Care IV: Semester 1 Pretest

Child Abuse: Identification and Prevention Child Abuse: Physical Abuse Awareness Child Abuse: Sexual Abuse Awareness

Shaken Baby Syndrome and Sudden Infant Death Syndrome

Bullying: Identification and Prevention Behavior Management for Young Children Behavior Management for School-Age Children

Conflict Management for Children

Teaching Tolerance

Guiding Children's Behavior in Childcare Settings Positive Solutions for Challenging Behaviors

Praise and Rewards Multiculturalism

Child Care IV: Semester 1 End of Semester Exam

## Child Care IV Semester 2

Child Care IV: Semester 2 Pretest
Safety and Security Procedures
Reading Prescription Labeling
Disability Laws Pertaining to Early Child Care
Early Childhood Program Accreditation
Assessing Child Care Programs
Staffing Child Care Programs
Managing Your Child Care Business
Assessing Child Care Business Practices
Employment Hot Topics
Child Care IV: Semester 2 End of Semester Exam



# **CAREER ELECTIVE SECURITY PROFESSIONAL I**

#### **DESCRIPTION:**

This course will prepare online students to employ skills needed in online coursework and the workplace. The course is presented in two semesters.

Semester 1 describes an overview of basic personal, professional, and self-management skills, including setting goals, professional communication skills, and time management and stress management techniques.

Semester 2 focuses on ways to improve study habits, to increase one's memory and motivation, and to strengthen decision making and problem-solving skills.

## **CREDITS:**

1 Credit

## PREREQUISITES:

There are no prerequisites for this course.



#### Security Professional I Semester 1

Security Professional I: Semester 1 Pretest

**Understanding Self-Esteem** 

Setting Goals

Learning Styles

Professional Uses of Technology

Security in Technology

21st Century Written Business Communication

Time Management Overview

Stress Management Overview

Anger Management Overview

**Conflict Resolution Strategies** 

Communication and Diversity

Communication in the Workplace

Sexual Harassment Awareness Overview

**Ethical Behavior** 

Security Professional I: Semester 1 End of Semester Exam

# Security Professional I Semester 2

Security Professional I: Semester 2 Pretest

Basics of Note-Taking

Reading Comprehension

Understanding and Improving Study Habits

**Memory Techniques** 

**Test-Tasking Skills** 

Effective Environments for Learning

Distractions and Deterrents of Educational Success

What is Motivation?

Self-Motivation

**Trust and Motivation** 

Change as a Motivator

**Embracing Change** 

Critical Thinking Basics

**Problem Solving Model** 

**Decision Making** 

Improving Decision Making

Security Professional I: Semester 2 End of Semester Exam



## **CAREER ELECTIVE SECURITY PROFESSIONAL II**

## **DESCRIPTION:**

This course will prepare online students to employ skills needed for effective communication both personally and professionally. It will also provide techniques to manage stress and control emotions. The course is presented in two semesters.

Semester 1 focuses on communication skills, including communicating effectively and in difficult situations.

Semester 2 focuses on managing stress and emotions; including stress and its impact, emotional intelligence, anger management, and conflict resolution.

## **CREDITS:**

1 Credit

#### PREREQUISITES:

Security Professional I



#### Security Professional II Semester 1

Security Professional II: Semester 1 Pretest

Communication Overview

**Verbal Communication** 

**Verbal Business Communication** 

Written Communication

Written Business Communication

Nonverbal Communication

Interpersonal Communication

**Effective Communication** 

Active Listening

Assertive vs. Aggressive Communication

Communicating in Difficult Situations

Difficult Behaviors in the Workplace

Negativity and Power Struggles at Work

Working with Procrastinators and Untrustworthy People

Communicating by Telephone

Networking for Success

Security Professional II: Semester 1 End of Semester Exam

# Security Professional II Semester 2

Security Professional II: Semester 2 Pretest

What is Stress?

Signs and Symptoms of Stress

Sources of Stress

**Techniques for Managing Stress** 

**Anxiety and Stress** 

Mindset and Stress

Stress and Values Clarification

Stress at Work

Emotional Intelligence (EI)

**Emotional Intelligence Skills** 

**Understanding Anger** 

Anger Cycle

Anger Management

**Conflict Basics** 

Conflict Resolution

Addressing Violent Situations

Security Professional II: Semester 2 End of Semester Exam



## **CAREER ELECTIVE SECURITY PROFESSIONAL III**

## **DESCRIPTION:**

This course addresses skill sets critical to effective personal management, life, and career skills. This course discusses the ability to effectively deal with balancing life and work, managing time, and working with people. The course is presented in two semesters.

Semester 1 focuses on self-management skills, including saving and credit, accountability, organization, and balancing work and life.

Semester 2 focuses on managing time and working with others. Some topics include time management, personal productivity, handling information overload, tolerance, respect, and giving and receiving feedback.

## **CREDITS:**

1 Credit

## PREREQUISITES:

Security Professional I Security Professional II



#### Security Professional III Semester 1

Security Professional III: Semester 1 Pretest

Budgeting

Saving

Credit

Healthy Lifestyle Choices

Personal Wellness

Self-Awareness

Positive Self-Talk

Accountability

Self-Management

Tips & Tricks for Smooth Living

Crisis Management

Using Critical Thinking in Work and Life

Life-Long Learning

Balancing Work and Life

Pros and Cons of Social Media

Basic Professionalism

Security Professional III: Semester 1 End of Semester Exam

# Security Professional III Semester 2

Security Professional III: Semester 2 Pretest

Introduction to Time Management

Time Management Types and Styles

Procrastination

Time Management Antagonists

Time Management Strategies

Personal Productivity

Handling Information Overload

**Setting Priorities** 

Diversity in the Workplace

Tolerance and Respect

Respect and Employment

Becoming the "Go-to" Person

Advancing in a Job

Cooperation and Compromise

Influencing and Persuading

Giving and Receiving Feedback and Criticism

Security Professional III: Semester 2 End of Semester Exam



#### CAREER ELECTIVE SECURITY PROFESSIONAL IV

#### **DESCRIPTION:**

This course will prepare students to employ skills needed discusses several subjects relevant to employment as a Security Professional. These include hazardous materials, types of security and their components, and proven methods for planning and conducting security operations. This course is presented in two semesters.

Semester 1 discusses types and factors of patrol; professional relationships; controlling traffic, parking and crowds; preserving evidence; working with witnesses and providing testimony. It also describes various types of protection systems as well as methods and technologies that enhance access control.

Semester 2 discusses proven procedures, equipment, and techniques for planning and conducting security operations and responding to security incidents. It also describes a variety of safety procedures and professionalism.

#### **CREDITS:**

1 Credit

#### PREREQUISITES:

Security Professional I Security Professional II Security Professional III



## Security Professional IV Semester 1

Security Professional IV: Semester 1 Pretest

Types of Security

**Understanding Techniques** 

Types of Patrol

Factors of Patrol

**Basic Public Relations** 

Relations with Police

**Taking Notes** 

Techniques for Writing Reports

Protection Officers and Traffic Control

Methods of Controlling Traffic

Parking

Crowd Control

Evidence

Preserving Evidence

Witnesses

**Providing Testimony** 

Perimeter, Area, and Point Protection Systems

Techniques for Controlling Access and Egress

Badges, Digital Controls, and Barriers

Security of Information

Security Professional IV: Semester 1 End of Semester Exam



## Security Professional IV Semester 2

Security Professional IV: Semester 2 Pretest

General Safety

Occupational Safety and Health Administration

Fire Safety

Fire Prevention, Detection, and Suppression

Fire Classes and Extinguishers

Protection of People

Officer Responsibilities in Case of Fire

**Emergency Measures Plan** 

Advanced First Aid

Receiving and Responding to Bomb Threats

Telephone Bomb Threats

Containers for Explosives

**Bomb Placement** 

Basic Professionalism and Ethics

Memory and Observation Skills

Labor Relations

General Operating Procedures

Powers of a Protection Officer

Common Offenses

Legal Jurisdictions

Security Professional IV: Semester 2 End of Semester Exam



## CAREER ELECTIVE INTRODUCTION TO COMMERCIAL DRIVING I

## **DESCRIPTION:**

This course will prepare online students to employ skills needed in online coursework and the workplace. The course is presented in two semesters.

Semester 1 describes an overview of basic personal, professional, and self-management skills, including setting goals, professional communication skills, and time management and stress management techniques.

Semester 2 focuses on ways to improve study habits, to increase one's memory and motivation, and to strengthen decision making and problem solving skills.

#### **CREDITS:**

1 Credit

# PREREQUISITES:

There are no prerequisites for this course.



#### Commercial Driving I: Semester 1

Commercial Driving I: Semester 1 Pretest

Understanding Self-Esteem

Setting Goals Learning Styles

Professional Uses of Technology

Security in Technology

21st Century Written Business Communication

Time Management Overview Stress Management Overview Anger Management Overview

Conflict Resolution Strategies

Communication and Diversity

Communication in the Workplace

Sexual Harassment Awareness Overview

**Ethical Behavior** 

Commercial Driving I: Semester 1 End of Semester Exam

# Commercial Driving I Semester 2

Commercial Driving I: Semester 2 Pretest

Basics of Note-Taking Reading Comprehension

Understanding and Improving Study Habits

Memory Techniques Test-Taking Skills

Effective Environments for Learning

Distractions and Deterrents of Educational Success

What is Motivation?

Self-Motivation

Trust and Motivation

Change as a Motivator

**Embracing Change** 

**Critical Thinking Basics** 

**Problem Solving Model** 

**Decision Making** 

Improving Decision Making

Commercial Driving I: Semester 2 End of Semester Exam



## CAREER ELECTIVE INTRODUCTION TO COMMERCIAL DRIVING II

## **DESCRIPTION:**

This course will prepare online students to employ skills needed for effective communication both personally and professionally. It will also provide techniques to manage stress and control emotions. The course is presented in two semesters.

Semester 1 focuses on communication skills, including communicating effectively and in difficult situations.

Semester 2 focuses on managing stress and emotions; including stress and its impact, emotional intelligence, anger management, and conflict resolution.

#### **CREDITS:**

1 Credit

# PREREQUISITES:

Commercial Driving I



## Commercial Driving II Semester 1

Commercial Driving II: Semester 1 Pretest

Communication Overview

**Verbal Communication** 

**Verbal Business Communication** 

Written Communication

Written Business Communication

Nonverbal Communication

Communication Styles and Interpersonal Communication

**Effective Communication** 

Active Listening

Assertive vs. Aggressive Communication

Communicating in Difficult Situations

Difficult Behaviors in the Workplace

Negativity and Power Struggles at Work

Working with Procrastinators and Untrustworthy People

Communicating by Telephone

Networking for Success

Commercial Driving II: Semester 1 End of Semester Exam

# Commercial Driving II Semester 2

Commercial Driving II: Semester 2 Pretest

What is Stress?

Signs and Symptoms of Stress

Sources of Stress

**Techniques for Managing Stress** 

**Anxiety and Stress** 

Mindset and Stress

Stress and Values Clarification

Stress at Work

Emotional Intelligence (EI)

**Emotional Intelligence Skills** 

**Understanding Anger** 

Anger Cycle

Anger Management

**Conflict Basics** 

Conflict Resolution

Addressing Violent Situations

Commercial Driving II: Semester 2 End of Semester Exam



## CAREER ELECTIVE INTRODUCTION TO COMMERCIAL DRIVING III

## **DESCRIPTION:**

This course addresses skill sets critical to effective personal management, life, and career skills. This course discusses the ability to effectively deal with balancing life and work, managing time, and working with people. The course is presented in two semesters.

Semester 1 focuses on self-management skills, including saving and credit, accountability, organization, and balancing work and life.

Semester 2 focuses on managing time and working with others. Some topics include time management, personal productivity, handling information overload, tolerance, respect, and giving and receiving feedback.

## **CREDITS:**

1 Credit

#### PREREQUISITES:

Commercial Driving I
Commercial Driving II



## Commercial Driving III Semester 1

Commercial Driving III: Semester 1 Pretest

Budgeting Saving

Credit

Healthy Lifestyle Choices

Personal Wellness

Self-Awareness

Positive Self Talk

Accountability

Self-Management

Tips & Tricks for Smooth Living

Crisis Management

Using Critical Thinking in Work and Life

Lifelong Learning

Balancing Work and Life

Pros and Cons of Social Media

Basic Professionalism

Commercial Driving III: Semester 1 End of Semester Exam

# Commercial Driving III Semester 2

Commercial Driving III: Semester 2 Pretest

Introduction to Time Management

Time Management Types and Styles

Procrastination

Time Management Antagonists

Time Management Strategies

Personal Productivity

Handling Information Overload

**Setting Priorities** 

Diversity in the Workplace

Tolerance and Respect

Respect and Employment

Becoming the Go-to Person

Advancing in a Job

Cooperation and Compromise

Influencing and Persuading

Giving and Receiving Feedback and Criticism

Commercial Driving III: Semester 2 End of Semester Exam



## CAREER ELECTIVE INTRODUCTION TO COMMERCIAL DRIVING IV

#### **DESCRIPTION:**

This course describes procedures and techniques drivers should use to safely operate commercial or passenger-carrying vehicles. It also discusses first-aid techniques, health considerations, and awareness topics useful to transportation services professionals. This course is presented in two semesters.

Semester 1 describes defensive driving techniques. It discusses safety measures, proper use of various types of traffic lanes, proper turning and parking techniques, road awareness and ways to identify the misuse/abuse of alcohol and drugs. It also defines *road rage* and discusses its causes and effects.

Semester 2 describes procedures and techniques drivers should use to safely operate passenger-carrying vehicles, including adverse driving conditions. It also presents appropriate first-aid techniques for emergencies as well as strategies for awareness of potential violent or threatening situations.

#### **CREDITS:**

1 Credit

#### PREREQUISITES:

Commercial Driving I Commercial Driving II Commercial Driving III



## Commercial Driving IV Semester 1

Commercial Driving IV: Semester 1 Pretest

Alcohol, Other Drugs, and Driving

**Defensive Driving** 

**Expressway Driving** 

Signals, Signs, and Markings

Intersection Safety

Speed Limits and Official Stops

**Driving Conditions Requiring Heightened Awareness** 

Vehicle Maintenance

Safety Belts and Child Safety

Vehicle and Roadway Emergencies

Sharing the Road

Pedestrian Traffic

Traffic Lanes

Making Turns

**Proper Parking Techniques** 

The Threat of Road Rage

Drug Misuse and Abuse

Alcohol Misuse and Abuse

Commercial Driving IV: Semester 1 End of Semester Exam

# Commercial Driving IV Semester 2

Commercial Driving IV: Semester 2 Pretest

Pretrip Air Brake Inspection

**Knowing Your Route** 

Vehicle Operation

Blind Spots, Danger Zones, and Mirrors

Inclement Weather and Adverse Conditions

First Aid

Bloodborne Pathogen Awareness

Medical Emergency Awareness

Security Awareness

Situational Awareness

Violence and De-escalation

Discrimination in the Workplace

Harassment at Work

**Employment Hot Topics** 

Commercial Driving IV: Semester 2 End of Semester Exam



## **CAREER ELECTIVE OFFICE MANAGEMENT I**

## **DESCRIPTION:**

This course will prepare online students to employ skills needed in online coursework and the workplace. The course is presented in two semesters.

Semester 1 describes an overview of basic personal, professional, and self-management skills, including setting goals, professional communication skills, and time management and stress management techniques.

Semester 2 focuses on ways to improve study habits, to increase one's memory and motivation, and to strengthen decision making and problem solving skills.

#### **CREDITS:**

1 Credit

# PREREQUISITES:

There are no prerequisites for this course.



#### Office Management I Semester 1

Office Management I: Semester 1 Pretest

Understanding Self-Esteem

Setting Goals

Learning Styles

Professional Uses of Technology

Security in Technology

21st Century Written Business Communication

Time Management Overview

Stress Management Overview

Anger Management Overview

Conflict Resolution Strategies

Communication and Diversity

Communication in the Workplace

Sexual Harassment Awareness Overview

**Ethical Behavior** 

Office Management I: Semester 1 End of Semester Exam

# Office Management I Semester 2

Office Management I: Semester 2 Pretest

Basics of Note-Taking

Reading Comprehension

Understanding and Improving Study Habits

Memory Techniques

Test-Taking Skills

Effective Environments for Learning

Distractions and Deterrents of Educational Success

What is Motivation?

Self-Motivation

Trust and Motivation

Change as a Motivator

**Embracing Change** 

Critical Thinking Basics

**Problem Solving Model** 

**Decision Making** 

Improving Decision Making

Office Management I: Semester 2 End of Semester Exam



## **CAREER ELECTIVE OFFICE MANAGEMENT II**

## **DESCRIPTION:**

This course will prepare online students to employ skills needed for effective communication both personally and professionally. It will also provide techniques to manage stress and control emotions. The course is presented in two semesters.

Semester 1 focuses on communication skills, including communicating effectively and in difficult situations.

Semester 2 focuses on managing stress and emotions; including stress and its impact, emotional intelligence, anger management, and conflict resolution.

#### **CREDITS:**

1 Credit

# PREREQUISITES:

Office Management I



## Office Management II Semester 1

Office Management II: Semester 1 Pretest

Communication Overview

**Verbal Communication** 

**Verbal Business Communication** 

Written Communication

Written Business Communication

Nonverbal Communication

Communication Styles and Interpersonal Communication

**Effective Communication** 

Active Listening

Assertive vs. Aggressive Communication

Communicating in Difficult Situations

Difficult Behaviors in the Workplace

Negativity and Power Struggles at Work

Working with Procrastinators and Untrustworthy People

Communicating by Telephone

Networking for Success

Office Management II: Semester 1 End of Semester Exam

# Office Management II Semester 2

Office Management II: Semester 2 Pretest

What is Stress?

Signs and Symptoms of Stress

Sources of Stress

**Techniques for Managing Stress** 

**Anxiety and Stress** 

Mindset and Stress

Stress and Values Clarification

Stress at Work

Emotional Intelligence (EI)

**Emotional Intelligence Skills** 

**Understanding Anger** 

Anger Cycle

Anger Management

**Conflict Basics** 

Conflict Resolution

Addressing Violent Situations

Office Management II: Semester 2 End of Semester Exam



## **CAREER ELECTIVE OFFICE MANAGEMENT III**

## **DESCRIPTION:**

This course addresses skill sets critical to effective personal management, life, and career skills. This course discusses the ability to effectively deal with balancing life and work, managing time, and working with people. The course is presented in two semesters.

Semester 1 focuses on self-management skills, including saving and credit, accountability, organization, and balancing work and life.

Semester 2 focuses on managing time and working with others. Some topics include time management, personal productivity, handling information overload, tolerance, respect, and giving and receiving feedback.

## **CREDITS:**

1 Credit

#### PREREQUISITES:

Office Management I
Office Management II



#### Office Management III Semester 1

Office Management III: Semester 1 Pretest

Budgeting

Saving

Credit

Healthy Lifestyle Choices

Personal Wellness

Self-Awareness

Positive Self Talk

Accountability

Self-Management

Tips & Tricks for Smooth Living

Crisis Management

Using Critical Thinking in Work and Life

Lifelong Learning

Balancing Work and Life

Pros and Cons of Social Media

Basic Professionalism

Office Management III: Semester 1 End of Semester Exam

# Office Management III Semester 2

Office Management III: Semester 2 Pretest

Introduction to Time Management

Time Management Types and Styles

Procrastination

Time Management Antagonists

Time Management Strategies

Personal Productivity

Handling Information Overload

**Setting Priorities** 

Diversity in the Workplace

Tolerance and Respect

Respect and Employment

Becoming the Go-to Person

Advancing in a Job

Cooperation and Compromise

Influencing and Persuading

Giving and Receiving Feedback and Criticism

Office Management III: Semester 2 End of Semester Exam



## **CAREER ELECTIVE OFFICE MANAGEMENT IV**

## **DESCRIPTION:**

This course addresses career skills for office management professionals. It discusses important job-related skills for individuals who pursue careers within the field.

Semester 1 provides an overview of career skills, such information management and security, information technology, and creating presentations. It also discusses gaining trust, handling relationships, and office politics.

Semester 2 addresses some legal employment topics, such as the U.S. Equal Employment Opportunity Commission, harassment, and discrimination. It also provides an overview of other skills like resume writing, situational awareness, and maintaining a safe environment.

## **CREDITS:**

1 Credit

#### PREREQUISITES:

Office Management I Office Management II Office Management III



#### Office Management IV Semester 1

Office Management IV: Semester 1 Pretest

**Common Office Management Terms** 

Office Manager Tasks and Employment Opportunities

Information Technology (IT) Terms

Office Information Technology (IT) Hardware and Software

Beneficial Attributes for Office Work

Gaining Trust

Losing and Rebuilding Trust

Office Decorum

Office Politics

Relationships In and Out of the Workplace

Personal Identifiable Information (PII)

Credit Cards

Costs of Doing Business

Change Management

Knowledge Management

Creating Effective Presentations

Office Management IV: Semester 1 End of Semester Exam

# Office Management IV Semester 2

Office Management IV: Semester 2 Pretest

Working Healthy in an Office

Working Happy in an Office

Situational Awareness

Office Safety

Office Emergencies

Laws, Rules, and Regulations

Leaving a Job

Choosing the Right Resume for the Job

Writing a Winning Resume

Using Technology and Your Resume

U.S. Equal Employment Opportunity Commission (EEOC)

Sexual Harassment in the Office

Discrimination in the Workplace

Filing a Charge of Discrimination

Performance Appraisals

**Professional Associations** 

Office Management IV: Semester 2 End of Semester Exam



#### **CAREER ELECTIVE GENERAL CAREER PREPARATION I**

## **DESCRIPTION:**

This course will prepare online students to employ skills needed in online coursework and the workplace. The course is presented in two semesters.

Semester 1 describes an overview of basic personal, professional, and self-management skills, including setting goals, professional communication skills, and time management and stress management techniques.

Semester 2 focuses on ways to improve study habits, to increase one's memory and motivation, and to strengthen decision making and problem solving skills.

#### **CREDITS:**

1 Credit

## PREREQUISITES:

There are no prerequisites for this course.



## General Career Preparation I: Semester 1

General Career Preparation I: Semester 1 Pretest

Understanding Self-Esteem

Setting Goals

Learning Styles

Professional Uses of Technology

Security in Technology

21st Century Written Business Communication

Time Management Overview

Stress Management Overview

Anger Management Overview

**Conflict Resolution Strategies** 

Communication and Diversity

Communication in the Workplace

Sexual Harassment Awareness Overview

**Ethical Behavior** 

General Career Preparation I: Semester 1 End of Semester Exam

## General Career Preparation I: Semester 2

General Career Preparation I: Semester 2 Pretest

Basics of Note-Taking

Reading Comprehension

Understanding and Improving Study Habits

Memory Techniques

**Test-Taking Skills** 

Effective Environments for Learning

Distractions and Deterrents of Educational Success

What is Motivation?

**Self-Motivation** 

Trust and Motivation

Change as a Motivator

Embracing Change

Critical Thinking Basics

**Problem Solving Model** 

**Decision Making** 

Improving Decision Making

General Career Preparation I: Semester 2 End of Semester Exam



## **CAREER ELECTIVE GENERAL CAREER PREPARATION II**

# **DESCRIPTION:**

This course will prepare online students to employ skills needed for effective communication both personally and professionally. It will also provide techniques to manage stress and control emotions. The course is presented in two semesters.

Semester 1 focuses on communication skills, including communicating effectively and in difficult situations.

Semester 2 focuses on managing stress and emotions; including stress and its impact, emotional intelligence, anger management, and conflict resolution.

#### **CREDITS:**

1 Credit

# PREREQUISITES:

General Career Preparation I



## General Career Preparation II: Semester 1

General Career Preparation II: Semester 1 Pretest

Communication Overview

**Verbal Communication** 

**Verbal Business Communication** 

Written Communication

Written Business Communication

Nonverbal Communication

Communication Styles and Interpersonal Communication

**Effective Communication** 

Active Listening

Assertive vs. Aggressive Communication

Communicating in Difficult Situations

Difficult Behaviors in the Workplace

Negativity and Power Struggles at Work

Working with Procrastinators and Untrustworthy People

Communicating by Telephone

Networking for Success

General Career Preparation II: Semester 1 End of Semester Exam

# General Career Preparation II: Semester 2

General Career Preparation II: Semester 2 Pretest

What is Stress?

Signs and Symptoms of Stress

Sources of Stress

**Techniques for Managing Stress** 

**Anxiety and Stress** 

Mindset and Stress

Stress and Values Clarification

Stress at Work

Emotional Intelligence (EI)

**Emotional Intelligence Skills** 

**Understanding Anger** 

Anger Cycle

Anger Management

**Conflict Basics** 

Conflict Resolution

Addressing Violent Situations

General Career Preparation II: Semester 2 End of Semester Exam



#### CAREER ELECTIVE GENERAL CAREER PREPARATION III

## **DESCRIPTION:**

This course addresses skill sets critical to effective personal management, life, and career skills. This course discusses the ability to effectively deal with balancing life and work, managing time, and working with people. The course is presented in two semesters.

Semester 1 focuses on self-management skills, including saving and credit, accountability, organization, and balancing work and life.

Semester 2 focuses on managing time and working with others. Some topics include time management, personal productivity, handling information overload, tolerance, respect, and giving and receiving feedback.

## **CREDITS:**

1 Credit

## PREREQUISITES:

General Career Preparation I General Career Preparation II



## General Career Preparation III: Semester 1

General Career Preparation III: Semester 1 Pretest

Budgeting

Saving

Credit

Healthy Lifestyle Choices

Personal Wellness

Self-Awareness

Positive Self Talk

Accountability

Self-Management

Tips & Tricks for Smooth Living

Crisis Management

Using Critical Thinking in Work and Life

Lifelong Learning

Balancing Work and Life

Pros and Cons of Social Media

Basic Professionalism

General Career Preparation III: Semester 1 End of Semester Exam

# General Career Preparation III: Semester 2

General Career Preparation III: Semester 2 Pretest

Introduction to Time Management

Time Management Types and Styles

Procrastination

Time Management Antagonists

Time Management Strategies

Personal Productivity

Handling Information Overload

**Setting Priorities** 

Diversity in the Workplace

Tolerance and Respect

Respect and Employment

Becoming the Go-to Person

Advancing in a Job

Cooperation and Compromise

Influencing and Persuading

Giving and Receiving Feedback and Criticism

General Career Preparation III: Semester 2 End of Semester Exam



#### CAREER ELECTIVE GENERAL CAREER PREPARATION IV

## **DESCRIPTION:**

This course addresses career skills and employment. It discusses skills that can be helpful when attempting to get and stay employed. It also discusses laws that protect both the employer and the employee.

Semester 1 provides an overview of career skills, such as creativity, working in teams, handling relationships, and leadership.

Semester 2 focuses on legal employment topics, such as the U.S. Equal Employment Opportunity Commission, harassment, and discrimination. It also provides an overview of job-search skills, including resume writing and interviewing skills.

## **CREDITS:**

1 Credit

#### **PREREQUISITES:**

General Career Preparation I General Career Preparation II General Career Preparation III



# General Career Preparation IV: Semester 1

General Career Preparation IV: Semester 1 Pretest

Misconceptions about Creativity

Creativity

The Creative Process

Creativity in Daily Life

Putting Creative Ideas to Work

Creativity in the Workplace

Creativity in a Team

Creativity in Leadership

Creating Successful Teams

Working as Part of a Team

**Gaining Trust** 

Losing and Rebuilding Trust

Office Politics

Relationships In and Out of the Workplace

Working with Poor Leadership

Becoming a Good Leader

General Career Preparation IV: Semester 1 End of Semester Exam

## General Career Preparation IV: Semester 2

General Career Preparation IV: Semester 2 Pretest

U.S. Equal Employment Opportunity Commission (EEOC)

Governmental Involvement in the Workplace

Discrimination in the Workplace

Filing a Charge of Discrimination

Harassment at Work

Introduction to Sexual Harassment

Sexual Harassment: Prevention and Response

**Employment Hot Topics** 

Choosing the Right Resume for the Job

Using Technology and Your Resume

Writing a Winning Resume

Job Search

Preparing for an Interview

Attending an Interview

New-Hire Information and Orientation

Performance Appraisals

General Career Preparation IV: Semester 2 End of Semester Exam



#### CAREER ELECTIVE RETAIL CUSTOMER SERVICE SKILLS I

# **DESCRIPTION:**

This course will prepare online students to employ skills needed in online coursework and the workplace. The course is presented in two semesters.

Semester 1 describes an overview of basic personal, professional, and self-management skills, including setting goals, professional communication skills, and time management and stress management techniques.

Semester 2 focuses on ways to improve study habits, to increase one's memory and motivation, and to strengthen decision making and problem solving skills.

# **CREDITS:**

1 Credit

### PREREQUISITES:

There are no prerequisites for this course.



#### Retail Customer Service Skills I: Semester 1

Retail Customer Service I: Semester 1 Pretest

Understanding Self-Esteem

Setting Goals

Learning Styles

Professional Uses of Technology

Security in Technology

21st Century Written Business Communication

Time Management Overview

Stress Management Overview

Anger Management Overview

Conflict Resolution Strategies

Communication and Diversity

Communication in the Workplace

Sexual Harassment Awareness Overview

**Ethical Behavior** 

Retail Customer Service I: Semester 1 End of Semester Exam

### Retail Customer Service Skills I: Semester 2

Retail Customer Service I: Semester 2 Pretest

Basics of Note-Taking

Reading Comprehension

Understanding and Improving Study Habits

Memory Techniques

Test-Taking Skills

Effective Environments for Learning

Distractions and Deterrents of Educational Success

What is Motivation?

Self-Motivation

Trust and Motivation

Change as a Motivator

**Embracing Change** 

**Critical Thinking Basics** 

**Problem Solving Model** 

**Decision Making** 

Improving Decision Making

Retail Customer Service I: Semester 2 End of Semester Exam



# CAREER ELECTIVE RETAIL CUSTOMER SERVICE SKILLS II

# **DESCRIPTION:**

This course will prepare online students to employ skills needed for effective communication both personally and professionally. It will also provide techniques to manage stress and control emotions. The course is presented in two semesters.

Semester 1 focuses on communication skills, including communicating effectively and in difficult situations.

Semester 2 focuses on managing stress and emotions; including stress and its impact, emotional intelligence, anger management, and conflict resolution.

# **CREDITS:**

1 Credit

#### PREREQUISITES:

Retail Customer Service Skills I



#### Retail Customer Service Skills II: Semester 1

Retail Customer Service Skills II: Semester 1 Pretest

Communication Overview

Verbal Communication

**Verbal Business Communication** 

Written Communication

Written Business Communication

Nonverbal Communication

Communication Styles and Interpersonal Communication

**Effective Communication** 

Active Listening

Assertive vs. Aggressive Communication

Communicating in Difficult Situations

Difficult Behaviors in the Workplace

Negativity and Power Struggles at Work

Working with Procrastinators and Untrustworthy People

Communicating by Telephone

**Networking for Success** 

Retail Customer Service Skills II: Semester 1 End of Semester Exam

Retail Customer Service Skills II: Semester 2

Retail Customer Service Skills II: Semester 2 Pretest

What is Stress?

Signs and Symptoms of Stress

Sources of Stress

**Techniques for Managing Stress** 

**Anxiety and Stress** 

Mindset and Stress

Stress and Values Clarification

Stress at Work

Emotional Intelligence (EI)

**Emotional Intelligence Skills** 

**Understanding Anger** 

Anger Cycle

Anger Management

**Conflict Basics** 

Conflict Resolution

Addressing Violent Situations

Retail Customer Service Skills II: Semester 2 End of Semester Exam



### CAREER ELECTIVE RETAIL CUSTOMER SERVICE SKILLS III

# **DESCRIPTION:**

This course addresses skill sets critical to effective personal management, life, and career skills. This course discusses the ability to effectively deal with balancing life and work, managing time, and working with people. The course is presented in two semesters.

Semester 1 focuses on self-management skills, including saving and credit, accountability, organization, and balancing work and life.

Semester 2 focuses on managing time and working with others. Some topics include time management, personal productivity, handling information overload, tolerance, respect, and giving and receiving feedback.

# **CREDITS:**

1 Credit

#### PREREQUISITES:

Retail Customer Service Skills I Retail Customer Service Skills II



### Retail Customer Service Skills III: Semester 1

Retail Customer Service Skills III: Semester 1 Pretest

Budgeting

Saving

Credit

Healthy Lifestyle Choices

Personal Wellness

Self-Awareness

Positive Self Talk

Accountability

Self-Management

Tips & Tricks for Smooth Living

Crisis Management

Using Critical Thinking in Work and Life

Lifelong Learning

Balancing Work and Life

Pros and Cons of Social Media

Basic Professionalism

Retail Customer Service Skills III: Semester 1 End of Semester Exam

# Retail Customer Service Skills III: Semester 2

Retail Customer Service Skills III: Semester 2 Pretest

Introduction to Time Management

Time Management Types and Styles

Procrastination

Time Management Antagonists

Time Management Strategies

Personal Productivity

Handling Information Overload

**Setting Priorities** 

Diversity in the Workplace

Tolerance and Respect

Respect and Employment

Becoming the Go-to Person

Advancing in a Job

Cooperation and Compromise

Influencing and Persuading

Giving and Receiving Feedback and Criticism

Retail Customer Service Skills III: Semester 2 End of Semester Exam



# CAREER ELECTIVE RETAIL CUSTOMER SERVICE SKILLS IV

# **DESCRIPTION:**

This course addresses career skills for retail and customer service professionals. It discusses important sales concepts and other job-related skills.

Semester 1 provides an overview of career skills, such as steps of selling and effective listening. It also discusses the traits of sales personnel and customer characteristics and behaviors.

Semester 2 focuses other job-related skills like keeping inventory, situational awareness, and security of information.

### **CREDITS:**

1 Credit

# PREREQUISITES:

Retail Customer Service Skills I Retail Customer Service Skills II Retail Customer Service Skills III



#### Retail Customer Service Skills IV: Semester 1

Retail Customer Service Skills IV: Semester 1 Pretest

The Language of Retail Working in Retail Sales

Beneficial Attributes and Traits for Retail Sales Personnel

Communication with Retail Customers

Customer Behaviors and Buying Decisions

**Customers and Goods** 

Selling and Psychology

Seven Steps of Retail Selling

Closing Sales

Listening Effectively

Recording Work Hours and Getting Paid

Working and Paying Taxes 1

Working and Paying Taxes 2

Personal Insurance 1

Personal Insurance 2

**Labor Unions** 

Retail Customer Service Skills IV: Semester 1 End of Semester Exam

### Retail Customer Service Skills IV: Semester 2

Retail Customer Service Skills IV: Semester 2 Pretest

Inventory

Preventing Shoplifting

Personal Identifiable Information (PII)

Credit Cards

Cash Reconciliation

Costs of Doing Business

**Enjoying Your Work Environment** 

Staying Healthy at Work

Situational Awareness

Maintaining a Safe Workplace

Violence and De-escalation

Postsecondary Education

Leaving a Job

Choosing the Right Resume for the Job

Using Technology and Your Resume

Writing a Winning Resume

Retail Customer Service Skills IV: Semester 2 End of Semester Exam



# CAREER ELECTIVE FOOD AND HOSPITALITY SERVICE SKILLS I

# **DESCRIPTION:**

This course will prepare online students to employ skills needed in online coursework and the workplace. The course is presented in two semesters.

Semester 1 describes an overview of basic personal, professional, and self-management skills, including setting goals, professional communication skills, and time management and stress management techniques.

Semester 2 focuses on ways to improve study habits, to increase one's memory and motivation, and to strengthen decision making and problem solving skills.

# **CREDITS:**

1 Credit

### PREREQUISITES:

There are no prerequisites for this course.



# Food and Hospitality Service Skills I: Semester 1

Food and Hospitality Service Skills I: Semester 1 Pretest

**Understanding Self-Esteem** 

Setting Goals

Learning Styles

Professional Uses of Technology

Security in Technology

21st Century Written Business Communication

Time Management Overview

Stress Management Overview

Anger Management Overview

**Conflict Resolution Strategies** 

Communication and Diversity

Communication in the Workplace

Sexual Harassment Awareness Overview

**Ethical Behavior** 

Food and Hospitality Service Skills I: Semester 1 End of Semester Exam

# Food and Hospitality Service Skills I: Semester 2

Food and Hospitality Service Skills I: Semester 2 Pretest

Basics of Note-Taking

Reading Comprehension

Understanding and Improving Study Habits

Memory Techniques

Test-Taking Skills

Effective Environments for Learning

Distractions and Deterrents of Educational Success

What is Motivation?

Self-Motivation

Trust and Motivation

Change as a Motivator

**Embracing Change** 

Critical Thinking Basics

**Problem Solving Model** 

**Decision Making** 

Improving Decision Making

Food and Hospitality Service Skills I: Semester 2 End of Semester Exam



# CAREER ELECTIVE FOOD AND HOSPITALITY SERVICE SKILLS II

# **DESCRIPTION:**

This course will prepare online students to employ skills needed for effective communication both personally and professionally. It will also provide techniques to manage stress and control emotions. The course is presented in two semesters.

Semester 1 focuses on communication skills, including communicating effectively and in difficult situations.

Semester 2 focuses on managing stress and emotions; including stress and its impact, emotional intelligence, anger management, and conflict resolution.

# **CREDITS:**

1 Credit

### PREREQUISITES:

Food and Hospitality Service Skills I



# Food and Hospitality Service Skills II: Semester 1

Food and Hospitality Service Skills II: Semester 1 Pretest

Communication Overview

**Verbal Communication** 

**Verbal Business Communication** 

Written Communication

Written Business Communication

Nonverbal Communication

Communication Styles and Interpersonal Communication

**Effective Communication** 

Active Listening

Assertive vs. Aggressive Communication

Communicating in Difficult Situations

Difficult Behaviors in the Workplace

Negativity and Power Struggles at Work

Working with Procrastinators and Untrustworthy People

Communicating by Telephone

Networking for Success

Food and Hospitality Service Skills II: Semester 1 End of Semester Exam

# Food and Hospitality Service Skills II: Semester 2

Food and Hospitality Service Skills II: Semester 2 Pretest

What is Stress?

Signs and Symptoms of Stress

Sources of Stress

**Techniques for Managing Stress** 

**Anxiety and Stress** 

Mindset and Stress

Stress and Values Clarification

Stress at Work

Emotional Intelligence (EI)

**Emotional Intelligence Skills** 

**Understanding Anger** 

Anger Cycle

Anger Management

**Conflict Basics** 

Conflict Resolution

Addressing Violent Situations

Food and Hospitality Service Skills II: Semester 2 End of Semester Exam



#### CAREER ELECTIVE FOOD AND HOSPITALITY SERVICE SKILLS III

# **DESCRIPTION:**

This course addresses skill sets critical to effective personal management, life, and career skills. This course discusses the ability to effectively deal with balancing life and work, managing time, and working with people. The course is presented in two semesters.

Semester 1 focuses on self-management skills, including saving and credit, accountability, organization, and balancing work and life.

Semester 2 focuses on managing time and working with others. Some topics include time management, personal productivity, handling information overload, tolerance, respect, and giving and receiving feedback.

# **CREDITS:**

1 Credit

### PREREQUISITES:

Food and Hospitality Service Skills I Food and Hospitality Service Skills II



# Food and Hospitality Service Skills III: Semester 1

Food and Hospitality Service Skills III: Semester 1 Pretest

Budgeting

Saving

Credit

Healthy Lifestyle Choices

Personal Wellness

Self-Awareness

Positive Self Talk

Accountability

Self-Management

Tips & Tricks for Smooth Living

Crisis Management

Using Critical Thinking in Work and Life

Lifelong Learning

Balancing Work and Life

Pros and Cons of Social Media

Basic Professionalism

Food and Hospitality Service Skills III: Semester 1 End of Semester Exam

# Food and Hospitality Service Skills III: Semester 2

Food and Hospitality Service Skills III: Semester 2 Pretest

Introduction to Time Management

Time Management Types and Styles

Procrastination

Time Management Antagonists

Time Management Strategies

Personal Productivity

Handling Information Overload

**Setting Priorities** 

Diversity in the Workplace

Tolerance and Respect

Respect and Employment

Becoming the Go-to Person

Advancing in a Job

Cooperation and Compromise

Influencing and Persuading

Giving and Receiving Feedback and Criticism

Food and Hospitality Service Skills III: Semester 2 End of Semester Exam



#### CAREER ELECTIVE FOOD AND HOSPITALITY SERVICE SKILLS IV

# **DESCRIPTION:**

This course addresses career skills for food and hospitality service professionals. It discusses the work environments found in the field as well as attributes of individuals who pursue careers within the field. It also discusses important food service concepts.

Semester 1 provides an overview of career opportunities and characteristics of people who choose the food and hospitality service field. It also discusses basic skills for food service professionals.

Semester 2 focuses on food safety issues, including foodborne illnesses, proper food preparation and storage, and HACCP management system. It also addresses facility cleanliness and sanitation procedures.

# **CREDITS:**

1 Credit

# PREREQUISITES:

Food and Hospitality Service Skills I Food and Hospitality Service Skills II Food and Hospitality Service Skills III



### Food and Hospitality Service Skills IV: Semester 1

Food and Hospitality Service Skills IV: Semester 1 Pretest

The Food and Hospitality Service Industry

Food & Hospitality Service Work Environments

Interpersonal Relations

Personal Preparation and Attributes

Personal Safety

Food Preparation 1

Food Preparation 2

Food Preparation 3

Storage and Disposal of Prepared Foods

Food Protection

Food Security

Responding to Foodborne Illness Outbreaks

Dealing with Incidents and Emergencies

Food Service Weights and Measures

Food Service Math

Hospitality Industry Jobs

Food and Hospitality Service Skills IV: Semester 1 End of Semester Exam

# Food and Hospitality Service Skills IV: Semester 2

Food and Hospitality Service Skills IV: Semester 2 Pretest

Management Roles and Responsibilities

Bloodborne Pathogens

Foodborne Illnesses 1

Foodborne Illnesses 2

History and Scope of U.S. Food Service Regulation

Receiving and Storing Food Items

Food Danger Zone and Food Preparation Processes

Food Preparation Processes 2 and 3

Hazard Analysis and Critical Control Points (HACCP) 1

Hazard Analyses and Critical Control Points 2

**Establishing Limits and Monitoring Procedures** 

Corrective Actions and Verification Procedures

Keeping Records and Applying HACCP in Retail Establishments

Food Service Facility Requirements

Food Service Facility and Equipment Cleanliness and Sanitation

Controlling Vermin in Food Service Facilities

Food and Hospitality Service Skills IV: Semester 2 End of Semester Exam



### CAREER ELECTIVE HOSPITALITY AND LEISURE I

# **DESCRIPTION:**

This course will prepare online students to employ skills needed in online coursework and the workplace. The course is presented in two semesters.

Semester 1 describes an overview of basic personal, professional, and self-management skills, including setting goals, professional communication skills, and time management and stress management techniques.

Semester 2 focuses on ways to improve study habits, to increase one's memory and motivation, and to strengthen decision making and problem-solving skills.

### **CREDITS:**

1 Credit

# PREREQUISITES:

There are no prerequisites for this course.



### Hospitality and Leisure I: Semester 1

Hospitality and Leisure I: Semester 1 Pretest

**Understanding Self-Esteem** 

Setting Goals

Learning Styles

Professional Uses of Technology

Security in Technology

21st Century Written Business Communication

Time Management Overview

Stress Management Overview

Anger Management Overview

Conflict Resolution Strategies

Communication and Diversity

Communication in the Workplace

Sexual Harassment Awareness Overview

**Ethical Behavior** 

Hospitality and Leisure I: Semester 1 End of Semester Exam

# Hospitality and Leisure I: Semester 2

Hospitality and Leisure I: Semester 2 Pretest

Basics of Note-Taking

Reading Comprehension

Understanding and Improving Study Habits

Memory Techniques

Test-Taking Skills

Effective Environments for Learning

Distractions and Deterrents of Educational Success

What is Motivation?

**Self-Motivation** 

Trust and Motivation

Change as a Motivator

**Embracing Change** 

Critical Thinking Basics

Problem Solving Model

**Decision Making** 

Improving Decision Making

Hospitality and Leisure I: Semester 2 End of Semester Exam



# CAREER ELECTIVE HOSPITALITY AND LEISURE II

# **DESCRIPTION:**

This course will prepare online students to employ skills needed for effective communication both personally and professionally. It will also provide techniques to manage stress and control emotions. The course is presented in two semesters.

Semester 1 focuses on communication skills, including communicating effectively and in difficult situations.

Semester 2 focuses on managing stress and emotions; including stress and its impact, emotional intelligence, anger management, and conflict resolution.

### **CREDITS:**

1 Credit

# PREREQUISITES:

Hospitality and Leisure I



### Hospitality and Leisure II: Semester 1

Hospitality and Leisure II: Semester 1 Pretest

Communication Overview

**Verbal Communication** 

**Verbal Business Communication** 

Written Communication

Written Business Communication

Nonverbal Communication

Communication Styles and Interpersonal Communication

**Effective Communication** 

Active Listening

Assertive vs. Aggressive Communication

Communicating in Difficult Situations

Difficult Behaviors in the Workplace

Negativity and Power Struggles at Work

Working with Procrastinators and Untrustworthy People

Communicating by Telephone

Networking for Success

Hospitality and Leisure II: Semester 1 End of Semester Exam

# Hospitality and Leisure II: Semester 2

Hospitality and Leisure II: Semester 2 Pretest

What is Stress?

Signs and Symptoms of Stress

Sources of Stress

**Techniques for Managing Stress** 

**Anxiety and Stress** 

Mindset and Stress

Stress and Values Clarification

Stress at Work

Emotional Intelligence (EI)

**Emotional Intelligence Skills** 

**Understanding Anger** 

Anger Cycle

Anger Management

**Conflict Basics** 

Conflict Resolution

Addressing Violent Situations

Hospitality and Leisure II: Semester 2 End of Semester Exam



#### CAREER ELECTIVE HOSPITALITY AND LEISURE III

# **DESCRIPTION:**

This course addresses skill sets critical to effective personal management, life, and career skills. This course discusses the ability to effectively deal with balancing life and work, managing time, and working with people. The course is presented in two semesters.

Semester 1 focuses on self-management skills, including saving and credit, accountability, organization, and balancing work and life.

Semester 2 focuses on managing time and working with others. Some topics include time management, personal productivity, handling information overload, tolerance, respect, and giving and receiving feedback.

# **CREDITS:**

1 Credit

# PREREQUISITES:

Hospitality and Leisure I Hospitality and Leisure II



### Hospitality and Leisure III: Semester 1

Hospitality and Leisure III: Semester 1 Pretest

Budgeting Saving Credit

Healthy Lifestyle Choices

Personal Wellness Self-Awareness

Positive Self Talk

Accountability

Self-Management

Tips & Tricks for Smooth Living

Crisis Management

Using Critical Thinking in Work and Life

Lifelong Learning

Balancing Work and Life

Pros and Cons of Social Media

Basic Professionalism

Hospitality and Leisure III: Semester 1 End of Semester Exam

# Hospitality and Leisure III: Semester 2

Hospitality and Leisure III: Semester 2 Pretest

Introduction to Time Management Time Management Types and Styles

Procrastination

Time Management Antagonists

Time Management Strategies

Personal Productivity

Handling Information Overload

**Setting Priorities** 

Diversity in the Workplace

Tolerance and Respect

Respect and Employment

Becoming the Go-to Person

Advancing in a Job

Cooperation and Compromise

Influencing and Persuading

Giving and Receiving Feedback and Criticism

Hospitality and Leisure III: Semester 2 End of Semester Exam



### CAREER ELECTIVE HOSPITALITY AND LEISURE IV

# **DESCRIPTION:**

This course addresses career skills and employment. It discusses employment opportunities with the career field and the skills that can be helpful when attempting to get and stay employed.

Semester 1 provides an overview of the career field and characteristics of the industry. It also addresses health and safety concerns, protection of personal information, and building relationships and trust with others.

Semester 2 focuses on jobs within the industry, the protection of people and facilities, and legal employment topics, such as discrimination. It also provides an overview of job-search skills, including resume writing and interviewing skills.

# **CREDITS:**

1 Credit

# PREREQUISITES:

Hospitality and Leisure I Hospitality and Leisure II Hospitality and Leisure III



### Hospitality and Leisure IV: Semester 1

Hospitality and Leisure IV: Semester 1 Pretest The Hospitality and Leisure Services Industry

Beneficial Skills, Knowledge, and Attributes for the Hospitality Industry

History of Temporary Lodging The Accommodation Sector 1

The Accommodation Sector 2

Food and Beverage Service Jobs 1

Food and Beverage Service Jobs 2

Bloodborne Pathogens Awareness

Foodborne Illnesses

Personal Identifiable Information

**Gaining Trust** 

Losing and Rebuilding Trust

Relationships In and Out of the Workplace

Drug Misuse and Abuse Alcohol Misuse and Abuse

Hospitality and Leisure IV: Semester 1 End of Semester Exam

# Hospitality and Leisure IV: Semester 2

Hospitality and Leisure IV: Semester 2 Pretest

Golf Course and Resort Jobs

National and State Park Jobs

Theme and Amusement Park Jobs

Casino and Gaming Industry Jobs

**Event Coordination** 

Hospitality Law

Situational Awareness

Security Awareness

Understanding and Preparing for Active Shooter Events

Preventing and Responding to Active Shooter Events

Discrimination in the Workplace

Choosing the Right Resume for the Job

Writing a Winning Resume

Using Technology and Your Resume

Preparing for an Interview

Attending an Interview

Hospitality and Leisure IV: Semester 2 End of Semester Exam



#### CAREER ELECTIVE HOME CARE PROFESSIONAL I

# **DESCRIPTION:**

This course will prepare online students to employ skills needed in online coursework and the workplace. The course is presented in two semesters.

Semester 1 describes an overview of basic personal, professional, and self-management skills, including setting goals, professional communication skills, and time management and stress management techniques.

Semester 2 focuses on ways to improve study habits, to increase one's memory and motivation, and to strengthen decision making and problem-solving skills.

### **CREDITS:**

1 Credit

# PREREQUISITES:

There are no prerequisites for this course.



# Home Care Professional I: Semester 1

Home Care Professional I: Semester 1 Pretest

Understanding Self-Esteem

**Setting Goals** 

Learning Styles

Professional Uses of Technology

Security in Technology

21st Century Written Business Communication

Time Management Overview

Stress Management Overview

Anger Management Overview

**Conflict Resolution Strategies** 

Communication and Diversity

Communication in the Workplace

Sexual Harassment Awareness Overview

**Ethical Behavior** 

Home Care Professional I: Semester 1 End of Semester Exam

#### Home Care Professional I: Semester 2

Home Care Professional I: Semester 2 Pretest

Basics of Note-Taking

Reading Comprehension

Understanding and Improving Study Habits

Memory Techniques

Test-Taking Skills

Effective Environments for Learning

Distractions and Deterrents of Educational Success

What is Motivation?

**Self-Motivation** 

Trust and Motivation

Change as a Motivator

Embracing Change

Critical Thinking Basics

Problem Solving Model

**Decision Making** 

Improving Decision Making

Home Care Professional I: Semester 2 End of Semester Exam



# CAREER ELECTIVE HOME CARE PROFESSIONAL II

# **DESCRIPTION:**

This course will prepare online students to employ skills needed for effective communication both personally and professionally. It will also provide techniques to manage stress and control emotions. The course is presented in two semesters.

Semester 1 focuses on communication skills, including communicating effectively and in difficult situations.

Semester 2 focuses on managing stress and emotions; including stress and its impact, emotional intelligence, anger management, and conflict resolution.

### **CREDITS:**

1 Credit

# PREREQUISITES:

Home Care Professional I



# Home Care Professional II: Semester 1

Home Care Professional II: Semester 1 Pretest

Communication Overview

**Verbal Communication** 

**Verbal Business Communication** 

Written Communication

Written Business Communication

Nonverbal Communication

Communication Styles and Interpersonal Communication

**Effective Communication** 

Active Listening

Assertive vs. Aggressive Communication

Communicating in Difficult Situations

Difficult Behaviors in the Workplace

Negativity and Power Struggles at Work

Working with Procrastinators and Untrustworthy People

Communicating by Telephone

Networking for Success

Home Care Professional II: Semester 1 End of Semester Exam

# Home Care Professional II: Semester 2

Home Care Professional II: Semester 2 Pretest

What is Stress?

Signs and Symptoms of Stress

Sources of Stress

**Techniques for Managing Stress** 

**Anxiety and Stress** 

Mindset and Stress

Stress and Values Clarification

Stress at Work

Emotional Intelligence (EI)

**Emotional Intelligence Skills** 

**Understanding Anger** 

Anger Cycle

Anger Management

**Conflict Basics** 

Conflict Resolution

Addressing Violent Situations

Home Care Professional II: Semester 2 End of Semester Exam



#### CAREER ELECTIVE HOME CARE PROFESSIONAL III

# **DESCRIPTION:**

This course addresses skill sets critical to effective personal management, life, and career skills. This course discusses the ability to effectively deal with balancing life and work, managing time, and working with people. The course is presented in two semesters.

Semester 1 focuses on self-management skills, including saving and credit, accountability, organization, and balancing work and life.

Semester 2 focuses on managing time and working with others. Some topics include time management, personal productivity, handling information overload, tolerance, respect, and giving and receiving feedback.

# **CREDITS:**

1 Credit

# PREREQUISITES:

Home Care Professional I Home Care Professional II



#### Home Care Professional III: Semester 1

Home Care Professional III: Semester 1 Pretest

Budgeting

Saving

Credit

Healthy Lifestyle Choices

Personal Wellness

Self-Awareness

Positive Self Talk

Accountability

Self-Management

Tips & Tricks for Smooth Living

Crisis Management

Using Critical Thinking in Work and Life

Lifelong Learning

Balancing Work and Life

Pros and Cons of Social Media

Basic Professionalism

Home Care Professional III: Semester 1 End of Semester Exam

# Home Care Professional III: Semester 2

Home Care Professional III: Semester 2 Pretest

Introduction to Time Management

Time Management Types and Styles

Procrastination

Time Management Antagonists

Time Management Strategies

Personal Productivity

Handling Information Overload

**Setting Priorities** 

Diversity in the Workplace

Tolerance and Respect

Respect and Employment

Becoming the Go-to Person

Advancing in a Job

Cooperation and Compromise

Influencing and Persuading

Giving and Receiving Feedback and Criticism

Home Care Professional III: Semester 2 End of Semester Exam



#### CAREER ELECTIVE HOME CARE PROFESSIONAL IV

# **DESCRIPTION:**

This course will prepare online students to employ skills needed in the workplace. The course is presented in two semesters.

Semester 1 describes an overview of the roles and responsibilities of home care professionals, including person-to-person communications, working with customers, considerations for clients with specific needs, maintaining nutritional needs and healthy home environments, and methods for dealing with emergencies.

Semester 2 discusses aspects of personal care and hygiene for home care patients, including first aid, skin care and muscle maintenance, and the administration of medications. It also discusses how to care for individuals with specific ailments and methods for recording vital signs and documenting observations.

# **CREDITS:**

1 Credit

#### PREREQUISITES:

Home Care Professional II
Home Care Professional III
Home Care Professional III



# Home Care Professional IV: Semester 1

Home Care Professional IV: Semester 1 Pretest

The Home Care Career Field

Roles and Responsibilities of a Home Care Professional

Home Care Organizations and Programs

Home Care Person-to-Person Communications

Home Care Customers

Considerations for Special Clients in Home Care

The Human Body I The Human Body II

Providing Nutrition and Fluids

Buying and Preparing Food

Foodborne Illnesses

Maintaining a Healthy Home Environment

Bloodborne Pathogens Awareness

**Medical Emergency Awareness** 

Dealing with Emergencies

Home Care Professional IV: Semester 1 End of Semester Exam

#### Home Care Professional IV: Semester 2

Home Care Professional IV: Semester 2 Pretest

First Aid

Controlling Infection

Patient Grooming and Hygiene

Maintaining Skin and Muscle Integrity

Transfer and Ambulation

Caring for Pregnant Women and New Mothers

Infant and Toddler Care

Caring for Individuals with Epilepsy

Caring for Individuals with Diabetes

Caring for Individuals with Vertigo or Dizziness

Caring for Individuals with Depression

Caring for Individuals with Digestive Disorders

Medications

Reading and Recording Vital Signs

Documenting and Reporting Observations

Home Care Professional IV: Semester 2 End of Semester Exam



#### CAREER ELECTIVE INTRODUCTION TO MANUFACTURING I

# **DESCRIPTION:**

This course will prepare online students to employ skills needed in online coursework and the workplace. The course is presented in two semesters.

Semester 1 describes an overview of basic personal, professional, and self-management skills, including setting goals, professional communication skills, and time management and stress management techniques.

Semester 2 focuses on ways to improve study habits, to increase one's memory and motivation, and to strengthen decision making and problem solving skills.

### **CREDITS:**

1 Credit

# PREREQUISITES:

There are no prerequisites for this course.



### Manufacturing I: Semester 1

Manufacturing I: Semester 1 Pretest

Understanding Self-Esteem

Setting Goals Learning Styles

Professional Uses of Technology

Security in Technology

21st Century Written Business Communication

Time Management Overview

Stress Management Overview

Anger Management Overview

Conflict Resolution Strategies

Communication and Diversity

Communication in the Workplace

Sexual Harassment Awareness Overview

**Ethical Behavior** 

Manufacturing I: Semester 1 End of Semester Exam

# Manufacturing I Semester 2

Manufacturing I: Semester 2 Pretest

Basics of Note-Taking

Reading Comprehension

Understanding and Improving Study Habits

Memory Techniques

Test-Taking Skills

Effective Environments for Learning

Distractions and Deterrents of Educational Success

What is Motivation?

Self-Motivation

Trust and Motivation

Change as a Motivator

**Embracing Change** 

Critical Thinking Basics

**Problem Solving Model** 

**Decision Making** 

Improving Decision Making

Manufacturing I: Semester 2 End of Semester Exam



# CAREER ELECTIVE INTRODUCTION TO MANUFACTURING II

# **DESCRIPTION:**

This course will prepare online students to employ skills needed for effective communication both personally and professionally. It will also provide techniques to manage stress and control emotions. The course is presented in two semesters.

Semester 1 focuses on communication skills, including communicating effectively and in difficult situations.

Semester 2 focuses on managing stress and emotions; including stress and its impact, emotional intelligence, anger management, and conflict resolution.

#### **CREDITS:**

1 Credit

# PREREQUISITES:

Manufacturing I



### Manufacturing II Semester 1

Manufacturing II: Semester 1 Pretest

Communication Overview

Verbal Communication

**Verbal Business Communication** 

Written Communication

Written Business Communication

Nonverbal Communication

Communication Styles and Interpersonal Communication

**Effective Communication** 

Active Listening

Assertive vs. Aggressive Communication

Communicating in Difficult Situations

Difficult Behaviors in the Workplace

Negativity and Power Struggles at Work

Working with Procrastinators and Untrustworthy People

Communicating by Telephone

Networking for Success

Manufacturing II: Semester 1 End of Semester Exam

# Manufacturing II Semester 2

Manufacturing II: Semester 2 Pretest

What is Stress?

Signs and Symptoms of Stress

Sources of Stress

**Techniques for Managing Stress** 

Anxiety and Stress

Mindset and Stress

Stress and Values Clarification

Stress at Work

Emotional Intelligence (EI)

**Emotional Intelligence Skills** 

**Understanding Anger** 

Anger Cycle

Anger Management

**Conflict Basics** 

Conflict Resolution

Addressing Violent Situations

Manufacturing II: Semester 2 End of Semester Exam



# CAREER ELECTIVE INTRODUCTION TO MANUFACTURING III

# **DESCRIPTION:**

This course addresses skill sets critical to effective personal management, life, and career skills. This course discusses the ability to effectively deal with balancing life and work, managing time, and working with people. The course is presented in two semesters.

Semester 1 focuses on self-management skills, including saving and credit, accountability, organization, and balancing work and life.

Semester 2 focuses on managing time and working with others. Some topics include time management, personal productivity, handling information overload, tolerance, respect, and giving and receiving feedback.

#### **CREDITS:**

1 Credit

#### PREREQUISITES:

Manufacturing I Manufacturing II



### Manufacturing III Semester 1

Manufacturing III: Semester 1 Pretest

Budgeting Saving Credit

Healthy Lifestyle Choices

Personal Wellness Self-Awareness Positive Self Talk Accountability

Self-Management

Tips & Tricks for Smooth Living

Crisis Management

Using Critical Thinking in Work and Life

Lifelong Learning

Balancing Work and Life

Pros and Cons of Social Media

Basic Professionalism

Manufacturing III: Semester 1 End of Semester Exam

# Manufacturing III Semester 2

Manufacturing III: Semester 2 Pretest Introduction to Time Management Time Management Types and Styles

Procrastination

Time Management Antagonists Time Management Strategies

Personal Productivity

Handling Information Overload

**Setting Priorities** 

Diversity in the Workplace

Tolerance and Respect

Respect and Employment

Becoming the Go-to Person

Advancing in a Job

Cooperation and Compromise

Influencing and Persuading

Giving and Receiving Feedback and Criticism

Manufacturing III: Semester 2 End of Semester Exam



# CAREER ELECTIVE INTRODUCTION TO MANUFACTURING IV

### **DESCRIPTION:**

This course provides an overview of fundamental manufacturing concepts. It is intended to assist individuals' personal and professional development as they enter the field of manufacturing. This course is presented in two semesters.

Semester 1 provides an overview of the manufacturing career field. It discusses safety and health laws and regulations for manufacturing, field industries and common processes, manufacturing measurements and drawings, and supply chains. It also discusses important workplace topics, such as discrimination, harassment, drug/alcohol misuse, and personal safety issues.

Semester 2 describes manufacturing management tools, workplace team dynamics, product quality, and the basics of electricity, hydraulic systems, and pneumatic systems. It also discusses employment topics, including writing a resume.

# **CREDITS:**

1 Credit

# PREREQUISITES:

Manufacturing I Manufacturing II Manufacturing III



### Manufacturing IV Semester 1

Manufacturing IV: Semester 1 Pretest

The Manufacturing Career Field

Safety and Health in Manufacturing Laws and Regulations

Employment and Labor Relations Laws and Regulations for Manufacturing

Manufacturing Industries and Processes

Manufacturing Measurements

Manufacturing Drawings

Manufacturing Process Variables

Supply Chains

Drug Misuse and Abuse

Alcohol Misuse and Abuse

Discrimination in the Workplace

Harassment at Work

Bloodborne Pathogens Awareness

Personal Insurance 1

Personal Insurance 2

Manufacturing IV: Semester 1 End of Semester Exam

# Manufacturing IV Semester 2

Manufacturing IV: Semester 2 Pretest

Lean and Six-Sigma in Manufacturing

Manufacturing Workplace Teams

Working as Part of a Team

Working with Poor Leadership

Becoming a Good Leader

Relationships In and Out of the Workplace

Machine Types

**Product Quality** 

**Electricity Basics** 

Electric Circuits

Hydraulic Systems

Pneumatic Systems

**Employment Hot Topics** 

Choosing the Right Resume for the Job

Writing a Winning Resume

Using Technology and Your Resume

Manufacturing IV: Semester 2 End of Semester Exam