Health Sciences 1 provides knowledge and skills students need for careers in health care. Students explore the services, structure, and professions of the health care system and get guidance on choosing a specific career path in health services, including career paths in emergency medicine, nutrition, and alternative medicine.

Students focus on day-to-day skills and expectations for health professionals, which include promoting wellness, maintaining a safe environment, creating medical records, and practicing good communication, collaboration, and leadership. In addition, students will expand their understanding of health and safety systems, how to address emergency situations, and deal with infection control issues. Students will also explore topics in medical science, terminology, procedures, and regulations - including an overview of physiology and medical measurements.

Using real-life scenarios and application-driven activities, students learn the responsibilities and challenges of being health care professionals and deepen their knowledge of various career options. In addition to building their understanding of technical concepts and skills, students evaluate the qualifications required for specific careers and develop personal career plans to pursue work in the health care industry and extend their knowledge of oral and written communication in health science.

Principles of Health Science is a full-year Career and Technical Education course for programs of study in health sciences. This course is built to state and national standards.

Length: Two Semesters

Unit 1: Health, Disease, and Health Care Industry

- Overview of Health and Disease
- Health Care System
- Health Law and Liability
- Wrap-Up: The Health Sciences Profession

Unit 2: Careers in the Health Sciences

- Career Exploration
- Career Planning
- How to Get the Job!
- Wrap-up: Careers in the Health Sciences

Unit 3: Teamwork in Health Care

- What is Teamwork?
- Dealing with Conflict
- Wrap-up Teamwork in Health Care

Unit 4: Health Care Communication and Records

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- Communication in Health Care
- Health Care Records
- Wrap-up: Health Care Communication and Records

Unit 5: Safety and Wellness

- Workplace Safety in Health Care
- Personal Wellness in the Workplace
- Wrap-up: Safety and Wellness

Unit 6: Health Sciences Wrap-Up

Unit 7: The Body in Harmony

- Understanding Bodily Harmony
- Disease and Homeostasis
- The Body in Harmony Wrap-Up

Unit 8: The Tools of the Trade

- Using Instruments
- Interpreting Charts
- The Tools of the Trade Wrap-Up

Unit 9: Patient Safety

- Meeting Safety Standards
- Patient Management
- Safety and Hazardous Materials
- Patient Safety Wrap-Up

Unit 10: Emergencies

- Medical Emergencies
- Responding to Emergencies
- Emergencies Wrap-Up

Unit 11: Beyond the Basics

- Grief
- Food and Wellness
- What's Trending in Alternative Health?
- Beyond the Basics Wrap-Up

Unit 12: Intermediate Health Science Wrap-Up

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