Introduction to Health and Medical Sciences 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.

Introduction to Health and Medical Sciences 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**

**LESSON 1: OVERVIEW OF HEALTH AND DISEASE**

**Study: Health and You**
Describe health and what good health means.
Duration: 0 hrs 40 mins Scoring: 0 points

**Quiz: Health and You**
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

**Study: A Guide for Good Health**
Describe ways to maintain good health.
Duration: 0 hrs 40 mins Scoring: 0 points

**Practice: Personal Health Issues**
Identify some prominent personal health issues.
Duration: 1hr Scoring: 40 points

**Quiz: A Guide for Good Health**
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

**LESSON 2: HEALTH CARE SYSTEM**

**Study: Health Care Overview**
Describe the basic components of the health care delivery system.
Duration: 0 hrs 40 mins Scoring: 0 points

**Checkup: Health Care Delivery Walkthrough**
Explain how some health care components can vary in different scenarios.
Duration: 0 hrs 40 mins Scoring: 0 points
Quiz: Health Care Overview
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Health Sciences Professions
Explain the roles and responsibilities of various members of the health science professions.
Duration: 0 hrs 40 mins Scoring: 0 points

Checkup: Health Professions Idea Map
Examine the need for and components of the health science professions.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Health Sciences Professions
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Health Care Cost
Identify some of the issues that affect health care cost.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Health Care Cost
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: What's Trending in Health Care?
Identify emerging issues in health care and how they can affect the delivery process.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: What's Trending in Health Care?
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

LESSON 3: HEALTH LAW AND LIABILITY

Study: Legal Responsibilities
Identify certain health care legal issues and their consequences.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Health Care Ethics
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Health Care Ethics
Identify health care practices as either ethical or unethical.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Patient Bill of Rights
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Patient Bill of Rights
Describe the rights of patients under the Patient Bill of Rights.
Duration: 0 hrs 40 mins Scoring: 0 points

Practice: Assessing Liability
Identify consequences of ethical and legal issues.
Duration: 1 hr Scoring: 40 points

Quiz: Legal Responsibilities
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points
LESSON 4: WRAP-UP: THE HEALTH SCIENCES PROFESSION

Project: Ethics Charter
Develop a professional ethics charter.
Duration: 2 hrs 30 mins Scoring: 100 points

Review: The Health Sciences Profession
Prepare for the unit test by reviewing key concepts and skills.
Duration: 0 hrs 30 mins Scoring: 0 points

Test (CS): The Health Sciences Profession
Take a computer-scored test to assess what you have learned in this unit.
Duration: 0 hrs 40 mins Scoring: 60 points

UNIT 2: CAREERS IN THE HEALTH SCIENCES

LESSON 1: CAREER EXPLORATION

Study: Pathways in Health Sciences
Compare careers within the health science career pathways.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Your Career Options
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Comparing Career Opportunities
Examine employment opportunities in different health science careers.
Duration: 0 hrs 40 mins Scoring: 0 points

Checkup: Career Self-Assessment
Identify an area of career interest in the health sciences discipline.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Comparing Career Opportunities
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

LESSON 2: CAREER PLANNING

Study: Career Goals and Development Plan
Describe how to develop a career development plan.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Career Goals and Development Plan
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Career Portfolio
Identify the different parts of a career portfolio.
Duration: 0 hrs 40 mins Scoring: 0 points

Practice: Career Skills & Qualifications Map
Match career skills with the different health science careers.
Duration: 0 hrs 40 mins Scoring: 30 points

Quiz: Career Portfolio
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

LESSON 3: HOW TO GET THE JOB!
Study: Education Requirements
Identify the academic requirements for health sciences occupations.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Education Requirements
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: The Competitive Resume
Identify the qualities of a successful resume and cover letter.
Duration: 0 hrs 40 mins Scoring: 0 points

Practice: Writing a Cover Letter
Write a cover letter for health science job of your choice.
Duration: 0 hrs 40 mins Scoring: 30 points

Quiz: The Competitive Resume
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Developing Interview Skills
Identify important interview skills.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Developing Interview Skills
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

LESSON 4: WRAP-UP: CAREERS IN THE HEALTH SCIENCES

Project: Write a Resume
Write a resume for an advertised job in the health care industry.
Duration: 2 hrs 30 mins Scoring: 100 points

Review: Careers in the Health Sciences
Prepare for the unit test by reviewing key concepts and skills.
Duration: 0 hrs 30 mins Scoring: 0 points

Test (CS): Careers in the Health Sciences
Take a computer-scored test to assess what you have learned in this unit.
Duration: 0 hrs 40 mins Scoring: 60 points

UNIT 3: TEAMWORK IN HEALTH CARE

LESSON 1: WHAT IS TEAMWORK?

Study: Working with a Team
Describe the characteristics of an effective team in the health care environment.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Working with a Team
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Teamwork in Interdisciplinary Health Care
Identify the components that make up an interdisciplinary health care team.
Duration: 0 hrs 40 mins Scoring: 0 points

Practice: Collaborative Planning
Develop a collaborative, interdisciplinary plan for team work based on a health care scenario.
Duration: 1 hr Scoring: 40 points
Quiz: Teamwork in Interdisciplinary Healthcare
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

LESSON 2: DEALING WITH CONFLICT

Study: What is Conflict?
Identify factors that increase risk of conflict.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: What is Conflict?
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Conflict Resolution
Describe strategies for eliminating conflict.
Duration: 0 hrs 40 mins Scoring: 0 points

Practice: Predicting Conflict
Practice identifying and eliminating health care-related conflicts in real-world scenarios.
Duration: 1 hr Scoring: 40 points

Quiz: Conflict Resolution
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

LESSON 3: WRAP-UP TEAMWORK IN HEALTH CARE

Project: Conflict Solutions Chart
Practice solving conflict using appropriate conflict resolution strategies.
Duration: 2 hrs 30 mins Scoring: 100 points

Review: Team Work in Health Care
Prepare for the unit test by reviewing key concepts and skills.
Duration: 0 hrs 30 mins Scoring: 0 points

Test (CS): Team Work in Health Care
Take a computer-scored test to assess what you have learned in this unit.
Duration: 0 hrs 40 mins Scoring: 60 points

UNIT 4: HEALTH CARE COMMUNICATION AND RECORDS

LESSON 1: COMMUNICATION IN HEALTH CARE

Study: Communication in Health Care
Describe effective communication skills in a health care occupation.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Communication in Health Care
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Health Information Privacy
Describe regulations of the Health Insurance Portability and Accountability Act (HIPAA).
Duration: 0 hrs 40 mins Scoring: 0 points

Practice: HIPAA Scenarios
Apply HIPAA principles to real-life scenarios.
Duration: 1 hr Scoring: 40 points

Quiz: Health Information Privacy
Take a quiz to assess your understanding of the material.
LESSON 2: HEALTH CARE RECORDS

Study: Health Information Management
Describe health information management programs.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Health Information Management
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

Checkup: Health Information Database Scenarios
Outline the steps for recording information in health databases.
Duration: 0 hrs 40 mins Scoring: 0 points

Study: Electronic Health Records (EHR)
Describe the benefits of using electronic heath records.
Duration: 0 hrs 40 mins Scoring: 0 points

Practice: Using Electronic Health Records (EHR)
Determine the benefits and drawbacks of using electronic health records.
Duration: 1 hr Scoring: 40 points

Quiz: Electronic Health Records (EHR)
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

LESSON 3: WRAP-UP: HEALTH CARE COMMUNICATION AND RECORDS

Project: Complete an Electronic Health Record
Fill out what is missing on an electronic health record.
Duration: 2 hrs 30 mins Scoring: 100 points

Review: Health Care Communication and Records
Prepare for the unit test by reviewing key concepts and skills.
Duration: 0 hrs 30 mins Scoring: 0 points

Test (CS): Health Care Communication and Records
Take a computer-scored test to assess what you have learned in this unit.
Duration: 0 hrs 40 mins Scoring: 60 points

UNIT 5: SAFETY AND WELLNESS

LESSON 1: WORKPLACE SAFETY IN HEALTH CARE

Study: Safe Work Environments
Describe rules and regulations that ensure health care workers are reducing the risk of infectious diseases and creating a safe environment.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Safe Work Environments
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Bloodborne Pathogen Prevention
Explain the importance of bloodborne pathogen spread prevention.
Duration: 0 hrs 40 mins Scoring: 0 points

Practice: Identify Prevention Strategies
Outline appropriate prevention strategies for unsafe environments.
Duration: 1 hr Scoring: 40 points
Quiz: Bloodborne Pathogen Prevention
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Safety Regulations
Describe safety procedures used in health care occupations.
Duration: 0 hrs 40 mins Scoring: 0 points

Checkup: Which Regulatory Agency?
Compare how different regulatory organizations in the health care industry resolve safety and regulatory issues.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Safety Regulations
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

LESSON 2: PERSONAL WELLNESS IN THE WORKPLACE
Study: Maintaining Your Health
Describe personal health practices for maintaining optimal health in the workplace.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Maintaining Your Health
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Strategies for Disease Prevention
Identify strategies for personal prevention of diseases.
Duration: 0 hrs 40 mins Scoring: 0 points

Practice: Wellness Strategy Chart
Outline strategies that will lead to wellness.
Duration: 1 hr Scoring: 40 points

Quiz: Strategies for Disease Prevention
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

LESSON 3: WRAP-UP: SAFETY AND WELLNESS
Project: Wellness Plan
Create a wellness plan that supports personal health and safety in the work environment.
Duration: 2 hrs 30 mins Scoring: 100 points

Review: Safety and Wellness
Prepare for the unit test by reviewing key concepts and skills.
Duration: 0 hrs 30 mins Scoring: 0 points

Test (CS): Safety and Wellness
Take a computer-scored test to assess what you have learned in this unit.
Duration: 0 hrs 40 mins Scoring: 60 points

UNIT 6: HEALTH SCIENCES WRAP-UP
LESSON 1: HEALTH SCIENCES WRAP-UP
Review: Health Sciences
Prepare for the end-of-semester exam by reviewing key concepts and skills.
Duration: 0 hrs 45 mins Scoring: 0 points

Exam: Health Sciences
Take a computer-scored exam to assess what you have learned in previous units.
UNIT 7: THE BODY IN HARMONY

LESSON 1: UNDERSTANDING BODILY HARMONY

Study: What is Homeostasis?
Describe the bodily processes that help maintain homeostasis.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: What is Homeostasis?
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: How the Body Finds Harmony
Identify the chemical and biological factors that help maintain homeostasis.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: How the Body Finds Harmony
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: The Body out of Harmony
Explain the changes in structure and function due to trauma and disease.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: The Body out of Harmony
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Checkup: Understanding Imbalance
Identify the chemical and biological factors that maintain, and disrupt, bodily harmony.
Duration: 0 hrs 40 mins Scoring: 0 points

LESSON 2: DISEASE AND HOMEOSTASIS

Study: Disease Control Guidelines
Identify infection control techniques and security measures.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Disease Control Guidelines
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Infection and Disease in a Connected Planet
Discuss global infection, outbreak threats and how the health industry is responding.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Infection and Disease in a Connected Planet
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Emerging Diseases
Describe and analyze emerging disease, including HIV/AIDS.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Emerging Diseases
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Practice: Factors Affecting Disease
Conduct research on the main factors keeping the body in (and out) of harmony.
LESSON 3: THE BODY IN HARMONY WRAP-UP

Project: Assemble a Public Health Team
Research emerging diseases and disorders.
Duration: 2 hrs 30 mins Scoring: 100 points

Review: The Body in Harmony
Review the material from this unit.
Duration: 0 hrs 30 mins Scoring: 0 points

Test (CS): The Body in Harmony
Take a test on the material from this unit.
Duration: 0 hrs 40 mins Scoring: 60 points

UNIT 8: THE TOOLS OF THE TRADE

LESSON 1: USING INSTRUMENTS

Study: Measurements in Health Sciences
Measure time, temperature and distance in the health sciences.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Measurements in Health Sciences
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Working with Medical Math
Convert time, temperature and distance in the health sciences.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Working with Medical Math
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Checkup: Applying Measurements
Practice the basics of medical measurements.
Duration: 0 hrs 40 mins Scoring: 0 points

LESSON 2: INTERPRETING CHARTS

Study: Understanding Charts and Tables
Introduce students to the most common health sciences charts and how they relate to overall patient care.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Understanding Charts and Tables
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Interpreting Charts and Tables
Work with the most common health sciences charts and how they relate to overall patient care.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Interpreting Charts and Tables
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Practice: Examining a Patient
Interpret medical data and manage data accordingly.
Duration: 0 hrs 40 mins Scoring: 40 points

LESSON 3: THE TOOLS OF THE TRADE WRAP-UP
Project: Utilizing the Tools of the Trade
File a report on certain scenarios that require computation and metrics skills.
Duration: 2 hrs 30 mins Scoring: 100 points

Review: The Tools of the Trade
Review the material from this unit.
Duration: 0 hrs 30 mins Scoring: 0 points

Test (CS): The Tools of the Trade
Take a test on the material from this unit.
Duration: 0 hrs 40 mins Scoring: 60 points

UNIT 9: PATIENT SAFETY

LESSON 1: MEETING SAFETY STANDARDS

Study: Patient Safety Goals
Discuss The Joint Commission patient safety goals.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Patient Safety Goals
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Employee Safety
Discuss proper body mechanics, ergonomics and equipment safety.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Employee Safety
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

LESSON 2: PATIENT MANAGEMENT

Study: Handling Patients
Identify patients in different health sciences settings and the procedures for doing so.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Handling Patients
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Patient Safety and Substance Abuse
Distinguish among the five schedules of controlled substances.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Patient Safety and Substance Abuse
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Checkup: Patient Procedures
Perform admission, discharge, and transfer functions in a simulated setting.
Duration: 0 hrs 40 mins Scoring: 0 points

Study: Quality Control Systems
Explain quality control systems and/or practices common to the workplace.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Quality Control Systems
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points
Practice: Dealing with Accidents
Identify and communicate patient handling and quality control.
Duration: 0 hrs 40 mins Scoring: 40 points

LESSON 3: SAFETY AND HAZARDOUS MATERIALS

Study: Biohazards
Explore protocols around biohazardous material.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Biohazards
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Checkup: Safety and Biohazards
Explain the threat of biohazards on patient and public safety.
Duration: 0 hrs 40 mins Scoring: 0 points

Study: What is Asepsis?
Explain medical asepsis.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: What is Asepsis?
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

LESSON 4: PATIENT SAFETY WRAP-UP

Project: Practicing Safety
Explore the proper disposal of hazardous material.
Duration: 2 hrs 30 mins Scoring: 100 points

Review: Patient Safety
Review the material from this unit.
Duration: 0 hrs 30 mins Scoring: 0 points

Test (CS): Patient Safety
Take a test on the material from this unit.
Duration: 0 hrs 40 mins Scoring: 60 points

UNIT 10: EMERGENCIES

LESSON 1: MEDICAL EMERGENCIES

Study: Emergencies 101
Explain the legal parameters relating to emergency care.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Emergencies 101
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Dealing with Emergencies
Explore techniques to successfully navigate emergency situations.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Dealing with Emergencies
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Checkup: Emergency Care Protocols
Analyze proper emergency care protocols.
Study: Emergency Planning
Explain how emergencies are managed by various health science institutions.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Emergency Planning
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Practice: Develop an Emergency Plan
Develop an emergency plan.
Duration: 0 hrs 40 mins Scoring: 40 points

LESSON 2: RESPONDING TO EMERGENCIES

Study: Emergency First Aid
Read and interpret vital signs as they relate to emergency care.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Emergency First Aid
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: What is CPR?
Discuss the basics of CPR.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: What is CPR?
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Study: Foreign Body Obstruction
Discuss foreign body obstruction.
Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Foreign Body Obstruction
Take a short quiz on what you've just learned.
Duration: 0 hrs 20 mins Scoring: 30 points

Checkup: Testing Your Response
Review the basics of first aid response.
Duration: 0 hrs 40 mins Scoring: 0 points

LESSON 3: EMERGENCIES WRAP-UP

Project: Let's Get Certified
Obtain certification in CPR, AED, FBAO and first aid.
Duration: 2 hrs 30 mins Scoring: 100 points

Review: Emergencies
Review the material from this unit.
Duration: 0 hrs 30 mins Scoring: 0 points

Test (CS): Emergencies
Take a test on the material from this unit.
Duration: 0 hrs 40 mins Scoring: 60 points

UNIT 11: BEYOND THE BASICS

LESSON 1: GRIEF

Study: Psychological Health
Identify psychological reactions to illness, disease and disorder, including defense mechanisms.

**Quiz: Psychological Health**
Take a short quiz on what you've just learned.

Duration: 0 hrs 40 mins Scoring: 0 points

**Study: Grief**
Identify the steps in the grief process.

Duration: 0 hrs 40 mins Scoring: 0 points

**Quiz: Grief**
Take a short quiz on what you've just learned.

Duration: 0 hrs 20 mins Scoring: 30 points

**Checkup: Grief and Illness**
Identify psychological reactions to disease and the grief process.

Duration: 0 hrs 40 mins Scoring: 0 points

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**LESSON 2: FOOD AND WELLNESS**

**Study: Eating Your Way to Health**
Identify wellness and stress control plans as it relates to nutrition.

Duration: 0 hrs 40 mins Scoring: 0 points

**Quiz: Eating Your Way to Health**
Take a short quiz on what you've just learned.

Duration: 0 hrs 20 mins Scoring: 30 points

**Study: Planning for Your Health**
Discuss the science of alternative health for daily life.

Duration: 0 hrs 40 mins Scoring: 0 points

**Quiz: Planning for Your Health**
Take a short quiz on what you've just learned.

Duration: 0 hrs 20 mins Scoring: 30 points

**Checkup: Developing a Wellness Plan**
Develop a wellness and stress control plan.

Duration: 0 hrs 40 mins Scoring: 0 points

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**LESSON 3: WHAT’S TRENDING IN ALTERNATIVE HEALTH?**

**Study: Alternative Health Strategies**
Explore alternative health strategies.

Duration: 0 hrs 40 mins Scoring: 0 points

**Quiz: Alternative Health Strategies**
Take a short quiz on what you've just learned.

Duration: 0 hrs 20 mins Scoring: 30 points

**Study: Jobs in Alternative Health**
Explore career opportunities in alternative health.

Duration: 0 hrs 40 mins Scoring: 0 points

**Quiz: Jobs in Alternative Health**
Take a short quiz on what you've just learned.

Duration: 0 hrs 20 mins Scoring: 30 points

**Practice: Research Alternative Health Careers**
Research alternative health strategies.
LESSON 4: BEYOND THE BASICS WRAP-UP

Project: A Return to Homeostasis
Research alternative health practices and therapies.
Duration: 2 hrs 30 mins Scoring: 100 points

Review: Beyond the Basics
Review the material from this unit.
Duration: 0 hrs 30 mins Scoring: 0 points

Test (CS): Beyond the Basics
Take a test on the material from this unit.
Duration: 0 hrs 40 mins Scoring: 60 points

UNIT 12: INTERMEDIATE HEALTH SCIENCE WRAP-UP

LESSON 1: INTERMEDIATE HEALTH SCIENCE WRAP-UP

Review: Intermediate Health Science Wrap-Up
Review the material from this course.
Duration: 0 hrs 45 mins Scoring: 0 points

Exam: Intermediate Health Science
Take a computer-scored exam to assess what you have learned in previous units.
Duration: 1 hr Scoring: 120 points