Introduction to Health Science provides the foundational knowledge and skills students need for careers in health care. Students begin by exploring the services, structure, and professions of the health care system. The remainder of the course focuses 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.

Using real-life scenarios and application-driven activities, students learn the responsibilities and challenges of being health care professionals. 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.

Introduction to Health Science is an introductory-level Career and Technical Education course for programs of study in health sciences.

This course is built to state and national standards.

Length: One semester

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: 1 hr 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.
Duration: 0 hrs 20 mins Scoring: 30 points

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 health 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: 1hr 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: 1hr 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-course 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.
Duration: 1 hr Scoring: 120 points