

Health Science Foundations 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.

Health Science Foundations 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: 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

Checkpoint: 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: 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.

Duration: 0 hrs 40 mins Scoring: 40 points

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

Checkpoint: 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.

Duration: 0 hrs 40 mins Scoring: 0 points

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.

Duration: 0 hrs 40 mins Scoring: 0 points

Quiz: Psychological Health

Take a short quiz on what you've just learned.

Duration: 0 hrs 20 mins Scoring: 30 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

Checkpoint: Grief and Illness

Identify psychological reactions to disease and the grief process.

Duration: 0 hrs 40 mins Scoring: 0 points

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

Checkpoint: Developing a Wellness Plan

Develop a wellness and stress control plan.

Duration: 0 hrs 40 mins Scoring: 0 points

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.

Duration: 0 hrs 40 mins Scoring: 40 points

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