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 aligned with 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?
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.
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.

**Quiz: Career Goals and Development Plan**
Take a quiz to assess your understanding of the material.

**Duration:** 0 hrs 40 mins  
**Scoring:** 0 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

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**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.
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*

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**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*

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**LESSON 3: WRAP-UP TEAMWORK IN HEALTH CARE**

**Project: Conflict Solutions Chart**
Practice solving conflict using appropriate conflict resolution strategies.  
*Duration: 2 hrs*
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.
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*

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**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*

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**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*

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### 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*

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### UNIT 6: HEALTH SCIENCES WRAP-UP

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### LESSON 1: HEALTH SCIENCES WRAP-UP

**Review: Health Sciences**
Prepare for the end-of-course exam by reviewing key concepts and skills.

**Exam: Health Sciences**

Take a computer-scored exam to assess what you have learned in previous units.

*Duration: 1 hr*

*Scoring: 120 points*