**Course Description:**

Students will increase their knowledge of comprehensive health and wellness. Students will be able to identify the components of fitness and communicate the relationship between physical ﬁtness, physical performance, injury prevention, and nutritional intake. Students will evaluate an individual’s state of nutrition based upon the impact of personal choices and social, scientific, psychological and environmental influences. Further, students will calculate an individual’s kilocalorie burn rate and recommend an ideal diet and physical fitness plan.

**Strand 2. Human Body System**

Learners will describe the various anatomy, physiology, and pathophysiology associated with body systems and alterations related to the normal developmental process, obtain a health history, perform an evaluation of the body systems, and document using medical terminology.

**Outcome: 2.1. Human Anatomy, Physiology, and Pathophysiology**

Describe the various human body systems, alterations related to the normal developmental process and possible dysfunctions.

**Competencies**

2.1.7. Describe the structures and functions of the musculoskeletal system.

*An “X” indicates that the pathway applies to the outcome.*

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| **Pathways** | X | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Outcome: 2.2. Evaluate Body Systems**

Assess the biopsychosocial state of the patient and document using medical terminology.

**Competencies**

2.2.1. Provide privacy and demonstrate sensitivity for diverse populations.

2.2.2. Contact interpretive services for non‐English speaking and English Language Learners (ELL).

2.2.3. Use developmentally appropriate language to systematically review disease processes related to each body system.

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| **Pathways** | X | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Outcome: 2.3. Medical Terminology**

Decipher medical terms through word origin and structure with an emphasis on derivation, meaning, pronunciation, and spelling.

**Competencies**

2.3.1. Build and decipher medical term meanings by identifying and using word elements (e.g., word roots, prefixes, suffixes, and combining forms).

2.3.2. Apply the rules used to build singular and plural forms of medical terminology derived from the Greek and Latin language.

2.3.3 Use diagnostic, symptomatic, and procedural terms to read and interpret various medical reports.

2.3.4. Use abbreviations and symbols to identify anatomical, physiological and pathological classifications and the associated medical specialties and procedures.

2.3.5. Communicate medical instructions and prepare medical documents using medical terminology.

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| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Strand 3. Therapeutic Interventions**

Learners will assist with improving the individual's health outcome and quality of life throughout the lifespan within their scope of practice.

**Outcome: 3.1. Environmental Interventions**

Create and maintain a safe, sterile, efficient, age‐appropriate care environment.

**Competencies**

3.1.1. Use standard precaution guidelines, recommended by the Centers for Disease Control and

Prevention, for reducing the risk of transmission of blood‐borne and other pathogens.

3.1.2. Maintain individuals’ rights, respect individual’s choices and describe informed consent.

3.1.3. Describe confidentiality guidelines in the Health Insurance Portability and Accountability Act

(HIPAA).

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| **Pathways** | X | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Outcome: 3.2. Health Promotion Interventions**

Identify and communicate health promotion and wellness to individuals, support systems, and communities.

**Competencies**

3.2.1. Describe the national and state health agenda for wellness.

3.2.2. Measure and classify body composition, neuromuscular flexibility, agility, balance, coordination and proprioception.

3.2.3. Measure and classify an individual’s cardiorespiratory fitness, muscular strength, endurance and power.

3.2.4. Identify the needs of the individual, support system, and community related to physical, biological, technological, spiritual, religious, social and behavioral wellness.

3.2.5. Communicate relevant information to promote, maintain and restore overall wellness.

3.2.6 Communicate the medical benefits and risks associated with immunizations and other preventative care across the life span.

3.2.7. Identify the components of wellness. .

3.2.8. Communicate the relationship between dimensions of health and wellness.

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| **Pathways** | X | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
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**Outcome: 3.3. Pharmaceutical Interventions**

Prepare, administer, store and document medications, reactions and outcomes according to laws, regulations and authorized health care provider orders and protocols.

**Competencies**

3.3.14. Identify fluid and electrolyte imbalances, side‐effects and adverse reactions.

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| **Pathways** | X | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Outcome: 3.5. Nutritional Interventions**

Identify nutritional needs and communicate information to the individual and support system.

**Competencies**

3.5.1. Describe the role and effects of carbohydrates, proteins, fats, electrolytes, minerals, vitamins and water in body systems.

3.5.2. Calculate the energy of carbohydrates, proteins and fats.

3.5.3. Describe nutritional supplements and ergogenic aids and potential effects.

3.5.4. Calculate caloric needs of the individual and refer the individual to nutritional resources for

optimal health and performance.

3.5.5. Provide diet and hydration guidelines to maintain optimal health.

3.5.6. Identify food and drug interactions.

3.5.7. Describe types of allergic reactions to foods and food intolerances.

3.5.8. Describe regional, cultural and religious food preferences.

3.5.9. Monitor nutritional intake and output.

3.5.10. Measure and classify based on anthropometric measurements.

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| **Pathways** | X | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
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**Outcome: 3.6. Exercise and Rehabilitative Intervention**

Evaluate, define and perform training, and document therapies to enhance mobility and muscle strength.

**Competencies**

3.6.1. Complete a comprehensive fitness evaluation.

3.6.9. Fit ambulatory aids and perform gait training.

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| **Pathways** | X | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Outcome: 3.7. Dental Interventions**

Assist in the application of dental and oral interventions and document with dental terminology and symbols.

**Competencies**

3.7.1. Identify dental anatomy, surfaces, and tooth numbering systems.

3.7.2. Explain the relationship between oral health and nutritional factors related to dentistry.

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| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Strand 4. Assistive Care**

Learners demonstrate the skills and knowledge to provide personal assistive care for the activities of daily living to a variety of individuals across stages of development within their scope of practice.

**Outcome: 4.1. Scope of Practice**

Describe the roles and responsibilities of assistive personnel and identify the medical specialists who treat disorders of each body system.

**Competencies**

4.1.5. Identify the medical specialists who treat disorders of each body system.

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| **Pathways** | X | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Outcome: 4.2. Therapeutic Communication and Interpersonal Skills**

Demonstrate and document communication techniques and behaviors when communicating and interacting with individuals.

**Competencies**

4.2.1. Interpret non‐verbal communication, including gestures, posture, touch, facial expressions, eye contact, body movements, avoidance and appearance.

4.2.2. Describe the importance of maintaining an individual’s personal space.

4.2.3. Identify the importance of empathy in interpersonal relationships and the need for kindness, patience and listening.

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| **Pathways** | X | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |

**Strand 6. Health Information Management**

Learners will demonstrate basic computer literacy, health information literacy and skills, confidentiality and privacy of health records, information security and basic skills in the use of electronic health records.

**Outcome: 6.2. Confidentiality, Privacy and Security**

Apply the fundamentals of confidentiality, privacy and security to communicate health/medical information accurately and within legal/regulatory bounds to other external entities.

**Competencies**

6.2.2. Differentiate between types of evidence used in healthcare litigation, process of discovery and

the permissible use of evidence in litigation, recognizing the elements of negligence and

medical malpractice.

6.2.3. Interpret regulatory requirements, standards of practice, legal responsibility, limitations and implications of actions and describe the appropriate avenues for reporting incidences of malpractice or negligence.

6.2.4. Identify what constitutes the authorized access, release and use of personal health information.

6.2.5. Distinguish confidential and non‐confidential information, and document and prioritize requests for personal health information according to privacy and confidentiality guidelines.

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| **Pathways** | X | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | | X | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **Green Practices** |  | Green-specific |  | Context-dependent | | X | Does not apply | | |  |  |