**Course Description:**

Students will complete comprehensive fitness evaluations and develop individualized training programs. Students will administer lab and field tests of cardiovascular endurance, body composition, joint flexibility and muscular strength, power, and endurance. Emphasis is placed on assessing body composition, neuromuscular flexibility, agility, balance, coordination, and proprioception. Additionally, students will identify components of physical fitness and communicate how physical activity impact health and wellness.

**Strand 1. Business Operations/21st Century Skills**

Learners apply principles of economics, business management, marketing and employability in an entrepreneur, manager and employee role to the leadership, planning, developing and analyzing of business enterprises related to the career field.

**Outcome 1.1. Employability Skills**

Develop career awareness and employability skills (e.g., face‐to‐face, online) needed for gaining and maintaining employment in diverse business settings.

Competencies

1.1.1. Identify the knowledge, skills and abilities necessary to succeed in careers.

1.1.2. Identify the scope of career opportunities and the requirements for education, training, certification, licensure and experience.

1.1.3. Develop a career plan that reflects career interests, pathways and secondary and postsecondary options.

1.1.4. Describe the role and function of professional organizations, industry associations and organized labor and use networking techniques to develop and maintain professional relationships.

1.1.5. Develop strategies for self‐promotion in the hiring process (e.g., filling out job applications, résumé writing, interviewing skills, portfolio development).

1.1.6. Explain the importance of work ethic, accountability and responsibility and demonstrate associated behaviors in fulfilling personal, community and workplace roles.

1.1.7. Apply problem‐solving and critical‐thinking skills to work‐related issues when making decisions and formulating solutions.

1.1.8. Identify the correlation between emotions, behavior and appearance and manage those to establish and maintain professionalism.

1.1.9. Give and receive constructive feedback to improve work habits.

1.1.10. Adapt personal coping skills to adjust to taxing workplace demands.

1.1.11. Recognize different cultural beliefs and practices in the workplace and demonstrate respect for them.

1.1.12. Identify healthy lifestyles that reduce the risk of chronic disease, unsafe habits and abusive behavior.

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

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

**Outcome 1.2. Leadership and Communications**

Process, maintain, evaluate and disseminate information in a business. Develop leadership and team building to promote collaboration.

**Competencies**

1.2.1. Extract relevant, valid information from materials and cite sources of information (e.g., medical reports, fitness assessment, medical test results).

1.2.2. Deliver formal and informal presentations.

1.2.3. Identify and use verbal, nonverbal and active listening skills to communicate effectively.

1.2.4. Use negotiation and conflict‐resolution skills to reach solutions.

1.2.5. Communicate information for an intended audience and purpose.

1.2.6. Use proper grammar and expression in all aspects of communication.

1.2.7. Use problem‐solving and consensus‐building techniques to draw conclusions and determine next steps.

1.2.8. Identify the strengths, weaknesses and characteristics of leadership styles that influence internal and external workplace relationships.

1.2.9. Characteristics of leadership styles that influence internal and external workplace relationships.

1.2.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.

1.2.11. Write professional correspondence, documents, job applications and résumés.

1.2.12. Use technical writing skills to complete forms and create reports.

1.2.13. Identify stakeholders and solicit their opinions.

1.2.14. Use motivational strategies to accomplish goals.

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

**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**

2.1.2. Describe the physical characteristics, components and function of blood (e.g., ABO, Rh, blood cells, precursors and respiratory)

2.1.3. Describe the structures and functions of the cardiovascular system and trace the path of blood and identify factors affecting blood flow.

2.1.4. Describe how blood pressure is controlled and identify factors influencing changes in blood pressure.

2.1.5. Describe the structures and functions of the respiratory system.

2.1.6. Describe function of nerve tissue, nervous system, including regions of the brain.

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** |  | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | |  | 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.

2.2.10. Describe pulmonary function testing (e.g., vital capacity, tidal volumes, total lung capacity).

2.2.12. Measure range of motion and determine joint mobility.

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

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| **Pathways** |  | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | |  | 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.

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

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| **Pathways** |  | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | |  | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **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, and developmentally appropriate care environment.

**Competencies**

3.1.1. Use standard precaution guidelines, recommended by the governing bodies for reducing the risk of transmission of 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).

3.1.6. Identify risks associated with chemical, electrical, and aquatic elements in the work environment.

3.1.17. Identify and respond to emergency call lights and alarms.

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

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| **Pathways** |  | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | |  | 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.

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

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| **Pathways** |  | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | |  | 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**

3.5.2. 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.

3.5.10. Measure and classify based on anthropometric measurements.

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

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

**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.

3.6.2. Evaluate kinesthetic awareness as related to functional movement.

3.6.3. Design and implement an individualized training program by using interval, continuous and

circuit training techniques.

3.6.4. Calculate the differences in caloric costs between exercise types.

3.6.5. Apply techniques to enhance neuromuscular flexibility, muscle strength, endurance and flexibility.

3.6.6. Perform active, passive, assistive and resistive Range‐of‐Motion (ROM) on joints.

3.6.8. Modify physical activity to accommodate specific medical conditions and stages of development.

3.6.9. Fit ambulatory aids and perform gait training.

3.6.13. Apply the frequency, intensity, time, type (FITT) principle to health and skill conditioning activities.

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| **Pathways** |  | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | |  | Exercise Science and Sports Medicine | X | Therapeutic Services |
| **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.

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

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| **Pathways** |  | Health Information Management | X | Medical Bioscience | X | Allied Health and Nursing | |  | 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.

4.2.8. Provide aids to facilitate communication for speech impaired individuals (e.g., picture cards,

slates, notepads).

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