

AOHS Health Careers Exploration

Course Scope and Sequence

Health Careers Exploration is a survey course designed to introduce students to a broad spectrum of health careers. The course covers careers from the five pathways: diagnostic services, therapeutic services, health informatics, support services, and biotechnology research and development. For each career they study, students examine the main tasks and challenges of professionals in that career, the treatments they administer, and the interaction those professionals have with other professionals. Students learn about the educational requirements and the employment and salary outlook for each career, and they evaluate how their own skills, abilities, and interests align with different careers. Where possible, students do authentic hands-on work that a professional would do, such as reviewing scans and MRIs, taking vital signs, treating a wound, and completing dental charts.

As a culminating project, students apply what they learn about health careers to create an in-depth pamphlet that informs patients who have a particular disease about the interdisciplinary team that is likely to contribute to their care. The pamphlets are public health tools that can be made available to patients when they are diagnosed with the disease. Students stage a public health fair at the end of the project, where they present their pamphlets to an invited audience of health care professionals and school administrators as well as other students, friends, and family members. The driving question for the project is, "How can we best inform patients with a particular disease or disorder about the different health care professionals that will contribute to their care?"

This course is expected to take a total of 81 50-minute class periods.

Unit 1: Introduction to the Health Care Profession

Lesson 1: Course Introduction

Estimated # of Class Periods: 2

Learning Objectives:

- Infer the skills and knowledge about health care careers needed to be successful in an authentic project
- Identify general health care career terms with which to build a taxonomy

Lesson 2: A Brief History of Medicine and Health Care

Estimated # of Class Periods: 4

Learning Objectives:

- Characterize the most common health care practices during various eras of history and explain the reasoning behind these practices
- Explore the impact of the emergence of the scientific method on medical research and practice
- Describe the trends and potential advances in health care treatments over the next few decades, and identify associated careers that may emerge

Lesson 3: Modern Health Career Pathways

Estimated # of Class Periods: 3

Learning Objectives:

- Identify the five main career pathways within the health care field
- Compare four different levels of careers within the health care industry
- Classify common health careers into one of the five main career pathways
- Describe occupations in each of the five main career pathways in terms of key education and employment-related characteristics

Unit 2: Disease Control and Prevention

Lesson 4: Prevention and Public Health

Estimated # of Class Periods: 6

Learning Objectives:

- Compare and contrast how a doctor would address a typical health issue versus how a public health professional would address the same issue
- Evaluate the pros and cons of public health nutrition interventions
- Identify major public health issues and explain why they are important
- Identify and compare duties, responsibilities, educational requirements, and employment trends for professionals in the public health field
- Define terms related to public health professions

Lesson 5: Culminating Project Launch

Estimated # of Class Periods: 4

Learning Objectives:

- Develop an informational profile of a disease or condition

Lesson 6: Connecting Nutrition and Health

Estimated # of Class Periods: 5

Learning Objectives:

- Explain how a registered dietitian would make use of nutrition-based terminology, such as that in MyPlate
- Categorize the nutritional content of various foods and whole diets from the perspective of a dietitian who creates nutrition plans
- Identify and compare duties, responsibilities, educational requirements, and employment trends for professionals within this health care subfield
- Create and defend nutrition plans for healthy individuals and for individuals with various health conditions (e.g., diabetes, cardiovascular disease)

- Create a personal healthy nutrition plan by logging food intake and physical activity and recommending modifications

Unit 3: Medical Services

Lesson 7: Visiting the Doctor

Estimated # of Class Periods: 6

Learning Objectives:

- Demonstrate the ability to interact professionally with medical practitioners
- Identify and compare duties, responsibilities, and educational requirements of diverse caregivers who provide primary care
- Explain the differences between primary, secondary, and tertiary care
- Categorize into the five pathways the health careers of professionals who work in a doctor's office
- Describe the basic protocol of a primary care visit and explain the purpose of each step

Lesson 8: Symptoms and Tests

Estimated # of Class Periods: 4

Learning Objectives:

- Identify and compare the duties, responsibilities, and educational requirements of diverse professions within the diagnostic pathway
- Create appropriate interview questions for technicians and technologists to gather information about their professions
- Demonstrate knowledge of basic medical diagnostic tests
- Interpret basic data from common (sample) lab test results

Lesson 9: Nursing and Care

Estimated # of Class Periods: 6

Learning Objectives:

- Compare and contrast duties, responsibilities, and educational requirements of diverse positions within nursing and the settings in which nurses work
- Create appropriate interview questions for nursing professionals to gather information about their professions
- Describe the nursing process that registered nurses (RNs) follow when working with patients
- Demonstrate the ability to use basic communication skills required for nursing

Lesson 10: Providing Patient Care

Estimated # of Class Periods: 6

Learning Objectives:

- Explain the role nurses can play in infection control through treatment and education
- Describe the importance of nurse charting and explain how it is used
- Demonstrate knowledge of common abbreviations used in nursing
- Describe the procedure nurses follow to treat a wound

Unit 4: Psychological Services

Lesson 11: Understanding Mental Health

Estimated # of Class Periods: 7

Learning Objectives:

- Explain how mental health professionals differentiate between healthy and symptomatic behaviors using established criteria
- Describe the relationship between mental health and stress
- Identify the key points in the history of mental illness over the past 100 years, and describe steps that have been taken to destigmatize mental illness
- Describe common mental health disorders that have been defined by the Diagnostic and Statistical Manual of Mental Disorders (DSM)
- Demonstrate the ability to write an article for teens about a common mental health disorder

Lesson 12: Mental Health Professionals

Estimated # of Class Periods: 4

Learning Objectives:

- Compare the range of mental health professions including requirements for education, training, salary, and personal qualities
- Demonstrate knowledge of basic terminology in the mental health field
- Describe the range of treatments used for mental health disorders including promising new research

Unit 5: Dental Services and Informatics

Lesson 13: Working in a Dental Office

Estimated # of Class Periods: 8

Learning Objectives:

- Identify the range of careers found within a dental office
- Compare and contrast the roles, responsibilities, educational requirements, and employment trends of the various dental careers
- Categorize dental careers into the five pathways
- Explain the purpose of visiting the dentist (both routine and emergency)

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- Demonstrate basic knowledge of dental-health-related terminology and oral physiology
- Explain the relationship between oral hygiene and disease
- Demonstrate the ability to interact professionally with dental professionals
- Demonstrate understanding of terminology used in dental charting

Lesson 14: Health Informatics

Estimated # of Class Periods: 8

Learning Objectives:

- Explain the content and diverse uses of health information and describe the systems and guidelines used to disseminate this information
- Demonstrate the ability to read and interpret a simple medical record, applying knowledge of medical terminology and codes
- Distinguish between different fields within the informatics pathway
- Compare roles, responsibilities, educational requirements, and employment trends of different careers within the informatics pathway
- Explain the objectives of HIPAA and its major provisions

Unit 6: Planning for a Career in Health Science

Lesson 15: Personal Career Planning

Estimated # of Class Periods: 3

Learning Objectives:

- Evaluate personal experience and qualifications for potential employment opportunities
- Develop a personal educational and career path for health science

Lesson 16: Project Presentation and Course Closure

Estimated # of Class Periods: 5

Learning Objectives:

- Summarize key learning on the range of health career options
- Demonstrate the ability to give a professional pitch
- Evaluate personal experience and performance in the course
- Demonstrate the ability to produce a pamphlet for a patient audience