**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 discuss the various forms, functions and pathophysiology associated with body systems and alterations related to the normal aging process, obtain a health history, perform an evaluation of body systems and document using medical terminology.

**Outcome: 2.1. Human Body Form, Function and Pathophysiology**

Discuss the various human body systems, alterations related to the normal aging process and possible dysfunctions.

**Competencies**

2.1.7. Describe the gastrointestinal system, including structures of chewing, swallowing, digestion

and elimination and the role of accessory organs including the liver, pancreas and gallbladder.

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

**Outcome: 2.2. Evaluate Body Systems**

Use interviewing techniques, observation, auscultation, palpation and percussion to perform a systematic head‐to‐toe evaluation of the body systems and document using medical terminology.

**Competencies**

2.2.1. Provide privacy and demonstrate cultural sensitivity.

2.2.2. Contact interpretive services for non‐English speaking and English as a Second Language (ESL)

individuals.

2.2.3. Use age‐appropriate language to systematically review disease processes related to each body

system (e.g., vaccinations, allergies, reactions, history of abuse, history of suicidal ideation,

alcohol use, risk behaviors, stressors, sleep patterns, nutritional patterns, occupation, living

conditions, current medications, over‐the‐counter medications, herbals).

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| **Green Practices** |  | Green-specific |  | Context-dependent |  | 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 the appropriate abbreviations and symbols to identify anatomical, physiological and pathological classifications and the associated medical specialties and procedures.

2.3.5. Use proper spelling and pronunciation of medical terms when communicating medical instructions and preparing medical documentations.

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

**Strand 3. Therapeutic Interventions**

Learners will administer or assist with environmental, health promotion, pharmacological, emergency, nutritional, exercise and rehabilitative and dental and surgical interventions and/or procedures to improve the individuals’ outcome and quality of life across the life span within their scope of practice, evaluate outcomes and ensure individual’s rights.

**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 patients’ rights, respect individual’s choices and obtain informed consent.

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

(HIPAA).

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

**Outcome: 3.2. Health Promotion Interventions**

Identify and communicate health promotion and wellness to individuals, families and communities.

**Competencies**

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

3.2.2. Identify body composition, neuromuscular flexibility, agility, balance, coordination and

proprioception.

3.2.3. Measure and document an individual’s cardiorespiratory fitness, muscular strength,

endurance and power.

3.2.4. Identify the needs of the individual, family and community related to physical, biological,

technological, spiritual, religious, social and behavioral concepts.

3.2.5. Share information to promote, maintain and restore.

3.2.6. Communicate the importance of age‐appropriate healthy eating, exercise and preventative

medicine.

3.2.7. Communicate the medical benefits and risks associated with immunizations across the life

span.

3.2.8. Identify the components of wellness and communicate the relationship between physical

fitness, physical performance, injury prevention and nutritional intake.

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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. Recognize fluid and electrolyte imbalances, side‐effects and adverse reactions.

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

**Outcome: 3.5. Nutritional Interventions**

Identify nutritional needs and communicate information to the individual and family member.

**Competencies**

3.5.1. Describe the role and effects of carbohydrates, proteins, fats, electrolytes, minerals, vitamins

and water in different body systems and life processes.

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

3.5.3. Describe ergogenic aids and possible benefits and risks.

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. Describe which drugs interact with certain foods.

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 intake and output when medically indicated.

3.5.10. Take anthropometric measurements (e.g., weight, height, body mass index [BMI], body fat

percentage).

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

**Outcome: 3.6. Exercise and Rehabilitative Intervention**

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

**Competencies**

3.6.1. Complete a comprehensive fitness evaluation.

3.6.9. Modify physical activity to accommodate specific medical conditions and changes across the

life span (e.g., asthma, sickle cell, diabetes, osteoporosis, skeletal‐muscular disorders, age,

pregnancy).

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| **Green Practices** |  | Green-specific |  | Context-dependent |  | 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. Explain the relationship between oral health and nutritional factors related to dentistry.

3.7.2. Summarize the uses and effects of tobacco, caffeine, alcohol, marijuana, cocaine and

methamphetamines on the oral cavity and teeth.

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

**Strand 4. Assistive Care**

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

**Outcome: 4.1. Scope of Practice**

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

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

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

**Competencies**

4.2.1. Describe 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. Describe the importance of empathy in interpersonal relationships and the need for kindness, patience and listening.

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

**Outcome: 4.8. End‐of‐Life Care**

Provide physical, emotional and spiritual support to individuals and families at end‐of‐life.

**Competencies**

4.8.4. Provide resources for an individual’s cultural, spiritual and religious needs.

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

**Strand 6. Health Information Management**

Learners will demonstrate basic computer literacy, health information literacy and skills, confidentially 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 across the organization and between organizations.

**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. Explain and 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 data.

6.2.5. Distinguish between confidential and non‐confidential information within the healthcare

 system and document, categorize and prioritize requests for personal health information

 according to internal/external privacy and confidentiality guidelines (e.g. Health Insurance

 Portability and Accountability Act [HIPAA]).

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