

# Health & Health Careers

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## PERSONAL HEALTH

**Grades:** 10

**Credits:** 0.5 Health Ed

**Prerequisite:** None

**Repeat for Credit:** No

.5 credits of **Personal Health is required for graduation**. This course places emphasis on the wellness lifestyle concept. Areas of study include self-responsibility, nutrition, stress management, physical fitness, drug education and human sexuality. If there are any questions concerning class content (i.e., human sexuality or depression and suicide) students should contact their instructor of that unit for an alternative activity.

## FAMILY HEALTH

**Grades:** 12

**Credits:** 0.5 Health Ed

**Prerequisite:** None

**Repeat for Credit:** No

.5 credits of **Family Health is required for graduation**. Family Health students study interpersonal relationships and other dynamics that impact family structure. Students explore information and attitudes regarding healthy relationships, families, love, marriage, prenatal development and childbirth, environmental and safety issues that impact family structure, and diversity among various cultures. Incorporated within the semester is an exploration of many critical issues facing the modern American family and family structure worldwide.

## SPORTS MEDICINE AND FIRST AID/CPR (\*Health Pathways Course\*)

**Grades:** 10-12

**Credits:** 0.5 Elective

**Prerequisite:** None

**Pathway:** Health Careers

**Repeat for Credit:** No

**Other:** RCC credit may be available

This class is broken into two sections: Sports Medicine and First Aid/CPR. Sports Medicine introduces students to prevention, treatment, and management of athletic injuries. Students will learn to assess, treat and rehabilitate various athletic injuries. Students will research careers in the field of sports medicine. Basic musculoskeletal anatomy will be reviewed. The First Aid, CPR, and AED section covers the critical skills needed to respond to and manage first aid situations, as well as sudden cardiac arrest. Students learn how to treat bleeding, sprains, broken bones, shock, and other first aid emergencies. **A different instructor may teach each 9 week segment.**

## HEALTH CAREERS I (\*Health Pathways Course\*)

**Grades:** 11-12

**Credits:** 1.0 Elective

**Prerequisite:** None

**Pathway:** Health Careers

**Repeat for Credit:** No

**Other:** RCC credit may be available

This course focuses on exploring Healthcare Careers. Students are introduced to a comprehensive range of professions in healthcare. Students will explore career choices including educational requirements, job outlooks, requirements, wages, employer expectations, and professional responsibilities. Students will also study medical terminology in preparation for Health Careers II. An emphasis is placed on the spelling and defining of prefixes, suffixes, word roots, and abbreviations related to the functions and structures of the body systems.

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## **HEALTH CAREERS II (\*Health Pathways Course\*)**

**Grades:** 12

**Credits:** 1.0 Elective

**Prerequisite:** Health Careers I

**Recommended:** Anatomy & Physiology

**Pathway:** Health Careers

**Repeat for Credit:** No

**Other:** RCC credit may be available

This class will focus on building skills for those wanting to work in the health care field. Students will build on the information learned in Health Careers I. This course will include hands-on skills, performing patient care, participating in simulation, and real clinical experience in the community.

## **HEALTH CAREERS II Practicum**

**Grades:** 12

**Credits:** 0.5 Elective

**Prerequisite:** Health Careers I and Health Careers II

**Pathway:** Health Careers

**Repeat for Credit:** No

**The Health Careers II Practicum focuses on working toward the CNA 1 certificate:**

### **1. CNA 1 - Certified Nursing Assistant 1**

Students will study patient care in our SMHS Health Careers Lab. Students will be given the opportunity to apply to the CNA program through RCC. This includes a 27 hour lab at SMHS after school and a 53 hour online course. Upon the completion of this course and a three week internship in a long term care facility following graduation, students will be eligible to take the certification examination through the Oregon State Board of Nursing. A CNA 1 certificate allows students to pursue an entry-level position in the medical field.

