

**HLC 122 Course Outline as of Fall 2016****CATALOG INFORMATION**

Dept and Nbr: HLC 122 Title: HEALTH CAREERS ACAD II

Full Title: Health Careers Academy II

Last Reviewed: 2/22/2016

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	1.00	17.5	Lecture Scheduled	17.50
Minimum	1.50	Lab Scheduled	1.50	8	Lab Scheduled	26.25
		Contact DHR	0		Contact DHR	0
		Contact Total	2.50		Contact Total	43.75
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 35.00

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

This course is designed to build upon introductory concepts that explore opportunities in the health care field through lecture. Career exploration will focus on the following health career profiles: medicine, nursing, dental, nutrition, public health, therapy and rehabilitation. Anatomy and physiology will be introduced with a focus on the endocrine, muscular, and skeletal systems. Students will complete a professional development module preparing them for volunteer and job opportunities.

**Prerequisites/Corequisites:**

Course Completion of HLC 121 and HLC 121L AND Concurrent Enrollment in HLC 122L

**Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:**

Due to hospital requirements students must be 16 years of age or older and meet the following immunizations and vaccination requirements; MMR, Varicella-Zoster, Hepatitis B, Tdap, seasonal influenza, and current TB clearance.

**Schedule of Classes Information:**

Description: This course is designed to build upon introductory concepts that explore

opportunities in the health care field through lecture. Career exploration will focus on the following health career profiles: medicine, nursing, dental, nutrition, public health, therapy and rehabilitation. Anatomy and physiology will be introduced with a focus on the endocrine, muscular, and skeletal systems. Students will complete a professional development module preparing them for volunteer and job opportunities. (Grade Only)

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Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment: Due to hospital requirements students must be 16 years of age or older and meet the following immunizations and vaccination requirements; MMR, Varicella-Zoster, Hepatitis B, Tdap, seasonal influenza, and current TB clearance.

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	<b>Effective:</b>	<b>Inactive:</b>
<b>CSU GE:</b>	<b>Transfer Area</b>	<b>Effective:</b>	<b>Inactive:</b>

<b>IGETC:</b>	<b>Transfer Area</b>	<b>Effective:</b>	<b>Inactive:</b>
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<b>CSU Transfer:</b>	<b>Effective:</b>	<b>Inactive:</b>
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<b>UC Transfer:</b>	<b>Effective:</b>	<b>Inactive:</b>
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**CID:**

**Certificate/Major Applicable:**

Not Certificate/Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Identify opportunities for employment in the focused health career profiles: nursing, dental, nutrition, public health, therapy and rehabilitation.
2. Demonstrate basic knowledge of nutrition applied to health and disease.
3. Develop a professional social media profile, educational outline draft, resume, and cover letter relevant to a health occupation of choice.
4. Identify basic anatomy and physiology of the endocrine, skeletal, and muscular systems.

### **Objectives:**

Upon completion of this course, the student will be able to:

1. Describe and explain the compliant medical and legal requirements for participation in health occupations.
2. Describe workplace ethics and explain the importance of ethical standards, confidentiality, Health Insurance Portability and Accountability Act (HIPAA), and patient rights in healthcare professions.
3. Demonstrate understanding of focused healthcare career profiles: nursing, dental, nutrition, public health, therapy and rehabilitation.
4. Identify basic anatomy and physiology of the endocrine, skeletal, and muscular systems.

5. Define basic diabetes type 2 physiology, prevention, and management.
6. Define basic nutrition relevant to disease and health promotion.
7. Explain qualifications and requirements for volunteer employment in a medical setting.
8. Apply critical-thinking, problem-solving, and decision-making skills to health career planning, goal setting, and community health issues.
9. Develop a preparation plan for a healthcare career.
10. Utilize computer skills by presenting a social media profile, resume and cover letter to prospective employers.

## **Topics and Scope:**

### **I. Professionalism in healthcare:**

- A. Assertive behavior
- B. Positive attitude
- C. Professional dress
- D. Self-confidence
- E. Dependability
- F. Interest in learning
- G. Initiative

### **II. Overview of healthcare careers:**

- A. Medicine/ Physician
- B. Nursing:
  1. Registered Nurse.
  2. Licensed Vocational Nurse.
  3. Certified Nursing Assistant.
- C. Dental:
  1. Dentist
  2. Dental Hygienist
  3. Dental Assistant
- D. Therapy and rehabilitation
  1. Physical Therapist
  2. Physical Therapist Assistant
  3. Occupational Therapist
  4. Occupational Therapy Assistant
  5. Respiratory Therapist
  6. Massage Therapist
- E. Nutrition:
  1. Registered Dietician
  2. Dietetic Technician

### **III. Introduction to anatomy and physiology:**

- A. Organs and systems of the body
- B. Basic anatomy and physiology:
  1. Endocrine system
  2. Skeletal system
  3. Muscular system
- C. Diabetes Type 2 disease and conditions:
  1. Physiology
  2. Prevention
  3. Management
- D. Body planes and directions
- E. Exercise for health

### **IV. Nutrition for health:**

- A. Macronutrients
- B. Vitamins
- C. Minerals
- D. Energy supply and use
- E. Nutrition and disease
- V. Presentations:
  - A. Presentation software choices
  - B. Oral presentation techniques
- VI. Computer Skills:
  - A. Word processing software and applications
  - B. Online research
  - C. Resume and cover letter
- VII. Professional Development and Exploration:
  - A. Health occupation titles
  - B. Job descriptions
    - 1. Salary ranges
    - 2. Career pathways
    - 3. Professional associations
    - 4. Educational and experience requirements
    - 5. Scholarship and financial aid resources
    - 6. Scope of practice
- VIII. Professional Presentation
  - A. Personal branding
  - B. Social network profile
  - C. Resume
  - D. Cover letter
- IX. Volunteer employment in medical settings:
  - A. Minimum qualifications and requirements
  - B. Medical ethics and Health Insurance Portability and Accountability Act (HIPAA)
  - C. Safety and infection control
  - D. Healthcare Provider Cardiopulmonary Resuscitation certificate
- X. Educational Success
  - A. Educational preparation
    - 1. Develop educational plan outline
    - 2. Study skills
    - 3. Health care volunteer or part-time work
    - 4. Healthy behaviors
    - 5. Assessing educational choices
  - B. Value of good academic skills, critical-thinking and problem-solving skills in health care
  - C. Time management techniques for health career study and employment
    - 1. Analyzing time use
    - 2. Setting goals
    - 3. Prioritizing tasks and meeting deadlines
    - 4. Maintaining a weekly calendar
    - 5. Recording accomplishments and challenges
  - D. College matriculation
    - 1. Health Science Career Technical Education
    - 2. New Student Counseling:
      - a. Catalogs, schedule of classes, and advisors
      - b. College Skills courses
      - c. Student support services and resources
      - d. Scholarships and financial aid

## Assignment:

1. Read 15-30 pages from text per week.
2. Complete assignment demonstrating minimum qualifications for volunteer or part-time employment in a medical setting.
3. Complete a LinkedIn profile.
4. Students will conduct research on a health career profile of choice: write a 2-4 page paper related to the associated scholarship and financial aid resources, educational and experience requirements, professional associations, career pathways, salary ranges, and job responsibilities.
5. Disease-focused group project: conduct research on diabetes, associated conditions that increase risk. Write a 3-5 page paper describing a current community health issue in Sonoma County and prevention strategies. Present research project in class.
6. Complete 2-5 quizzes & exams.
7. Complete pre/post surveys.
8. Workseets (2-4).

## Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Minimum qualifications assignment, group research paper and communication skills written assignment.

Writing  
10 - 40%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Worksheets, role-playing.

Problem solving  
15 - 25%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Public Health Assessment.

Skill Demonstrations  
10 - 30%

**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes, exams.

Exams  
20 - 30%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Pre/post surveys, LinkedIn profile, class participation mandatory, attendance.

Other Category  
5 - 20%

## Representative Textbooks and Materials:

Introduction to Health Care and Careers, DeLaet, R., 2012

