

How to Teach Introduction to Health Professions with HealthCenter21

Teaching Introduction to Health Professions in South Carolina isn't easy. Because it's a new course, it's difficult to build a curriculum that meets your requirements – especially since there aren't many instructional material options to help!

In this document, you'll find a recommended 18-week course sequence to teach Introduction to Health Professions using the digital curriculum system HealthCenter21.

If you teach a year-long course that meets twice per week or have block scheduling, you will need to make adjustments to this sequence to align with your syllabus.

Even with HealthCenter21, you will still need outside resources to fully meet South Carolina standards for this course.

Our recommended sequence for using HealthCenter21 in an 18-week Introduction to Health Professions course is:

- Week 1: Course Introduction
- Week 2: Communication, Personal Traits, & Teamwork
- Week 3: Health Career Pathways
- Week 4: Career Development Project
- Week 5: Medical Mathematics
- Week 6: Therapeutic Services Projects
- Week 7: Client Status & Nursing Projects
- Week 8: Patient Diversity & Health Informatics
- Week 9: Legal & Ethical Responsibilities
- Week 10: Diagnostic Services Projects
- Week 11: Wellness & Nutrition
- Week 12: Medical Terminology
- Week 13: Safety Precautions
- Week 14: Infection Control
- Week 15: Bloodborne Pathogens
- Week 16: Support Services
- Week 17: Biotechnology Research and Development Projects
- Week 18: Final Projects

Along with the pacing suggestions below, you will find a detailed crosswalk correlation between HealthCenter21 and Introduction to Health Professions course standards.

Week 1: Course Introduction

Course Standards Met: Teamwork, Healthcare Teams and Leadership

HealthCenter21 Modules: [Health Care Systems](#)

Teacher-Provided Materials: Class Rules, Course Syllabus, Introduction to HOSA

This week you'll introduce your students to some of the most basic concepts of the health care industry. But before you get into those details, you'll have to do a bit of work to prepare.

Start your week by handing out important documents like your class rules and the course syllabus.

If your school district has a HOSA chapter, you can also give your students information about HOSA such as what it is and how they can join.

After you've gone through the standard information for your class, it's time to get students logged into HealthCenter21.

This week your students complete the Health Care systems module, which provides an overview of the structure and history of health care.

This module includes 13 lessons, 8 activities, 4 quizzes, and 1 module test.

In this module, students will:

- Learn the history of health care
- Learn how technology has improved medical treatment
- Explore ways to measure success of a health care system
- Compare private and public health care systems
- Recognize the importance of organizational structures in health care
- Describe the function of a health care team
- Learn about health care trends

Note: For this course, you should skip the Insurance unit within the Health Care Systems module.

If you're pressed for time during this week, you can have students complete some of the reinforcement projects outside of class as homework.

Week 2: Communication, Personal Traits, & Teamwork

Course Standards Met: Healthcare Communications, Personal Traits of the Health Professional, Health Teams and Leadership

HealthCenter21 Modules: [Communications](#), [Personal Qualities](#)

Teacher-Provided Materials: None

In week two, you will focus on key soft skills that all health care workers must understand and use in their careers.

We recommend that you start with the Communications module first. The module includes 6 units, 6 activities, 6 quizzes, and 1 module test.

In this module, students will learn about verbal and nonverbal communication in relation to working in the health care industry.

Note: For this course, skip the Documentation and Communication Technology units within the Communications module.

Next, the Personal Qualities module teaches your students about other traits and skills, such as teamwork, time management, and problem solving.

This module includes 8 lessons, 7 activities, 3 quizzes, and 1 module test.

In this module, students will:

- Identify ideal personal traits and attitudes of a health care worker
- Reflect on their own traits
- Learn about teamwork and team roles
- Describe leadership traits
- Practice time management and problem-solving

Along with the digital lessons in these modules, you can use the in-class activities to give your students another way to learn and reflect on the material.

Week 3: Health Career Pathways

Course Standards Met: Health Career Pathways, Introduction to Pharmacy, Introduction to Medical Laboratory Technology, Introduction to Health Informatics, Introduction to Biomedical Careers

HealthCenter21 Module: [Health Career Exploration](#)

Teacher-Provided Materials: None

In the Health Career Exploration module, students learn about the five career pathways in the health care industry and specific career options within those pathways.

This module includes 11 lessons, 8 activities, 3 quizzes, and 1 module test.

This week, your students will:

- Define passion, purpose, skill, and talent
- Learn about the five health care career pathways
- Learn about skills and educational requirements for each pathway
- Learn about specific job duties and requirements

For this week, your students will only go through the introductory activity, digital lessons, and reflection activity. You can save the reinforcement projects for the upcoming week, when they will do more in-depth research on specific health care careers.

Week 4: Career Exploration Project

Course Standards Met: Health Career Pathways

HealthCenter21 Module: [Health Career Exploration](#)

Teacher-Provided Materials: None

This week your students will complete the reinforcement projects in the Health Career Exploration module. These projects give your students the opportunity to dig deeper into a pathway of their choice.

Students will be required to compare and contrast different careers within each pathway, according to these details:

- Education requirements
- Training
- Salary
- Career options
- Expected growth

These projects are designed to reinforce what your students have already learned about careers in health care and could even spur them to choose their future career goal!

Week 5: Medical Mathematics

Course Standards Met: Introduction to Pharmacy

HealthCenter21 Module: [Medical Mathematics](#)

Teacher-Provided Materials: None

In the Medical Mathematics module, students will learn math skills frequently used by health care professionals.

This module includes 15 lessons, 4 activities, 6 quizzes, and 1 module test.

In this module, students will:

- Learn how math is used in the health care field
- Understand ratios, proportions, and estimating
- Learn about the different measurement systems
- Learn how to interpret medication labels
- Learn how to calculate medication dosages and drip rates
- Learn to measure and convert temperature
- Record patient status

Depending on how in-depth you want to get with medical math, you can assign the entire Medical Mathematics module. However, if you want to stick to meeting your standards, you can have students focus on working through the sections related to prescriptions and pharmacies.

Week 6: Pharmacy Projects

Course Standards Met: Introduction to Pharmacy

HealthCenter21 Module: [Medical Assistant Pharmacology](#) (Optional)

Teacher-Provided Materials: Project Materials

This week your students will learn more about skills needed for a career in pharmacy. You will need to do some prep with resources outside of HealthCenter21 to cover the course requirements specific to introduction to pharmacy.

We suggest having this week's lessons be project-based since you will focus on hands-on skills.

You can include these topics when planning the week:

- Prepare prescription labels
- List routes of medication administration and their appropriate uses
- Maintain a mock pharmacy
- Fill simulate prescriptions

In addition to your own projects and activities, you may choose to assign the Medical Assistant Pharmacology module from HealthCenter21.

This module will give a deeper insight into the classification of drugs and routes of medical administration. However, keep in mind that this module is a more advanced level so you should review everything before students start!

Week 7: Client Status & Nursing Projects

Course Standards Met: Introduction to Nursing

HealthCenter21 Modules: [Client Status](#)

Teacher-Provided Materials: Project Materials

In week seven, you'll cover the other portion of the Therapeutic Services pathway -- introduction to nursing.

Start by instructing students to go through the Client Status module in HealthCenter21. The lessons will give your students the basic knowledge of body measurements and vital signs before you get into the hands-on skills practice.

The module includes 11 lessons, 4 activities, 4 quizzes, and 1 module test.

Specifically, students will:

- Understand the importance of vital signs and body measurements
- Learn how to identify, measure, and record height and weight
- Learn the various ways to take patient temperature
- Understand pulse rate and rhythm
- Take and record radial and apical pulse
- Learn about respiration, including how to take and record it
- Learn about blood pressure, including how to take and record it

Along with the digital lessons, students can complete the accompanying activities to get hands-on skills practice.

You will need to provide or find additional resources in order to fully meet the introduction to nursing requirements -- specifically the patient education brochure.

Week 8: Patient Diversity & Health Informatics

Course Standards Met: Introduction to Nursing, Health Informatics

HealthCenter21 Modules: [Cultural, Social, & Ethnic Diversity](#), [Health Information Technology](#)

Teacher-Provided Materials: None

Week eight is a good time to take a break from the hands-on skills and shift back to background information.

Start out with the Cultural, Social, & Ethnic Diversity module to give your students an overview of the types of diversity and how patient diversity impacts health care.

The module includes 4 lessons, 5 activities, 1 quiz, and 1 module test.

In this module, students will:

- Learn about cultural diversity in the US and how it impacts health care
- Learn about health disparities and equity
- Identify the need for customer service in health care

We suggest that you start this week with the Diversity Comfort level activity, which is in the explore section of the module.

This activity is a great way to get your students thinking about the breadth of diversity they may encounter among patients.

Next, students complete the Health Information Technology (HIT) module to learn about the effects of technology on health care.

The module includes 11 lessons, 3 activities, 3 quizzes, and 1 module test.

In this module, students will:

- Learn about HIT and how it affects providers and clients
- Learn about electronic health records (EHR)
- Practice check-ins and appointment scheduling with a simulated EHR system
- Learn about HIPAA guidelines related to HIT
- Understand consequences of violating HIPAA guidelines
- Evaluate scenarios for HIPAA violations

Depending on how you lay out your syllabus for week eight, students may be pressed for time to complete every lesson.

If that's the case, you can opt out of the lessons that involve students using the simulated EHR system to complete tasks. You could assign them as work to complete outside of class time as an extra part of homework.

Week 9: Legal & Ethical Responsibilities

Course Standards Met: Introduction to Nursing

HealthCenter21 Modules: [Legal & Ethical Responsibilities](#)

Teacher-Provided Materials: None

This week, you'll focus on moral and ethical issues that impact health care.

In the Legal & Ethical Responsibilities module, students learn how to make sound decisions when faced with challenges in the workplace.

The module includes 15 lessons, 7 activities, 5 quizzes, and 1 module test.

In this module, students will learn about:

- Criminal and civil law and how it affects health care practice
- Confidentiality and privileged communication, including HIPAA
- Advance directives and client rights
- Liabilities and risk management strategies
- The code of ethics health care workers must follow
- Workplace law related to discrimination, wages, benefits, leave, and safety

Because there are so many lessons and activities in this module, feel free to pick and choose the ones that best relate to your class.

If you're really pressed for time, you can opt to have students skip the Workplace Law unit. Additionally, you can assign some of the reinforcement activities as work to finish outside of class.

Week 10: Diagnostic Services Projects

Course Standards Met: Introduction to Medical Laboratory Technology

HealthCenter21 Modules: None

Teacher-Provided Materials: Project Materials

This week your students will learn more about skills needed for a career in diagnostic services. You will need to do some prep with resources outside of HealthCenter21 to meet the course requirements specific to medical laboratory technician.

We suggest you mainly make these lessons project-based, as your students should be practicing hands-on skills such as:

- Cleansing the skin to prepare for a capillary puncture
- Placing a tourniquet to prepare for a venipuncture
- Measuring blood sugar level (with simulated blood)

A great way to go about these lessons is to first explain them as you do a demonstration at the front of class. Encourage students to ask questions as you demonstrate each skill.

Then, you can have students break into groups and observe each other practicing the skills. Walk around the room and give pointers to students on how they can improve. You can also give shout outs to students who do a good job!

Week 11: Wellness & Nutrition

Course Standards Met: Health Maintenance Practices

HealthCenter21 Modules: [Wellness & Nutrition](#)

Teacher-Provided Materials: None

In the Wellness & Nutrition module, students learn the importance of healthy living as well as how to choose health care providers.

This module includes 9 lessons, 7 activities, 4 quizzes, and 1 module test.

In this module, students will:

- Identify areas of holistic health
- Give examples of how wellness affects health care systems
- Identify factors of healthy living
- Learn types of nutrients and the six food groups
- Learn how people choose health care providers
- Learn effective ways to manage stress
- Create a wellness plan

This module covers a lot of content to pack into one week, so trying to get everything done during class can be tough.

If you want your students to go through everything, we suggest assigning the digital lessons as homework. Then, during class time, students can complete the quizzes and reinforcement activities.

Week 12: Medical Terminology

Course Standards Met: Healthcare Communication

HealthCenter21 Modules: [Medical Terminology](#)

Teacher-Provided Materials: None

In week 12, your students will learn the fundamentals of medical terminology by completing the Medical Terminology module in HealthCenter21.

This module includes 13 lessons, 4 review challenges, 4 activities, 4 quizzes, and 1 module test.

In this module, students will:

- Understand the importance of having strong medical terminology knowledge
- Learn about word parts and word roots
- Use suffixes and prefixes with word roots to form and decode medical terms
- Learn common medical abbreviations
- Identify body planes and directions

Teachers in the AES community like to break up this module by assigning one unit per day, reviewing on Friday.

Week 13: Safety Precautions

Course Standards Met: Safety Practices and Infection Control

HealthCenter21 Modules: [Safety Precautions](#)

Teacher-Provided Materials: None

The Safety Precautions module is a great introduction to safety guidelines and techniques used by health care professionals.

The module includes 10 lessons, 5 activities, 3 quizzes, and 1 module test.

In this module, students will:

- Learn how to help patients feel secure
- Explore guidelines and regulations pertaining to health care
- Follow procedures to report a safety violation
- Learn the importance of proper body mechanics for workers and patients
- Recognize ways to avoid foodborne illness
- Construct an evacuation plan
- Practice chemical safety

After your students go through the digital lessons, it's a good idea to have them do the reflection questions and discussion.

This activity has students journal about the results of using good and bad safety practices in different scenarios in health care.

After students record their thoughts, you can open your class for discussion. This activity is the perfect way to wrap up your week!

Week 14: Infection Control

Course Standards Met: Safety Practices and Infection Control

HealthCenter21 Module: [Infection Control](#)

Teacher-Provided Materials: None

This week's focus on infection control is a perfect follow up to the safety precautions your students learned in week 13.

In the Infection Control module, students learn about the chain of infection and techniques to avoid infections.

This module includes 15 lessons, 6 activities, 4 quizzes, and 1 module test.

In this module, students will:

- Learn about disease prevention and the chain of infection
- Learn methods for disease prevention in a health care setting
- Practice procedures for cleaning hands and medical equipment
- Practice procedures for using gowns, masks, eyewear, and non-sterile gloves
- Learn about communicable diseases
- Learn about sterile fields and handling sterile packages

It's a great idea to kick off this week with the hand washing activity found in the explore section of the module.

By demonstrating the importance of proper handwashing and sanitation, your students can begin to understand cleanliness requirements for health care institutions.

Week 15: Bloodborne Pathogens

Course Standards Met: Safety Practices and Infection Control

HealthCenter21 Modules: [Bloodborne Pathogens](#)

Teacher-Provided Materials: None

Week 15 continues the theme of the past two weeks, focusing on safety practices and infection control.

In the Bloodborne Pathogens module, students explore bloodborne pathogens and the effect the risk of infection has on health care practice.

The module includes 13 lessons, 4 activities, 3 quizzes, and 1 module test.

In this module, students will:

- Discuss misconceptions about bloodborne pathogens and health care workers
- Learn about communicable diseases, including HIV and AIDS
- Learn about infection control precautions, including personal protective equipment
- Learn the requirements of the Bloodborne Pathogens Standard
- Create an exposure control plan

After students complete the digital lessons, you can wrap up the week with the bloodborne health brochure reinforcement activity.

In the activity, students research a bloodborne virus, syndrome, or community resource and create a brochure about it.

You could assign this activity on Friday and have students bring their completed brochures in the following Monday for you to review using the included rubric.

Week 16: Support Services

Course Standards Met: Introduction to Central Supply

HealthCenter21 Modules: None

Teacher-Provided Materials: Lesson Materials

This week, your students will learn about different careers in the field of central supply and practice skills in that field.

You'll have to find resources for this standard somewhere else this week, as there are no related HealthCenter21 modules.

When developing your lessons, you can include these tasks that are in your course requirements:

- Use simulated tools to wrap as if they were surgical instruments for the autoclave
- Indicate how you would tell if the instrument has been sterilized

- Know the average temperature range and length of time it takes for something to be sterilized
- Research and list other ways central supply may clean reusable medical devices

Additionally, you can review the standards to check the required tasks your students should complete related to central supply.

Week 17: Biotechnology

Course Standards Met: Introduction to Biomedical Careers

HealthCenter21 Modules: None

Teacher-Provided Materials: Lesson Materials

Just like last week, this week will require you to find alternate classroom resources since HealthCenter21 doesn't discuss biomedical careers.

When putting your lessons together, you can include some key concepts like:

- Exploring the structure of DNA and its relationship to the cell
- Evaluating forensic techniques
- Analyzing the benefits of biomedical research
- Differentiating the ABO and Rh blood types

In addition, you can review the standards to ensure your students demonstrate the required tasks related to biomedical careers.

Week 18: Final Projects

Course Standards Met: Not Applicable

HealthCenter21 Modules: Not Applicable

Teacher-Provided Materials: Group Project Information

In week 18, your students will finish Introduction to Health Professions by completing a final project.

For this project, your students will choose a health care career and present a short oral presentation to the class about that career.

In addition to the presentation, students will need to create a poster that shows some of the career information.

You can find the full project details and grading rubric in the [course standard document](#) provided by the South Carolina Department of Education.

Overall, by ending your course with this project, you are giving your students one last look at the wide number of career opportunities your health science students have!