

Principles of Health Science-Semester B

Course Overview

This one-semester course is intended as a practical, hands-on guide to help you understand the human body systems and learn career skills related to health care. This course has 14 lessons organized into three units, plus three Unit Activities. Each lesson contains one or more Lesson Activities.

This course will cover medical terminology, human anatomy, homeostasis, and different stages of development in the human lifespan. It also covers desirable personal qualities and professional skills for the healthcare sector.

You will submit the Unit Activity documents to your teacher, and you will grade your work in the Lesson Activities by comparing them with given sample responses. The Unit Activities (submitted to the teacher) and the Lesson Activities (self-checked) are the major components of this course. There are other assessment components, namely the mastery test questions that feature along with the lesson; the pre- and post-test questions that come at the beginning and end of the unit, respectively; and an end-of-semester test. All of these tests are a combination of simple multiple-choice questions and technology enhanced (TE) questions.

Course Goals

This course will help you meet the following goals:

- Identify medical terminology used in health care.
- Discuss the human body's systems and human needs.
- Discuss the human body's systems and processes that maintain homeostasis.
- Identify different health concerns in the different stages of the human life span.
- Describe job acquisition and advancement skills.
- Learn professional skills required at the workplace.

Prerequisite Skills

Principles of Health Science–Semester B has the following prerequisites:

- basic computer skills
- ability to process information
- familiarity with the writing process and following guidelines
- basic math knowledge
- ability to visualize and apply creativity and innovation

General Skills

To participate in this course, you should be able to do the following:

- Perform basic operations on a computer.
- Perform online research using various search engines and library databases.
- Communicate through email and participate in discussion boards.

For a complete list of general skills that are required for participation in online courses, refer to the Prerequisites section of the Plato Student Orientation document, found at the beginning of this course.

Credit Value

Principles of Health Science–Semester B is a 0.5-credit course.

Course Materials

- Notebook
- Computer with Internet connection and speakers or headphones
- Microsoft Word or equivalent
- Microsoft Excel or equivalent
- Microsoft PowerPoint or equivalent

Course Pacing Guide

This course description and pacing guide is intended to help you stay on schedule with your work. Note that your course instructor may modify the schedule to meet the specific needs of your class.

Unit 1: The Human Body

Summary

In this unit, you will learn about the roots of medical terminology. You'll familiarize yourself with the basic structure of the human body and learn about the various body systems. Additionally, you'll learn about Maslow's classification of human needs. You'll also learn how the body maintains homeostasis. Finally, you'll learn about the different stages of development in the human lifespan and the importance of maintaining healthy relationships across the lifespan.

Day	Activity/Objective	Type
1 day: 1	Syllabus and Plato Student Orientation <i>Review the Plato Student Orientation and Course Syllabus at the beginning of this course.</i>	Course Orientation
6 days: 2–7	Medical Terminology <i>Identify medical terminology used in health care.</i>	Lesson
6 days: 8–13	Physiology and Anatomy <i>Discuss the human body's systems and human needs.</i>	Lesson
6 days: 14–19	Human Homeostasis <i>Discuss the human body's systems and processes that maintain homeostasis.</i>	Lesson
6 days: 20–25	The Human Lifespan <i>Identify different health concerns in the different stages of the human life span.</i>	Lesson
1 day: 26	Space Jumble	Game
4 days: 27–30	Unit Activity/Threaded Discussion—Unit 1	Unit Activity
1 day: 31	Posttest—Unit 1	Assessment

Unit 2: Personal Qualities

Summary

In this unit, you'll learn strategies for reading documents, reviewing documents, and planning and structuring them. You'll examine verbal and nonverbal communication and learn effective listening skills. You'll also familiarize yourself with workplace ethics and desirable traits and attitudes for the workplace. Additionally, you'll examine workplace etiquette and learn how to dress and behave professionally. Finally, you'll learn to resolve problems at the workplace creatively.

Day	Activity/Objective	Type
4 days: 32–35	Reading and Writing <i>Demonstrate effective reading and writing skills by reading and interpreting workplace documents and writing clearly.</i>	Lesson
4 days: 36–39	Speaking and Listening <i>Demonstrate effective speaking and listening skills by communicating effectively with customers and employees and following directions.</i>	Lesson
4 days: 40–43	Positive Work Ethics <i>Demonstrate a positive work ethic by coming to work every day on time, a willingness to take direction, and motivation to accomplish the task at hand.</i>	Lesson
4 days: 44–47	Integrity <i>Demonstrate integrity by abiding by workplace policies and laws and demonstrating honesty and reliability.</i>	Lesson
4 days: 48–51	Self-Representation <i>Demonstrate positive self-representation skills by dressing appropriately and using language and manners suitable for the workplace.</i>	Lesson
5 days: 52–56	Creative Resourcefulness <i>Demonstrate creativity and resourcefulness by contributing new ideas and working with initiative.</i>	Lesson
1 day: 57	Para Jumble	Game
4 days: 58–61	Unit Activity/Threaded Discussion—Unit 2	Unit Activity
1 day: 62	Posttest—Unit 2	Assessment

Unit 3: Professional Skills

Summary

In this unit, you'll learn how to avoid workplace conflicts and resolve them if they do occur. You'll learn techniques to reduce stress, solve problems, and make efficient use of time and resources. You'll also learn skills like mathematical reasoning and learn to use tables and charts.

Day	Activity/Objective	Type
5 days: 63–67	Conflict Resolution <i>Demonstrate conflict-resolution skills by negotiating diplomatic solutions to avoid interpersonal and workplace issues.</i>	Lesson
5 days: 68–72	Critical Thinking and Problem Solving <i>Demonstrate critical-thinking and problem-solving skills by analyzing and resolving problems that arise in completing assigned tasks.</i>	Lesson
5 days: 73–77	Time, Task, and Resource Management <i>Demonstrate time, task, and resource management skills by organizing and implementing a productive plan of work.</i>	Lesson
5 days: 78–82	Mathematics <i>Demonstrate mathematics skills by using mathematical reasoning to accomplish tasks.</i>	Lesson
1 day: 83	Thwack-A-Mole	Game
4 days: 84–87	Unit Activity/Threaded Discussion—Unit 4	Unit Activity
1 day: 88	Posttest—Unit 4	Assessment
1 day: 89	Semester Review	
1 day: 90	End-of-Semester Test	Assessment