

Syllabus

Virginia Health Science 2, Semester B

Course Overview

This one-semester course is intended as a practical, hands-on guide to help you understand the skills required to achieve success in modern-day careers. This course has 16 lessons organized into four units, plus four Unit Activities. Each lesson contains one or more Lesson Activities.

This course will cover various topics in health science, such as infection control, medical and surgical equipment, disease prevention, and rehabilitative care.

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:

- Discuss the scope of practice appropriate for patient care in the different healthcare pathways.
- Examine standards, ethics, and laws, and patients' rights regarding their health care in the United States.
- Analyze elements of, and guidelines for, infection control and hygiene in health care.
- Analyze the need for safe, sterilized medical and surgical equipment in healthcare organizations.
- Analyze safe waste management techniques and measures to ensure environmental safety in health care.
- Examine disease prevention strategies, healthy behaviors, and wellness strategies for healthcare professionals and patients.
- Examine the principles of body mechanics and ergonomics to avoid injury.
- Examine how to handle emergency situations in health care.
- Examine the role of rehabilitative care in health care.
- Examine the techniques involved in, and benefits of, movement and massage therapies.
- Trace the history and examine the techniques in, and benefits of, Indian and Chinese medicine.

- Discuss the remedies rooted in different cultures and traditions.

Prerequisite Skills

Health Science—2B has the following prerequisites:

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

General Skills

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

- Perform basic operations with word processing software, such as Microsoft Word or Google Docs.
- 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

Health Science—2B 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: Professional Standards and Ethics

Summary

In this unit, you will learn about the standards, ethics, and laws related to health care in the United States. You will also learn the scope of practice appropriate for patient care in the different healthcare pathways. Additionally, in this unit, you will familiarize yourself with patients' rights regarding their health care, including the right to privacy.

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
4 days: 2–5	Standards, Ethics, and Laws Related to Health Care <i>Examine standards, ethics, and laws related to health care in the United States.</i>	Lesson
4 days: 6–9	Scope of Practice <i>Discuss the scope of practice appropriate for patient care in the different healthcare pathways.</i>	Lesson
4 days: 10–13	Patients' Rights and Choices <i>Learn about patients' rights regarding their health care, including the right to privacy.</i>	Lesson
1 day: 14	Space Jumble	Game
4 days: 15–18	Unit Activity/Threaded Discussion—Unit 1	Unit Activity
1 day: 19	Posttest—Unit 1	Assessment

Unit 2: Disease Prevention

Summary

In this unit, you will learn about the elements of, and guidelines for, infection control and hygiene in health care. You will also familiarize yourself with the need for safe, sterilized medical and surgical equipment in healthcare organizations. You will learn about the safe waste management techniques in health care. Additionally, you will learn how disease prevention helps with healthcare cost containment.

Day	Activity/Objective	Type
4 days: 20–23	Infection Control <i>Analyze elements of, and guidelines for, infection control and hygiene in health care.</i>	Lesson
4 days: 24–27	Medical and Surgical Equipment <i>Analyze the need for safe, sterilized medical and surgical equipment in healthcare organizations.</i>	Lesson
4 days: 28–31	Waste Management <i>Analyze safe waste management techniques in health care.</i>	Lesson
3 days: 32–34	Disease Prevention and Cost Containment <i>Examine how disease prevention helps with healthcare cost containment.</i>	Lesson
1 day: 35	Para Jumble	Game
4 days: 36–39	Unit Activity/Threaded Discussion—Unit 2	Unit Activity
1 day: 40	Posttest—Unit 2	Assessment

Unit 3: Safety and Wellness

Summary

In this unit, you will familiarize yourself with the healthy behaviors and wellness strategies for healthcare professionals and patients. You will also learn principles of body mechanics and ergonomics to avoid injury. In addition, you will also analyze measures to ensure environmental safety in healthcare facilities. In this unit, you will also examine how to handle emergency situations in health care.

Day	Activity/Objective	Type
4 days: 41–44	Personal and Patient Wellness <i>Examine healthy behaviors and wellness strategies for healthcare professionals and patients.</i>	Lesson
4 days: 45–48	Physical Safety/Body Mechanics and Ergonomics <i>Examine the principles of body mechanics and ergonomics to avoid injury.</i>	Lesson
4 days: 49–52	Environmental Safety <i>Analyze measures to ensure environmental safety in healthcare facilities.</i>	Lesson
4 days: 53–56	Emergency Preparedness and Planning <i>Examine how to handle emergency situations in health care.</i>	Lesson
1 day: 57	Thwack-A-Mole	Game
4 days: 58–61	Unit Activity/Threaded Discussion—Unit 3	Unit Activity
1 day: 62	Posttest—Unit 3	Assessment

Unit 4: Complementary and Alternative Health Care

Summary

In this unit, you will familiarize yourself with the techniques involved in, and benefits of, movement and massage therapies. You will learn about the history, techniques, and benefits of Indian and Chinese medicine. Finally, you will learn about the remedies rooted in different cultures and traditions.

Day	Activity/Objective	Type
4 days: 63–66	Rehabilitative Care <i>Examine the role of rehabilitative care in health care.</i>	Lesson
4 days: 67–70	Movement and Massage Therapies <i>Examine the techniques involved in, and benefits of, movement and massage therapies.</i>	Lesson
4 days: 71–74	Chinese Medicine <i>Trace the history and development of Chinese medicine.</i>	Lesson
4 days: 75–78	Indian Medicine <i>Trace the history and examine the techniques in, and benefits of, Indian medicine.</i>	Lesson
4 days: 79–82	Cultural and Traditional Remedies <i>Discuss the remedies rooted in different cultures and traditions.</i>	Lesson
1 day: 83	Space Jumble	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