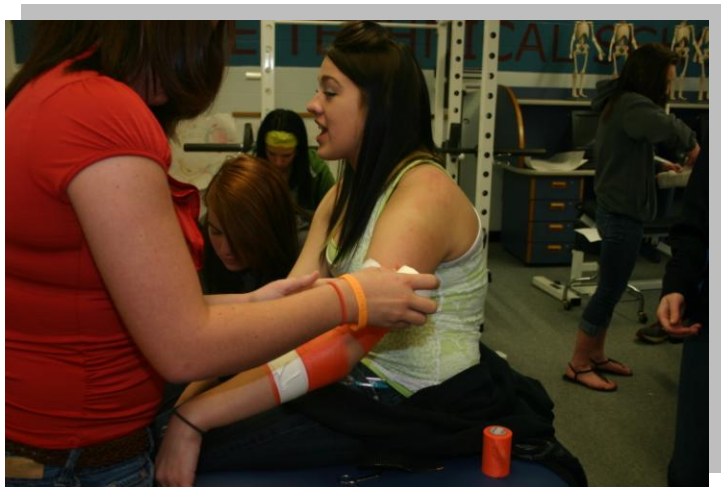


Allied Health/ Sports Medicine



Program offered:
Nurse Aid Training

Recommendations for Success:

- Communicate effectively with patients
- Read and interpret medical terminology
- Demonstrate fundamentals of body mechanics
- Demonstrate manual dexterity to operate medical equipment efficiently
- Ability to problem solve quickly and accurately
- Ability to follow written and oral directions
- Observation skills with attention to detail
- Excellent attendance and homework completion
- Understanding of basic human anatomy and physiology
- 2 step Mantoux skin test for tuberculosis (free of cost if given at Lenape Tech)
- Physical exam (free if given by school physician during spring semester of junior year)
- Criminal History Record Information check (CHRI) – to be completed at Lenape Tech through the PA State Police PATCH system (if student has lived in PA for 2 years)
- FBI background check (if student has NOT lived in PA for at least 2 years)

Lenape Technical School	Allied Health / Sports Medicine
Objective of field	This cluster program in Allied Health/Sports Medicine provides a combination of subject matter and hands-on experiences designed to prepare individuals for entry level employment or post secondary education. The core curriculum consists of planned courses including: introduction to health careers, basic anatomy and physiology, medical terminology, legal and ethical aspects of health care, vital signs, personal care skills, and communication skills.
Job Duties	<ul style="list-style-type: none"> • Assessment of vital signs • Providing personal care to patients • Transfer and ambulation of patients • Perform special procedures such as hot/cold packs and simple dressings • Assist with elimination needs of patients • Nutrition skills such as serving meals and feeding patients • Infection control techniques • Documentation skills • Sports injury prevention and treatment • Exercise techniques for strength and conditioning • Exercise techniques for flexibility and stretching • Assessment techniques including range of motion and strength/aerobic assessment • Analysis techniques for body mass and body fat percentage
Classroom Tests	Year 1: 10 tests* Year 2: 10 tests* Year 3: 12 tests* <i>*This number is approximate and is subject to change</i>
Certification Tests	<ul style="list-style-type: none"> • Pennsylvania Department of Education Nurse Aide Competency Evaluation (optional) • American Heart Association CPR for Health Care Providers • American Red Cross First Aid Certification • Bloodborne Pathogens • Pharmacy Technician Certification (optional) • Personal Trainer Certification – after graduation (optional) • Personal Care Home Direct Staff Person Training Certification through the Department of Public Welfare
Books	<u>Diversified Health Occupations</u> <u>Mosby's Textbook for Nurse Assisting</u> <u>Introduction to Sports Medicine and Athletic Training</u> <u>Sports Medicine Essentials</u>
Lecture Time	Year 1: 9 hours/week* Year 2: 9 hours/week* Year 3: 12 hours/week* <i>*This number is approximate and is subject to change</i>
Co-op/Clinical	Senior year – mandatory 40 hours clinical work experience for Nurse Aide training Co-op Requirements: <ul style="list-style-type: none"> • Student must receive approval from all members of the professional staff • Student must have a “B” grade or higher in all subjects • Student must have a satisfactory discipline record • Student must maintain passing grades while they are in the co-op program • Student must maintain strong attendance record and demonstrate punctuality • Student must provide their own transportation to and from work

Lenape Technical School	Allied Health / Sports Medicine
Homework	<ul style="list-style-type: none"> • Chapter reviews and key terms • Medical terminology assignments • Completion of assignments such as research projects
Task Lists	<p>Year 1: 5-10 comprehensive tasks*</p> <p>Year 2: 5-10 comprehensive tasks*</p> <p>Year 3: 20-30 comprehensive tasks*</p> <p><i>*This number is approximate and is subject to change</i></p>
Planned Courses	<ul style="list-style-type: none"> • Introduction to health care careers • Assessment of vital signs • Personal care skills • Transfer and ambulation • Body mechanics • Nutrition skills • Safety and infection control techniques • Basic first aid • Anatomy and physiology • Injury prevention and treatment • Exercise, strengthening, and conditioning • Assessment of sports injuries • Basic principles of pharmacy (second year Juniors only) • Role of the Pharmacy Technician(second year Juniors only)
Academic Skills	<p>High School reading level</p> <p>Math Skills:</p> <ul style="list-style-type: none"> • Fractions • Decimals • Measurements • Percentage problems • Metric conversions • Decimal and fraction conversions
Soft Skills	<ul style="list-style-type: none"> • Good attendance • Good communication skills • Patience • Thoroughness • Ability to work as a team • Organization skills • Hygiene appropriate for patient care activities
Computer Skills	<ul style="list-style-type: none"> • Microsoft Word
Physical Requirements	<ul style="list-style-type: none"> • Ability to lift 20 lbs.
Vocational Testing Essential Aptitudes for lab recommended levels	<ul style="list-style-type: none"> • Gross and fine motor skills • Manual dexterity
Training	<p>Training is provided equally in Sports Medicine and Allied Health Careers. Students who complete the 120 hour Nurse Aide training program during their senior year are eligible to take the PA Nurse Aide Competency Exam (CNA). Certification as a CNA provides immediate opportunity for entry level employment in health care OR enhances the student's resume or college application for post secondary education in the health care field.</p>

Lenape Technical School	Allied Health / Sports Medicine					
Training Continued	The Sports Medicine curriculum provides a foundation in work-based experiences and theory for students to take an optional certification exam in personal training after graduation from high school. Even without certification, students who participate in the Sports Medicine program may experience increased opportunities for post-secondary education in athletic training and physical therapy.					
Uniform Requirements	Student Expense: <ul style="list-style-type: none"> • Scrub top and pants • Lenape Tech Polo shirt • White tennis shoes 					
Articulation/Agreements	This is a program of study (POS) with a state-wide articulation agreement with post-secondary institutions. To find these, please see: www.collegetransfer.net for this CIP Code: 51.0899					
Employment/Job Outlook	<p>As the largest industry in 2006, health care provided 14 million jobs—13.6 million jobs for wage and salary workers and about 438,000 jobs for the self-employed.</p> <ul style="list-style-type: none"> • 7 of the 20 fastest growing occupations are health care related • Health care will generate 3 million new wage and salary jobs between 2006 and 2016, more than any other industry • Most workers have jobs that require less than 4 years of college education, but health diagnosing and treating practitioners are among the most educated workers • Employment in health care will continue to grow for several reasons including the aging population with greater than average health care needs and faster than normal population growth through 2014 <table border="1" data-bbox="477 1016 1516 1415" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th data-bbox="477 1016 997 1079" style="text-align: center;">2-Years or Less Post-Secondary Education</th> <th data-bbox="997 1016 1516 1079" style="text-align: center;">4-Year Bachelor's Degree</th> </tr> </thead> <tbody> <tr> <td data-bbox="477 1079 997 1415" style="text-align: center;"> Licensed Practical Nurse Physical Therapy Assistant Occupational Therapy Assistant Emergency Medical Technician Pharmacy Technician Phlebotomist Medical Assistant Dental Assistant Medical Secretary Registered Nurse Radiology Technician </td> <td data-bbox="997 1079 1516 1415" style="text-align: center;"> Registered Nurse Dietitian Respiratory Therapist Medical Records Dental Hygienist </td> </tr> </tbody> </table>		2-Years or Less Post-Secondary Education	4-Year Bachelor's Degree	Licensed Practical Nurse Physical Therapy Assistant Occupational Therapy Assistant Emergency Medical Technician Pharmacy Technician Phlebotomist Medical Assistant Dental Assistant Medical Secretary Registered Nurse Radiology Technician	Registered Nurse Dietitian Respiratory Therapist Medical Records Dental Hygienist
2-Years or Less Post-Secondary Education	4-Year Bachelor's Degree					
Licensed Practical Nurse Physical Therapy Assistant Occupational Therapy Assistant Emergency Medical Technician Pharmacy Technician Phlebotomist Medical Assistant Dental Assistant Medical Secretary Registered Nurse Radiology Technician	Registered Nurse Dietitian Respiratory Therapist Medical Records Dental Hygienist					
How to find out more?	http://www.bls.gov/ooh/Healthcare/Registered-nurses.htm#tab-7 http://www.bls.gov/ooh/healthcare/physical-therapist-assistants-and-aides.htm#tab-7 http://www.bls.gov/ooh/healthcare/dental-hygienists.htm#tab-7					