

# Health Sciences



**Mrs. Balvik**

**Office: 204k**

Schoology message or email is the best way  
to contact me 😊

E-mail: hbalvik@west-fargo.k12.nd.us

Phone: 701-356-2050



## Course Description

**\*\*We will not use a textbook in this course\*\***

This course is an elective course to expose students to the basics of the medical field and Health Careers. Some topics that will be covered are: Patient Rights and Needs, the Working Environment, AIDS/Hepatitis, Communication Skills, Ethics and Legalities, Patient Environment and Cares, Vital Signs, CPR and First Aid, and Career Awareness with an observation second semester for qualified students.

Students should finish this course with the following skills: Medical asepsis, Communication skills, Bed making, Positioning, Basic Massage, Vital Signs (Temperature, Pulse, Respirations, and Blood Pressure) and CPR and First Aid (certification optional and a fee will be required for certification).

Taking Medical Terminology in conjunction with this course is highly encouraged; followed by Health Sciences 2 and CNA Skills and / or Treatment and Prevention of Athletic Injuries.

## Assignments:

Assignments and due dates are listed on weekly lesson plans in Schoology. The weekly lesson plans will be listed in Schoology, it is important to check these daily each week. Some Important assignments will also be added to the Schoology calendar. Lessons/Unit arrangements are subject to change depending time and schedules. Do your best to keep up as each week and ask questions as needed.

**Any late or missing work will get half credit.** Tests need to be made up as soon as possible, preferably before we take the next unit test. Chronically late or missing work will affect any opportunity to attend a job shadow (if we are able to take part in them). **Make sure you are aware of the school eligibility policy.**

Any credit for excessive late work will be at discretion of the teacher. I want you to earn credit for your work, so ultimately communicate with me any concerns. Cheating is not the same as collaborating. There is a zero-tolerance policy and you and the other party will receive a 0.

## Course Standards

- ✓ Recognize and describe health care delivery models.
- ✓ Recognize local and national health care agencies.
- ✓ Recognize and apply knowledge of effective communication techniques.
- ✓ Apply knowledge of professional attitudes and strong work ethics in career planning.
- ✓ Apply professional career information to personal career planning.
- ✓ Recognize computer skills are essential in health care careers.
- ✓ Apply basic knowledge of legal and ethical guidelines in decision making.
- ✓ Apply knowledge of personal and client safety.
- ✓ Demonstrate and consistently perform proper body mechanics.
- ✓ Apply and demonstrate basic infection control principles.
- ✓ Apply basic knowledge of anatomy and physiology.
- ✓ Recognize signs of skin breakdown and demonstrate basic massage and positioning technique.
- ✓ Demonstrate basic health care skills (handwashing, bed making, vital signs, body mechanics, transporting & positioning patients)
- ✓ Perform and analyze assessment of temperature, pulse, respiration, pulse oximetry and blood pressure.
- ✓ Perform Adult CPR and AED.
- ✓ Perform First Aid.
- ✓ Obtain HIPAA Certification

## Materials You Will Need

- iPad
- headphones/earbuds
- folder or binder with pockets
- notebook/writing utensil

## Assignments:

The grade represents being prepared for class, cooperation with others, listening skills, interest and participation in class and skills, skills performance and attitude, and attendance. Cheating will not be tolerated!

Students may also be given a CRP grade (Career Ready Practice) on some assignments, labs, presentations etc. CRP's are a way for students to see how prepared they are for careers or additional roles outside of the classroom.

## Grading Scale for Health Sciences 1:

A: 90-100%

B: 80-89%

C: 70-79%

D: 60-69%

F: 59% or lower

## Attendance:

Accurate attendance will be taken. Absences known in advance (field trips, sport activities, family trips, appointments, etc.) should check in if possible, in advance.

If a student has an excused absence that could not be anticipated (illness or emergency) or the day the assignment is due, students will receive the same amount of time they were gone to get the work in. If a student is Unverified from class, the work for that day will not be allowed to be made up for credit.

## Community Observation:

This will be available for those students that are in good academic standing (75% or higher in class at time of observation and/or at each quarter or semester end). Student will also earn a grade of at least 75% on both Ethics and Legalities test. Students should meet the requirements of this course.

These requirements include academic success as listed prior as well as:

- **Attending class.** I will earn no (0) unexcused absence in Health Sciences 1 prior to the community observation.
- **Arriving to class on time.** I will not be tardy to Health Sciences 1 more than two (2) times prior to the community observation.
- **Handing all Health Science 1 assignments in during the suggested timeline.** No more than (2) late assignments
- **Assuming responsibility for all Health Science assignments and work missed due to excused absences.**
- **In Health Sciences class, I will demonstrate *self-management* and *respect* by:**
  - Speaking respectfully to others and practicing good listening skills.
  - Engaging in Health Science activities (ex. participating in discussion, asking questions, full participation in skills activities, focused attention, no sleeping)
  - Displaying only positive behaviors.
- **In Health Sciences class, I will demonstrate *cooperation* by:**
  - Being a positive team member during class and skills activities.
  - Managing frustration and anger appropriately.
  - Controlling impulsive behavior
  - Working through conflict with teachers/classmates using the Communication Process
- **In Health Sciences class, I will demonstrate *integrity* by:**
  - Completing homework, quizzes and tests on my own.
  - Cheating will not be tolerated and student will receive a 0.
- **In the West Fargo Public Schools Community, I will demonstrate *self-management*, *responsibility*, and *respect* by:**
  - Attending all of my classes. I am aware that teachers will review attendance contracts on file in the office.
  - If observations can take place and if I do not qualify for the observation experience or I am unable to attend, I will be given an alternate assignment. If I do qualify for the observation experience and do not show up for my scheduled observation; I will receive a 0 on the Observation assignment and not have the opportunity to do a Non-Observation assignment for any credit.

Observations and field trips are a privilege, not a right. Our hope is that qualified students will get one job shadow. However, this may not happen at all if sites are still limiting observers. There may be a cost incurred for eligible students for immunizations and other required components if requested by the site. The West Fargo Public Schools Health Sciences Program is building strong partnerships with multiple health care centers in the community. The contracts we will hold with these entities require that the teacher place only those students who have demonstrated adherence to the standards identified on page 1 in community experiences.

**\*Health Science teachers will have the discretion of all observation experiences to ensure positive representation on behalf of West Fargo Public Schools. \***

## Movie Release

Throughout the course of the school year, we may watch a movie that has an R rating. This movie will be pertinent to the topic we are covering at the time. This movie may have an R rating due to the following: Adult Language, Violence, Sexual Content, or Graphic ER scenes.

This letter is an Opt Out option if you prefer your student to not participate in the viewing of one of these movies. In that case, they will be given a pass to the library and an alternate assignment.

Please check the following boxes that apply to your decisions regarding your student.

Thank you for your support in this matter and please feel free to contact me if you have any questions or would like more detailed information.

---

- ☐ I do not wish for my student to watch any movie with an R rating
- ☐ I would like to be contacted prior to each movie and make my decision on a case-by-case basis. Please put name and email here: \_\_\_\_\_
- ☐ My student can watch any movie deemed pertinent by the instructor regardless of rating.

### **EXTRA CREDIT OPPORTUNITIES: (others may periodically arise)**

\*+10 points for becoming a WFHS HOSA member and +10 points for attending a State HOSA conference

\* Additional opportunities may also arise and will be described in class by instructor.

## Remember:

I want each student to be successful in this course and find a genuine interest in the medical field. If issues or concerns emerge in a student's life that impacts his/her classroom performance, please contact me. I can't help if I don't know.

Students should not be afraid to ask for help! The best way to reach me is in person or email/Schoology messages. Appointments to meet with me can be arranged. Schoology will be a necessary resource for success in this course. Official grades will be found in PowerSchool.

**Signing below you are acknowledging you understand the information stated throughout this syllabus related to course information, observation eligibility and movie release information.**

Student Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date: \_\_\_\_\_