

Health Sciences I

Mrs. Balvik

Office: 204k

Schoology message or email is the best way

to contact me ☺

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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.

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: _____

Dear Parents/Guardians,

My name is Heidi Balvik, and I am excited to have your student enrolled in one of our Health Science courses (Health Science I, Health Science II, Prevention and Care of Athletic Injuries, and/or Certified Nursing Assistant).

As part of these courses, students will have the opportunity to explore healthcare careers through facility tours, job shadowing/observations, guest experiences, and hands-on learning activities. These experiences are an important component of the curriculum, and students are expected to attend and actively participate.

To be eligible for these opportunities, students must be passing the course and maintain good attendance. Students who choose not to attend or skip a scheduled observation or tour without prior approval will receive a zero for that day's assignment.

These off-campus experiences are graded based on participation, punctuality, professionalism, and respectful behavior toward fellow students, instructors, and the professionals hosting the experience.

I understand that circumstances may arise that prevent a student from attending. If this occurs, students are expected to communicate with me before the scheduled experience, either in person or by email. When appropriate, a makeup assignment will be provided so students have the opportunity to earn credit for the missed experience.

Please review the information with your student, complete and sign the form below, and return it at your earliest convenience to indicate that you have read and understand the expectations for this course.

If you have any questions or concerns, please feel free to contact me at hbalvik@west-fargo.k12.nd.us.

Thank you for your support. I look forward to helping your student explore the many opportunities available in the healthcare field.

Sincerely,

Heidi Balvik

Health Science Instructor
West Fargo High School

Students name_____

Circle which class/classes they are in:

Health Science 1 Health Science 2 Prevention and Care of Athletic Injuries CNA

I understand and have read the expectations of the class/classes above and understand that it is an expectation that my student will be present for observations/tours.

Parent/Guardian Signature_____

Please circle one:

My Student can attend observations/tours YES NO

My student can drive to observations/tours: YES NO

My student can find another ride to observations/tours YES NO

