



Personal and Community Medical Issues

Course Description

This course is designed to develop an understanding of the principles necessary for promoting lifelong wellness and preparation for careers in the Health Sciences Support Services Pathway. Students will develop a concept of health and wellness from the perspective of a health consumer as well as a potential health professional. Focus will be on a holistic approach to recognizing and evaluating oneself in order to improve one’s own quality of life. The course will include a study of critical issues which affect the individual and may include stress, nutrition, weight control, physical fitness, infections and non-infectious diseases, alcohol and drug abuse, environmental health, human sexuality.

Course Code: 077303

Program(s) of Study to which this course applies:

- Health Promotion and Disease Prevention

Course Content	Crosswalk to Common Core Academic Standards	Crosswalk to Nebraska Academic Standards	Crosswalk to Nebraska Career Readiness Standards	Crosswalk Clarification
<p>Standard 1. Students will identify and analyze the existing safety practices and potential hazards to self and others.</p>				
<p>Benchmark 1.1 The students will recognize the various aspects of infection control.</p> <p><u>Sample performance indicators:</u></p> <ul style="list-style-type: none"> • Demonstrate principles of infection control. • Describe methods of controlling the spread and growth of microorganisms. • Explore careers i.e. Safe Serve certification, public health advocate, quality control, environmental engineer. 	N/A	N/A	N/A	



Course Content	Crosswalk to Common Core Academic Standards	Crosswalk to Nebraska Academic Standards	Crosswalk to Nebraska Career Readiness Standards	Crosswalk Clarification
<p>Benchmark 1.2 The students will apply the various aspects of personal safety.</p> <p><u>Sample performance indicators:</u></p> <ul style="list-style-type: none"> • Demonstrate personal safety procedures based on Occupational Safety and Health Administration (OSHA) and Centers for Disease Control (CDC) regulations. • Demonstrate principles of body mechanics i.e moving patient, lifting patient, moving equipment. • Explore related careers. 	<p>ELA.RST.11-12.3</p>	<p>LA.12.1.6.k LA.12.3.2 SC.12.1.1.d</p>	<p>CR.1.A.4 CR.3.B.4</p>	<p>Alignment presumes that students must comprehend oral or written instructions to complete the task (CC: ELA.RST.11–12.3; NE: CR.1.A.4, LA.12.1.6.k, LA.12.3.2).</p> <p>Alignment presumes that students will use appropriate equipment to demonstrate personal safety procedures (NE: SC.12.1.1.d).</p>
<p>Benchmark 1.3 The students will apply the emergency procedures and protocols.</p> <p><u>Sample performance indicators:</u></p> <ul style="list-style-type: none"> • Practice procedures for safety drills i.e. fire, lost child, intruder, bomb, hazardous materials, weather. • Apply principles of basic emergency response in natural disasters and other emergencies. • Develop the procedure manual for handling community disaster. • Poster series to indicate safety procedures for a variety of emergencies. 	<p>ELA.RST.11–12.3</p>	<p>LA.12.1.6.k LA.12.3.2</p>	<p>CR.1.A.4 CR.3.B.2</p>	<p>Alignment presumes that students must comprehend oral or written instructions to complete the task (CC: ELA.RST.11–12.3; NE: CR.1.A.4, LA.12.1.6.k, LA.12.3.2).</p>
<p>Standard 2. Students will understand the fundamentals of wellness and the prevention of disease processes and practice preventive health behaviors.</p>				
<p>Benchmark 2.1 Assess the dimensions of wellness and prevention of disease processes and their interrelatedness.</p>	<p>MTH.S.ID.9</p>	<p>MA.12.4.2.d</p>	<p>CR.5.A.1 CR.5.A.4</p>	<p>Alignment presumes that students will consider correlation data related to nutrition, weight control, and disease prevention (CC: MTH.S.ID.9; NE: MA.12.4.2.d).</p>



Course Content	Crosswalk to Common Core Academic Standards	Crosswalk to Nebraska Academic Standards	Crosswalk to Nebraska Career Readiness Standards	Crosswalk Clarification
<p><u>Sample performance indicators:</u></p> <ul style="list-style-type: none"> Analyze the pros and cons of stress. Examine the impact of high risk behaviors. Promote the impact of positive behaviors. Discuss complementary (alternative) health practices as they relate to wellness and disease prevention i.e. herbs, acupuncture, yoga, tai chi, acupressure. Research the impact of alcohol, tobacco and drug use. Compare the correlation between nutrition, weight control and disease prevention. Analyze the environmental health issues of the 21st century. Identify the human sexuality issues related to personal wellness and disease prevention. Explore career possibilities related to these issues- i.e. counseling, social work, therapists, home health care, personal trainers, dietary, nutritionist, public health coordinator, entrepreneurial businesses. 		<p>SC.12.1.1.g SC.12.1.1.j</p>		<p>Alignment presumes that students will analyze effects of stress, and share information related to wellness and prevention of disease (NE: SC.12.1.1.g, SC.12.1.1.j).</p>
<p>Benchmark 2.2 Practice preventive health behaviors.</p> <p><u>Sample performance indicators:</u></p> <ul style="list-style-type: none"> Develop a lifespan physical fitness plan. Describe strategies for the prevention of diseases including health screenings and examinations. Identify behaviors that promote health and wellness. Compare the correlation between nutrition, weight control and lifelong fitness. Examine immunization requirements and needs. 	<p>MTH.S.ID.9</p>	<p>MA.12.4.2.d</p>	<p>CR.11.A.2</p>	<p>Alignment presumes that students will consider correlation data related to nutrition, weight control, and fitness (CC: MTH.S.ID.9; NE: MA.12.4.2.d).</p>



Reference Standards Sources

- NHFSAC = National Healthcare Foundation Standards and Accountability Criteria – 5/1/2009
- Northeast Community College, Lifetime Wellness Telecourse, July, 2010

Contributors

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Other Information

Suggestions for innovative teaching and learning strategies:	
Related assessments:	<ul style="list-style-type: none">• OSHA certification• Safe Serve certification• HIPAA Training to meet local compliance
Extended learning opportunities:	<ul style="list-style-type: none">• Health Occupations Students of America• Family, Career and Community Leaders of America• 4-H