

Healthcare Science 1 - Foundations of Healthcare Professions (2025)

COMMUNICATION:
Demonstrate methods
of delivering and
obtaining information,
while communicating
effectively. 1.0

1 Concepts of Effective Communication 1.1

- 1 Model verbal and nonverbal therapeutic communication. 1.1.1
- 2 Identify common barriers to communication. 1.1.2
 - 1 Physical disabilities 1.1.2.1
 - a Aphasia 1.1.2.1.A
 - b Developmental level 1.1.2.1.B
 - c Hearing loss 1.1.2.1.C
 - d Impaired vision 1.1.2.1.D
 - 2 Psychological barriers 1.1.2.2
 - a Attitudes 1.1.2.2.A
 - b Bias 1.1.2.2.B
 - c Prejudice 1.1.2.2.C
 - d Stereotyping 1.1.2.2.D
 - 3 Language barriers 1.1.2.3
- 3 Distinguish between subjective and objective information. 1.1.3
- 4 Interpret elements of communication using sender-message-receiver feedback model. 1.1.4
- 5 Modify communication to meet the needs of the patient/client and be appropriate to the situation. 1.1.5
- 6 Describe appropriate interactions with patients throughout various stages of psychosocial development. 1.1.6

2 Medical Terminology 1.2

- 1 Define and recognize entry level medical terminology related to healthcare to communicate information specific to course content. This language may include: 1.2.1
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Active listening 1.1.1.A **a Active listening** 1.1.1.A

Reflecting 1.1.1.B **b Reflecting** 1.1.1.B

Silence 1.1.1.C **c Silence** 1.1.1.C

Summarizing 1.1.1.D **d Summarizing** 1.1.1.D

Root words 1.2.1.A **a Root words** 1.2.1.A

Prefixes 1.2.1.B **b Prefixes** 1.2.1.B

Suffixes 1.2.1.C **c Suffixes** 1.2.1.C

Abbreviations 1.2.1.D **d Abbreviations** 1.2.1.D

TEAMWORK: Identify roles and responsibilities of individual members as part of the healthcare team. 2.0

1 Evaluate roles and responsibilities of healthcare team members. 2.1

2 Identify characteristics of effective teams. 2.2

3 Team Member Participation 2.3

- 1 Recognize methods for building positive team relationships. 2.3.1
- 2 Analyze attributes and attitudes of an effective leader. 2.3.2
 - 1 Characteristics 2.3.2.1
 - a Focused and driven 2.3.2.1.A
 - b Interpersonal skills 2.3.2.1.B
 - c Motivates and inspires 2.3.2.1.C
 - d Organized and balanced 2.3.2.1.D
 - 2 Types 2.3.2.2
 - a Autocratic 2.3.2.2.A
 - b Democratic 2.3.2.2.B
 - c Laissez faire 2.3.2.2.C
 - 3 Roles 2.3.2.3
 - a Communicates vision 2.3.2.3.A
 - b Leads change 2.3.2.3.B
 - c Manages accountability 2.3.2.3.C
 - 4 Apply effective techniques for managing team conflict. 2.3.2.4
 - a Communicate assertively 2.3.2.4.A
 - b Gather the facts 2.3.2.4.B
 - c Mediate disputes 2.3.2.4.C
 - d Negotiate resolutions 2.3.2.4.D
 - e Set clear expectations 2.3.2.4.E
 - 5 Evaluate why teamwork is an important part of healthcare and how it improves patient care. 2.3.2.5

Examples of healthcare teams 2.1.A

a Examples of healthcare teams 2.1.A

Responsibilities of team members 2.1.B

b Responsibilities of team members 2.1.B

Benefits of teamwork 2.1.C

c Benefits of teamwork 2.1.C

Collaboration 2.2.A

a Collaboration 2.2.A

Defined roles 2.2.B

b Defined roles 2.2.B

Effective communication 2.2.C

c Effective communication 2.2.C

Effective leadership 2.2.D

d Effective leadership 2.2.D

Measurable processes and outcomes 2.2.E

e Measurable processes and outcomes 2.2.E

Mutual respect 2.2.F

f Mutual respect 2.2.F

Shared goals 2.2.G

g Shared goals 2.2.G

HEALTH MAINTENANCE PRACTICES: Differentiate between wellness and disease. Promote disease prevention and model healthy behaviors. 3.0

1 Healthy Behaviors 3.1

- 1 Promote self-care behaviors of health and wellness. 3.1.1
- 2 Examine various aspects of behavioral health. 3.1.2
- 3 Describe public health strategies for prevention of disease. 3.1.3
- 4 Investigate complementary and alternative health practices as they relate to wellness and disease prevention. 3.1.4

2 Healthcare Across the Lifespan 3.2

- 1 Discuss religious and cultural values as they impact healthcare. 3.2.1
- 2 Demonstrate respectful and empathetic treatment of ALL patients/clients. 3.2.2

3 History of Healthcare 3.3

- 1 Describe healthcare history and medical advances 3.3.1

Exercise 3.1.1.A

a Exercise 3.1.1.A

Nutrition 3.1.1.B

b Nutrition 3.1.1.B

Relationships 3.1.1.C

c Relationships 3.1.1.C

Sleep habits 3.1.1.D

d Sleep habits 3.1.1.D

Stress management 3.1.1.E

e Stress management 3.1.1.E

Weight control 3.1.1.F

f Weight control 3.1.1.F

Anxiety 3.1.2.A

a Anxiety 3.1.2.A

Depression 3.1.2.B

b Depression 3.1.2.B

**Substance
abuse** 3.1.2.C

c Substance abuse 3.1.2.C

Suicide 3.1.2.D

d Suicide 3.1.2.D

**Community health
education outreach
programs** 3.1.3.A

a Community health education outreach programs 3.1.3.A

Immunizations 3.1.3.B

b Immunizations 3.1.3.B

**Routine physical exams-
Medical, dental, and
mental health
screenings** 3.1.3.C

c Routine physical exams- Medical, dental, and mental health screenings 3.1.3.C

**Self-care
behaviors** 3.1.3.D

d Self-care behaviors 3.1.3.D

**Eastern
medicine** 3.1.4.A

a Eastern medicine 3.1.4.A

**Holistic
medicine** 3.1.4.B

b Holistic medicine 3.1.4.B

**Homeopathic
medicine** 3.1.4.C

c Homeopathic medicine 3.1.4.C

**Manipulative
medicine** 3.1.4.D

d Manipulative medicine 3.1.4.D

Ageism 3.2.1.A

a Ageism 3.2.1.A

Ethnicity 3.2.1.B

b Ethnicity 3.2.1.B

Gender 3.2.1.C

c Gender 3.2.1.C

Race 3.2.1.D

d Race 3.2.1.D

Religion 3.2.1.E

e Religion 3.2.1.E

Civility 3.2.2.A

a Civility 3.2.2.A

**Customer
service** 3.2.2.B

b Customer service 3.2.2.B

**Patient
satisfaction** 3.2.2.C

c Patient satisfaction 3.2.2.C

SAFETY PRACTICES:
Identify existing and potential hazards to clients, co-workers, and self. Employ safe work practices and follow health and safety policies and procedures to prevent injury and illness. 4.0

1 Infection Control 4.1

- 1 Explain principles of infection transmission. 4.1.1
 - 1 Identify classifications of pathogens 4.1.1.1
 - a Bacteria 4.1.1.1.A
 - b Fungi 4.1.1.1.B
 - c Parasites 4.1.1.1.C
 - d Protozoa 4.1.1.1.D
 - e Viruses 4.1.1.1.E
 - 2 Describe characteristics of microorganisms 4.1.1.2
 - a Aerobic 4.1.1.2.A
 - b Anaerobic 4.1.1.2.B
 - c Non-pathogenic 4.1.1.2.C
 - d Pathogenic 4.1.1.2.D
 - 3 Recognize chain of infection 4.1.1.3
 - 4 Describe mode of transmission 4.1.1.4
 - a Common vehicles (air, food, water) 4.1.1.4.A
 - b Direct 4.1.1.4.B
 - c Healthcare-associated infections (nosocomial) 4.1.1.4.C
 - d Indirect 4.1.1.4.D
 - e Opportunistic 4.1.1.4.E
 - f Vectors 4.1.1.4.F
- 2 Differentiate methods of controlling the spread and growth of pathogens. 4.1.2
 - 1 Asepsis 4.1.2.1
 - a Antisepsis 4.1.2.1.A
 - b Disinfection 4.1.2.1.B
 - c Sanitization 4.1.2.1.C
 - d Sterile technique 4.1.2.1.D
 - e Sterilization 4.1.2.1.E
 - 2 Standard precautions 4.1.2.2
 - a Environmental cleaning 4.1.2.2.A
 - b Handwashing 4.1.2.2.B
 - c Gloving 4.1.2.2.C
 - d Personal Protective Equipment (PPE) 4.1.2.2.D
 - 3 Isolation precautions 4.1.2.3
 - a Transmission-based contact 4.1.2.3.A

4 Bloodborne pathogen precautions 4.1.2.4

5 Vaccinations 4.1.2.5

2 Personal Safety 4.2

1 Apply personal safety procedures based on Occupational Safety and Health Administration (OSHA) and Centers for Disease Control (CDC) regulations. 4.2.1

2 Explore principles of body mechanics 4.2.2

3 Demonstrate and apply the use of personal protective equipment (PPE). 4.2.3

3 Environmental Safety 4.3

1 Apply safety techniques in the work environment. 4.3.1

4 Common Safety Hazards 4.4

1 Observe all safety standards related to the occupational exposure to hazardous chemicals standard (safety data sheets [SDS]). 4.4.1

2 Comply with safety signs, symbols, and labels. 4.4.2

5 Emergency Procedures and Protocols 4.5

1 Differentiate fire safety protocols in a healthcare setting. 4.5.1

2 Apply principles of basic emergency response in natural disasters and other emergencies (safe location, contact emergency personnel, follow facility protocols). 4.5.2

Lifting 4.2.2.A

a Lifting 4.2.2.A

Positioning 4.2.2.B

b Positioning 4.2.2.B

Ergonomics 4.3.1.A

a Ergonomics 4.3.1.A

Patient/client/employee safety measures 4.3.1.B

b Patient/client/employee safety measures 4.3.1.B

Safe operation of equipment 4.3.1.C

c Safe operation of equipment 4.3.1.C

PASS 4.5.1.A

a PASS 4.5.1.A

RACE 4.5.1.B

b RACE 4.5.1.B

Types of Extinguishers 4.5.1.C

c Types of Extinguishers 4.5.1.C

TECHNICAL SKILLS:
Apply technical skills required for all career specialties and demonstrate skills and knowledge as appropriate. 5.0

1 Obtain training or certification 5.1

2 Academic Foundation Skills 5.2

Automated external defibrillator (AED) 5.1.A

a Automated external defibrillator (AED) 5.1.A

Cardiopulmonary resuscitation (CPR)- hands only 5.1.B

b Cardiopulmonary resuscitation (CPR)- hands only 5.1.B

First aid 5.1.C

c First aid 5.1.C

Foreign body airway obstruction (FBAO) 5.1.D

d Foreign body airway obstruction (FBAO) 5.1.D

Stop the Bleed 5.1.E

e Stop the Bleed 5.1.E

Recognize and convert traditional numbers to roman numerals. 5.2.A

a Recognize and convert traditional numbers to roman numerals. 5.2.A

Recognize and convert traditional time to military time. 5.2.B

b Recognize and convert traditional time to military time. 5.2.B

EMPLOYABILITY SKILLS:
Utilize employability skills to enhance employment opportunities and job satisfaction. 6.0

1 Personal Traits of the Health Professional 6.1

1 Identify personal traits and attitudes desirable in a career ready member of a health team. 6.1.1

2 Summarize professional standards as they apply to hygiene, dress, language, confidentiality and behavior. 6.1.2

2 Employability Skills 6.2

1 Apply employability skills in healthcare. 6.2.1

3 Career Decision-making 6.3

- 1 Research levels of education, credentialing requirements, and employment trends in health professions. 6.3.1
 - 2 Distinguish differences among careers within a health science pathway. 6.3.2
 - 3 Summarize and demonstrate professional standards as they apply to professional behavior and appearance. 6.3.3
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4 Employability Preparation 6.4

- 1 Develop components of a personal portfolio. 6.4.1
 - 2 Identify strategies for pursuing employment. 6.4.2
 - 3 Demonstrate leadership and professional skills by discussing and participating in health science activities such as: 6.4.3
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Acceptance of criticism 6.1.1.A

a Acceptance of criticism 6.1.1.A

Competence 6.1.1.B

b Competence 6.1.1.B

Dependability 6.1.1.C

c Dependability 6.1.1.C

Discretion 6.1.1.D

d Discretion 6.1.1.D

Empathy 6.1.1.E

e Empathy 6.1.1.E

Enthusiasm 6.1.1.F

f Enthusiasm 6.1.1.F

Honesty 6.1.1.G

g Honesty 6.1.1.G

Initiative 6.1.1.H

h Initiative 6.1.1.H

Integrity 6.1.1.I

i Integrity 6.1.1.I

Patience 6.1.1.J

j Patience 6.1.1.J

Positive Attitude 6.1.1.K

k Positive Attitude 6.1.1.K

Responsibility 6.1.1.L

l Responsibility 6.1.1.L

Self-motivation 6.1.1.M

m Self-motivation 6.1.1.M

Social and cultural competence 6.1.1.N

n Social and cultural competence 6.1.1.N

Tact 6.1.1.0

o Tact 6.1.1.0

Team player 6.1.1.P

p Team player 6.1.1.P

Willingness to learn 6.1.1.Q

q Willingness to learn 6.1.1.Q

Chain of command 6.2.1.A

a Chain of command 6.2.1.A

Communication skills 6.2.1.B

b Communication skills 6.2.1.B

Customer service 6.2.1.C

c Customer service 6.2.1.C

Decision making 6.2.1.D

d Decision making 6.2.1.D

Flexible 6.2.1.E

e Flexible 6.2.1.E

Organization 6.2.1.F

f Organization 6.2.1.F

Problem solving 6.2.1.G

g Problem solving 6.2.1.G

Scope of practice 6.2.1.H

h Scope of practice 6.2.1.H

Time management 6.2.1.I

i Time management 6.2.1.I

Work ethic 6.2.1.J

j Work ethic 6.2.1.J

Biotechnology research and development 6.3.2.A

a Biotechnology research and development 6.3.2.A

Diagnostic services 6.3.2.B

b Diagnostic services 6.3.2.B

Health informatics 6.3.2.C

c Health informatics 6.3.2.C

Support services 6.3.2.D

d Support services 6.3.2.D

Therapeutic services 6.3.2.E

e Therapeutic services 6.3.2.E

Hygiene 6.3.3.A

a Hygiene 6.3.3.A

Dress 6.3.3.B

b Dress 6.3.3.B

Language 6.3.3.C

c Language 6.3.3.C

Confidentiality 6.3.3.D

d Confidentiality 6.3.3.D

Community Service / Service Learning 6.4.1.A

a Community Service / Service Learning 6.4.1.A

Credentials 6.4.1.B

b Credentials 6.4.1.B

Leadership examples 6.4.1.C

c Leadership examples 6.4.1.C

Mock interview 6.4.1.D

d Mock interview 6.4.1.D

Oral report 6.4.1.E

e Oral report 6.4.1.E

Personal statement 6.4.1.F

f Personal statement 6.4.1.F

Professional/student organization memberships 6.4.1.G

g Professional/student organization memberships 6.4.1.G

Resume 6.4.1.H

h Resume 6.4.1.H

Sample projects 6.4.1.I

i Sample projects 6.4.1.I

Technology skills 6.4.1.J

j Technology skills 6.4.1.J

Work-based learning documentation 6.4.1.K

k Work-based learning documentation 6.4.1.K

Writing sample 6.4.1.L

l Writing sample 6.4.1.L

Employer websites 6.4.2.A

a Employer websites 6.4.2.A

Internships 6.4.2.B

b Internships 6.4.2.B

Personal networking 6.4.2.C

c Personal networking 6.4.2.C

Social media 6.4.2.D

d Social media 6.4.2.D

Soft Skills 6.4.2.E

e Soft Skills 6.4.2.E

Role-play scenarios 6.4.3.A

a Role-play scenarios 6.4.3.A

HOSA Future Health Professionals activities 6.4.3.B

b HOSA Future Health Professionals activities 6.4.3.B

Personal networking 6.4.3.C

c Personal networking 6.4.3.C

Job Shadowing (virtual or in person) 6.4.3.D

d Job Shadowing (virtual or in person) 6.4.3.D

Field studies 6.4.3.E

e Field studies 6.4.3.E

Service project 6.4.3.F

f Service project 6.4.3.F