

## OVERVIEW:

This innovative high school health science curriculum seeks to develop among students the motivation and critical thinking skills necessary for any career in health sciences. The engaging lessons use problem-based and project-based learning modalities to reach learners at all levels with authentic case scenarios and real-world health problems. Whether students plan to enter technical training, college, or professional/graduate-level studies, the curriculum will prepare them to be thoughtful, data-driven leaders and agents of change who strive to improve health outcomes in their communities.

## CURRICULUM ORGANIZATION:

### SCOPE:

- Sixteen modules (6-10 weeks each)
- Modules include 8-10 Daily lessons + 1-3 Case studies + Assessments
- Adaptable for grade levels 9-12.

### STANDARDS:

- Illinois Physical Development & Health Standards
- CDC National Health Education Standards
- ACT College Readiness Standards (CRS)
- Common Core ELA/Literacy Standards
- Next Generation Science Standards

### IMPLEMENTATION:

- **Flexible:** Use entire curriculum, free-standing modules, or pull-out individual lessons & case studies.
- **Free:** Student workbooks can be photocopied or accessed by students via computer/tablet (paperless).

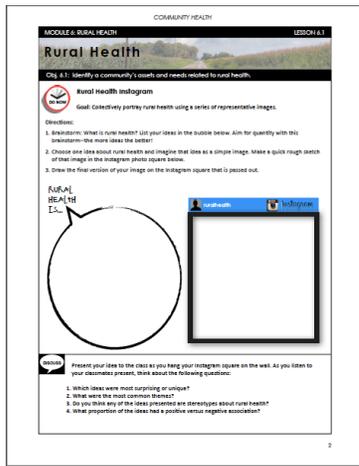
### EXPOSURE

- A broad range of health professions are represented.
- Offers both Micro (individual) & Macro (population) approach to health

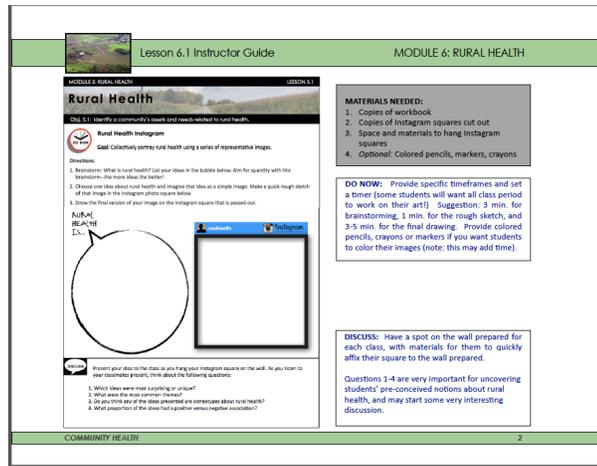
# Overview of Modules

## CURRICULUM COMPONENTS:

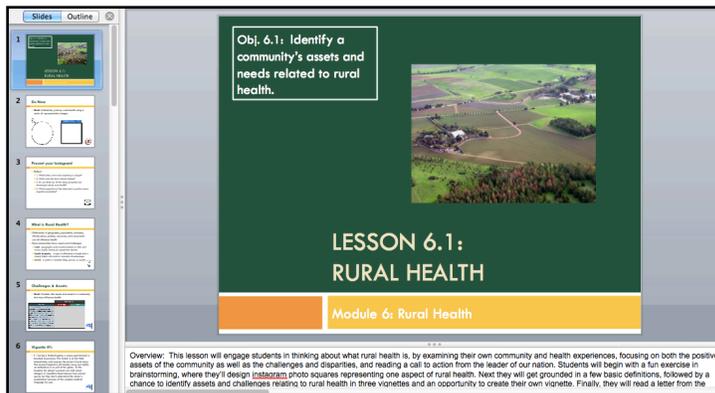
The curriculum contains the following resources:



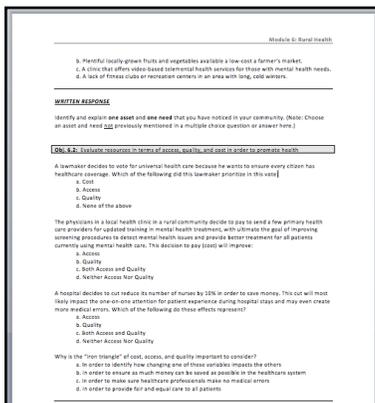
**Student Workbook:** Includes space for student note-taking & answers.



**Instructor Guide:** Annotated version of student workbook serving as lesson plan



**PowerPoints:** Annotated presentation of lesson & information, follows the flow of the workbook lesson



**Assessment Item Banks**

Objective/Lesson	CDC NHES Standard	IL Phys Dev & Health Standards
6.1: Identify a community's assets and needs related to rural health.	NHES 2.12.2: Analyze how culture supports and challenges health beliefs, practices, and behaviors.	
6.2: Evaluate resources in terms of access, quality, and cost in order to promote health and prevent disease.	NHES 2.12.10: Analyze how public health policies and government regulations can influence health promotion and disease prevention.	22.B.5: Analyze how public health policies, laws and the media function to prevent and control illness (e.g., product and food labeling, food safety and handling, school immunizations).
6.3: Examine poverty-related barriers that can hinder healthy living.	NHES 5.12.1: Examine barriers that can hinder healthy decision making.	23.B.5: Understand the effects of healthy living on individuals and their future generations (e.g., not using alcohol, tobacco, and other drugs during pregnancy).
6.4: Identify risk factors and preventative strategies for reducing chronic disease.	NHES 1.12.5: Propose ways to reduce or prevent injuries and health problems. NHES 8.12.3: Work cooperatively as an advocate for improving personal, family, and community health. NHES 8.12.4: Adapt health messages and communication techniques to a specific target audience.	22.A.5a: Explain strategies for managing contagious, chronic and degenerative illnesses (e.g., various treatment and support systems).
6.5: Analyze risk factors for unintentional injuries in order to provide safety recommendations.	NHES 1.12.8: Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors. NHES 1.12.8: Analyze potential severity of injury or illness if engaging in unhealthy behaviors	24.B.5: Explain immediate and long-term impacts of health decisions to the individual, family and community.
6.6: Analyze the relationship between access to care and health status for migrant workers	NHES 1.12.6: Analyze the relationship between access to health care and health status.	22.B.5: Analyze how public health policies, laws and the media function to prevent and control illness (e.g., product and food labeling, food safety and handling, school immunizations).

**Standards Alignment**

# Overview of Modules

#	Focus	Topics
1	<b>Mental Health</b>	<b>Thematic Lessons:</b> Dimensions of health, Self-concept, Stress, Depression, Determinants of health, Stigma, Mental illness. <b>Skill Lessons:</b> SOAP notes, Asking questions. <b>Case Studies:</b> PTSD, Bulimia, Bullying.
2	<b>Nutrition &amp; Fitness</b>	<b>Thematic Lessons:</b> Nutrients, Digestion, Food labels, Dietary guidelines, Food marketing, What's in a drink?, exercise, Body mass index. <b>Skill Lessons:</b> Vital signs, web literacy. <b>Case Studies:</b> Adult obesity, Childhood obesity.
3	<b>Drugs &amp; Addiction</b>	<b>Thematic Lessons:</b> Addiction, Barriers to change, Drugs of abuse, Tobacco, Alcohol, Marijuana, Prescription drugs, Substance abuse treatment. <b>Skill Lessons:</b> Graphing, Factor-outcome webs. <b>Case Studies:</b> Cocaine abuse, Teen substance abuse.
4	<b>Sexual Health</b>	<b>Thematic Lessons:</b> Sex, gender, & sexuality, Male & female reproductive systems, Pregnancy, Abstinence, Contraception, STIs. <b>Skill Lessons:</b> SAMPLE history, Conducting interviews. <b>Case Studies:</b> Ectopic pregnancy, Adolescent sexual health (teen pregnancy & STIs).
5	<b>Public Health</b>	<b>Thematic Lessons:</b> What is community?, What is public health?, Social-ecological model, Communicable vs Noncommunicable disease, Risk factors, Prevention, Vaccinations. <b>Skill Lessons:</b> Differential diagnosis, Scholarly journals. <b>Case Studies:</b> Sickle cell disease, Influenza.
6	<b>Rural Health</b>	<b>Thematic lessons:</b> Intro to rural health issues, Access, quality, & cost in healthcare, Rural poverty, Chronic disease, Preventable injuries, Migrant worker health, Mental health, Telemedicine. <b>Skill Lessons:</b> OPQRST symptom assessment, Survey design. <b>Case Studies:</b> Heart disease, Telemental health.
7	<b>Violence</b>	<b>Thematic Lessons:</b> Intro to violence, Social work, Gun violence, Intimate partner violence, Child maltreatment, Elder abuse, Suicide, Electronic aggression. <b>Skill Lessons:</b> Plan (SOAP note), Asset maps. <b>Case Studies:</b> Elder abuse, School violence prevention.
8	<b>Pharmacy</b>	<b>Topical Lessons:</b> Intro to pharmacy, Pharmacy settings, Types of medications, Prescription painkiller abuse, Pharmacy ethics, Cultural competency, Medication adherence. <b>Skill Lessons:</b> Teach back method, Tech & health. <b>Case Studies:</b> Asthma, Community Pharmacy.
9	<b>Epidemiology</b>	<b>Thematic Lessons:</b> Cholera & John Snow, History of Epidemics, 1918 Flu, Epidemiology. <b>Skill Lessons:</b> Types of Studies, Correlation vs. Causation, Relative Risk, Conclusions. <b>Case Studies:</b> Foodborne Illness, Lyme Disease.
10	<b>Environmental Health</b>	<b>Thematic Lessons:</b> Intro to Environmental Health, Chemical Hazards, Air Quality, Radiation, Climate & Health, Lead Poisoning, Environmental Justice, Asthma. <b>Skill Lessons:</b> Searching Google Scholar. <b>Case Studies:</b> Carbon Monoxide, Environmental Health.
11	<b>Health Policy</b>	<b>Thematic Lessons:</b> Access to healthcare, Rights vs responsibilities, Health insurance, Affordable Care Act, Health laws, Underinsured, US health care system, Healthcare models; <b>Case Study:</b> HPV
12	<b>Health Disparities</b>	<b>Thematic Lessons:</b> Health Disparities Introduction (2 parts), Infant & Child Health, Chronic Stress, Education, Food Security, Income, Race & Racism. <b>Case Study:</b> Health Disparities Research
13	<b>Global Health</b>	<b>Thematic Lessons:</b> Intro to Global Health, Parasitic Infections, Clean Water, Hunger & Malnutrition, Global Poverty, HIV/AIDS, TB, & Malaria, Maternal & Child Health. <b>Skill Lessons:</b> Oral Presentation Skills. <b>Case Studies:</b> Global Health Case Study
14	<b>Anatomy &amp; Physiology</b>	<b>Case studies:</b> Integumentary, Musculoskeletal, Nervous, Digestive, Circulatory, Respiratory, & Reproductive Systems
15	<b>Health Careers</b>	<b>Focus Areas:</b> Applied Health Sciences, Dentistry, Informatics, Nursing, Medicine, Public Health, Pharmacy, Social Work, Veterinary Science
16	<b>Capstone</b>	Individual Research Project Guide; Mentorship & Community Partner Involvement Toolbox, Survival Skills Portfolio; Real World 101