

# Health Management (10-assignment)



This is an integrated instructional module designed specifically to operate within a Modular Program environment. It is ideal for use with our Scantek Technology program. The module includes a 10-assignment exploratory curriculum that is split into two parts. Each part includes a pre-test and post test. The module includes hardware, software and curriculum materials sufficient to provide a complete learning experience.

The curriculum incorporates continuous assessment through questions. When used in conjunction with a ClassAct networked management system, this provides instant feedback of student performance. The assessments begin with a comprehensive pre-test. This quiz includes questions for each subsequent assignment, together with questions that will specifically test math and reading ability.

Every assignment starts with a series of questions designed to track inventory. These ensure that any missing items are located before they are needed.

Each assignment is divided into a series of tasks. Hands-on tasks form the core of the student work. Where appropriate, these are accompanied by research tasks based upon illustrated textbooks and software applications. Assessment questions are incorporated into each task.

**Typical 10-assignment topic areas include:**

- Measurement of pulse rate and blood pressure
- Nutrients
- Calorific values of foods
- Eating disorders
- Effects of smoking, alcohol and drugs
- Dealing with stress
- Design of a personal fitness campaign

**Typical 10-assignment activities include:**

- Learn how to use a pulse and blood pressure monitor.
- Record pulse and blood pressure readings.
- Research the importance of a healthy heart.
- Use CAI to research modern health technology.
- Use a computer database to research modern health technology.
- Complete a table of the six basic nutrients.
- Research calories and the calorific values of foods.
- Investigate eating disorders.
- Use CAI to research smoking and the effects of smoking on health.
- Carry out a survey on smoking advertising.
- Evaluate a successful advertisement campaign and its implications.
- Use CAI to research alcohol and the effects of alcohol on health.
- Carry out a survey on alcohol advertising.
- Use CAI to research drugs and the effects of drugs on health.
- Use a computer database to research types of drugs and their dangers.
- Research the meaning of stress.
- Carry out a test to check stress levels.
- Carry out a test to show how to cope with stress.
- Research the causes of stress and how to deal with stress.
- Define health terms.

Each assignment is designed around a list of performance objectives. These lists include academic, technical and occupational objectives. The assignments are written in such a way as to enable a student to attain the performance objectives, with the assessment questions linked to these in order to provide a measure of true competency.

The performance objectives are used by the ClassAct management system to generate a comprehensive portfolio of student competency reports. Default reports supplied with this module include:

- Entry report
- Technical/Occupational Exit report
- Basic Skills report based upon the federal SCAN's report.

**The items supplied with this instructional module include:**

- 10-assignment On-Screen Student Assignment Guide CD
- 10-assignment Student Assignment Guide
- 10-assignment Student Workbook
- 10-assignment Instructor's Guide
- Computer Aided Instruction software
- Health Scanfile and Samples
- Book: 'Health'
- Blood Pressure and Pulse Monitor
- Pack of PileUp! Stress Cards
- Calculator
- Recipe Cards
- Calorie Counter
- Price List

**Additional items required:**

- Computer

## Module Facts

For Technology Program, order as: ST160/10 Health Management

|                      | No. | Average time   |
|----------------------|-----|----------------|
| Assignments          | 10  | 45 minutes     |
| Extension Activities | 2   | 45 minutes     |
| <b>Total</b>         |     | <b>9 hours</b> |



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