Health Management (40-assignment)

This is an integrated instructional module designed specifically to operate within the LJ ScanTEK Modular Technology Program environment. It includes a 10-assignment exploratory curriculum and a further 30-assignment in-depth curriculum. The exploratory curriculum and the in-depth curriculum are each 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 on-screen 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.
- Calculate the calorific values of four recipes.
- 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.
- Design a personal fitness plan.

Typical 30-assignment topic areas include:
- Exercise and heart rate recovery
- Systolic and diastolic blood pressure
- Fitness
- Diet and meal plans
- Fitness plans
- Spreadsheets to create pulse and blood pressure charts
- Calorie counting
- Calorific value
- Diet and food groups
- Exercise
- Database use
- Child development
- Physical, intellectual, emotional and social development
- Growing pains
- Personal care
- Sun exposure and safety
- Consumer health
- Alcohol and smoking
- Drugs and self image
- ABC of first aid and dealing with emergencies
- First aid and safety

Typical 30-assignment activities include:
- Use the Blood Pressure and Pulse Monitor to take blood pressure and pulse readings and record information in a table and on a graph.
- Use the Blood Pressure and Pulse Monitor to take blood pressure and pulse readings after exercise and after rest to work out the heart recovery rate.
- Use a glossary and index to obtain information from a book.
- Familiarization with the Works word processor.
- Research the basic nutrients using a book and the Scanfile database.
- Use a Works word processor to create a nutrient table.
- Calculate the calorific value of foods using the Scanfile database.
- Use a Works spreadsheet to calculate the calorific values of food.
- Carry out a dietary quiz, research good diets and plan a meal.
- Create a menu using the Works word processor.
- Plan a fitness leaflet using the CAI and the book to research diet and exercise.
- Produce a fitness leaflet using a word processor, adding graphics and using the text wrap function.
- Use the Scanfile database to research information from the Scanville Medical Center. Add personal cards to the database.
- Use information on a spreadsheet to produce a chart of a child's average rate of development up to four years of age.
- Use the Works word processor to produce a letterhead and write a letter to the parents of a pre-school child.
- Create questions for a checklist using information found in an appendix and a table.
- Research information on adolescence and link up questions and answers on a problem table.

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Typical 30-assignment activities include (continued):

- Produce a problem page, using the word processor, from information completed in the previous assignment.
- Plan information for a 'Safety in the Sun' leaflet using CAI and the book.
- Produce the 'Safety in the Sun' leaflet using the word processor.
- Use a spreadsheet to work out unit prices and value for money.
- Use a spreadsheet to produce a chart on Blood Alcohol Concentration.
- Plan and produce a fact sheet on the dangers of smoking.
- Plan and produce a leaflet advertising a Summer Fun Day.
- Research how to develop a good self image and create a résumé using the word processor.
- Carry out a stress test, research stressful situations and calculate the stress level of an individual.
- Research the basics of first aid and use the Scanfile database to find out how to deal with a variety of emergency situations.
- Use the word processor to create a safety leaflet for a hairdryer.
- Use a spreadsheet to fill in pulse and blood pressure recordings.
- Complete blood pressure and pulse spreadsheets. Create blood pressure and pulse charts of the results.

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
- 30-assignment Student Assignment Guide
- 30-assignment Student Workbook
- 30-assignment Instructor's Guide
- Computer Aided Instruction Software
- Health Scanfile and Samples
- Book: 'Health'
- Blood Pressure and Pulse Monitor
- Pack of PileUp! Stress Cards
- Stopwatch
- Microsoft Works for Windows
- Calculator
- Recipe Cards
- Calorie Counter
- Price List

Additional items required:

- Computer

Module Facts

For Technology Program, order as:
ST160/40 Health Management

	No.	Average time
Assignments	40	45 minutes
Extension Activities	4	45 minutes
Total		33 hours

LJ Technical Systems

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