

**HLC 121L Course Outline as of Fall 2016****CATALOG INFORMATION**

Dept and Nbr: HLC 121L Title: HEALTH CAREERS LAB I

Full Title: Health Careers Academy Lab I

Last Reviewed: 2/22/2016

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	0.75	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	0.75	Lab Scheduled	0	8	Lab Scheduled	0
		Contact DHR	2.50		Contact DHR	43.75
		Contact Total	2.50		Contact Total	43.75
		Non-contact DHR	0		Non-contact DHR	0

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

This course is designed to introduce students to health care and healthcare careers through laboratory and fieldwork experiences. Career exploration will focus on the following health career profiles: medical-surgical, laboratory, pharmacy services, diagnostic imaging, and health information. Performance oriented self-regulation skills will be taught using the Heart Math curriculum.

**Prerequisites:**

Course Completion or Current Enrollment in HLC 121

**Corequisites:****Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:**

Due to hospital requirements students must be 16 years of age or older and meet the following immunizations and vaccination requirements; MMR, Varicella-Zoster, Hepatitis B, Tdap, seasonal influenza, and current TB clearance.

**Schedule of Classes Information:**

Description: This course is designed to introduce students to health care and healthcare careers through laboratory and fieldwork experiences. Career exploration will focus on the following health career profiles: medical-surgical, laboratory, pharmacy services, diagnostic imaging, and health information. Performance oriented self-regulation skills will be taught using the Heart

Math curriculum. (Grade Only)

Prerequisites: Course Completion or Current Enrollment in HLC 121

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment: Due to hospital requirements students must be 16 years of age or older and meet the following immunizations and vaccination requirements; MMR, Varicella-Zoster, Hepatitis B, Tdap, seasonal influenza, and current TB clearance.

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

**Associate Degree:**

Area:

Effective:

Inactive:

**CSU GE:      Transfer Area**

Effective:

Inactive:

**IGETC:      Transfer Area**

Effective:

Inactive:

**CSU Transfer:**

Effective:

Inactive:

**UC Transfer:**

Effective:

Inactive:

**CAN:**

**Certificate/Major Applicable:**

Not Certificate/Major Applicable

## **Approval and Dates**

Version: 01  
Version Created: 2/5/2016  
Submitter: Shannon for Musetta Perezarce  
Version Status: Approved New Course (First Version)  
Version Status Date: 2/22/2016  
Version Term Effective: Fall 2016

Course Created/Approved: 2/22/2016  
Course Last Modified: 2/25/2016  
Course last full review: 2/22/2016  
Prereq Created/Approved: 2/22/2016  
Semester Last Taught:  
Term Inactive:

## **COURSE CONTENT**

### **Student Learning Outcomes:**

Students will be able to:

1. Explore focused health career profiles: medical-surgical, laboratory, pharmacy services, diagnostic and imaging, and health information.
2. Utilize Heart Math curriculum to participate in community clinics teaching stress management techniques and cardiac disease prevention.

### **Objectives:**

Upon completion of this course, the student will be able to:

1. Implement techniques of current infection control precautions in a clinical setting.
2. Demonstrate understanding of focused health career profiles: medical-surgical, laboratory, pharmacy services, diagnostic and imaging, and health information.
3. Explain the makeup and function of a healthcare team and discuss the importance of teamwork and communication.

4. Perform vital signs' measurements.
5. Demonstrate understanding and skill in self-regulation techniques using the Heart Math curriculum.

### **Topics and Scope:**

- I. Overview of healthcare facilities and agencies:
  - A. Hospitals
  - B. Subacute care
  - C. Extended care
  - D. Outpatient clinic
  - E. Home health
  - F. Rehabilitation centers
  - G. Mental health
  - H. Hospice
  - I. Volunteer
- II. Healthcare professionals in:
  - A. Patient care
  - B. Laboratory and pharmacy
  - C. Diagnostic imaging
  - D. Therapy and rehabilitation
  - E. Health information and administration
- III. Health care teams:
  - A. Team members
  - B. Collaboration
  - C. Clinical significance
- IV. Procedures and skills:
  - A. Techniques to control spread of infection:
    1. Current infection control precautions
    2. Medical asepsis and gloving
  - B. Principles of body mechanics
  - C. Vital sign measurement:
    1. Blood pressure.
    2. Pulse.
    3. Temperature.
    4. Respiration.
  - D. Heart Math assessment and skills:
    1. Physiology of stress.
    2. Application of self-regulation techniques.
  - E. Communication skills-AIDET (Acknowledge, Introduce, Duration, Explanation, Thanking).

### **Representative Assignments:**

1. Health careers fieldwork: job shadowing at local hospitals, clinics, community outreach 20-30 hours.
2. Lab competencies in infection control precautions, vital signs, and Heart Math.
3. Write 5-10 medical taxonomy worksheets based on student shadow experiences recorded in journals.
4. Fieldwork: students co-lead Heart Math mobile clinics with healthcare providers using the Heart Math curriculum to teach physiology of stress, stress management techniques, and heart disease prevention.

5. Complete 2-5 quizzes.

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Medical taxonomy worksheets, student shadow journals.

Writing  
10 - 20%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Apply stress-management techniques appropriately to simulated scenarios.

Problem solving  
5 - 20%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Vital signs measurements, infection control skills, Heart Math self-regulation techniques, AIDET (Acknowledge, Introduce, Duration, Explanation, Thanking).

Skill Demonstrations  
10 - 40%

**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes, exams.

Exams  
15 - 30%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Class participation in fieldwork experiences (mandatory), attendance.

Other Category  
10 - 25%

**Representative Textbooks:**

The College De-Stress Handbook, Goelitz, J. and Rees, R., 2011  
Instructor prepared materials

## **OTHER REQUIRED ELEMENTS**

### **STUDENT PREPARATION**

Matric Assessment Required:	E	Requires English Assessment
Prerequisites-generate description:	A	Auto-Generated Text
Advisories-generate description:	A	Auto-Generated Text
Prereq-provisional:	N	NO
Prereq/coreq-registration check:	Y	Prerequisite Rules Exist
Requires instructor signature:	Y	Instructor's Signature Required

### **BASIC INFORMATION, HOURS/UNITS & REPEATABILITY**

Method of instruction:	04	Laboratory
Area department:	HSCI	Health Sciences
Division:	74	Health Sciences
Special topic course:	N	Not a Special Topic Course
Program status:	2	Not Certificate/Major Applicable
Repeatability:	00	Two Repeats if Grade was D, F, NC, or NP
Repeat group id:	N	Not in a repeat group

### **SCHEDULING**

Audit allowed:	N	Not Auditible
Open entry/exit:	N	Not Open Entry/Open Exit
Credit by exam:	N	Credit by examination not allowed
Budget code: Program:	0000	Unrestricted
Budget code: Activity:	1215	Health Care

### **OTHER CODES**

Disciplines:	HEALTH	Health (requires master's)
Basic skills:	N	Not a Basic Skills Course
Level below transfer:	Y	Not Applicable
CVU/CVC status:	N	Not Distance Ed
Non-credit category:	Y	Not Applicable, Credit Course
Classification:	Y	Career-Technical Education
SAM classification:	C	Clearly Occupational
TOP code:	1201.00	Health Occupations, General
Work-based learning:	N	Does Not Include Work-Based Learning
DSPS course:	N	Not a DSPS Course
In-service:	N	Not an in-Service Course