

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