

Guide to Using HealthCenter21 Across Middle and High School Health Science Courses



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Introduction

When implementing HealthCenter21 in your district, you may wonder how you can use the system across middle and high school courses without repeating information.

This guide will help you best utilize HealthCenter21 across your health science program, according to an example course sequence:

1. Exploration of Health Science Professions and Career Planning
2. Orientation to Health Science Professions
3. Medical Skills and Services
4. Health Science Foundations
5. Health Science Anatomy and Physiology

This example sequence is based on how districts with well-established middle school health science programs use the curriculum.

On the following pages, you'll find recommendations on which modules you should use according to this example sequence.

You'll also see best practices for using HealthCenter21 in those courses.

If your course sequence differs significantly from what is listed, speak with your account manager to discuss what will work best for your program.



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Best Practices for Using HealthCenter21 in Middle School

Middle school health science classes are designed to introduce students to healthcare careers and encourage them to enroll in your high school program.

Because of this, keeping students engaged and interested is one of the most important aspects of your daily lessons.

When you use HealthCenter21 in middle school it's best to balance the computer work with hands-on activities and skills.

To accomplish this, we recommend following the [four-phase course framework](#) for each module:

1. **Explore:** Teacher-led activities designed to hook student interest
2. **Learn & Practice:** Student-directed eLearning lessons to learn new concepts and practice skills
3. **Reflect:** Teacher-led activities designed to review and discuss key ideas
4. **Reinforce:** Student-directed projects to enhance understanding

By utilizing the four phases for the recommended modules, your students will be more engaged and better retain information they've learned.

Keep in mind: You're not required to use every piece of the four phase structure. Teachers find the most success when they pick and choose the items that best align with the needs of their students and program.



1. Exploration of Health Science Professions and Career Planning

For a middle school Exploration of Health Science Professions and Career Planning course, we recommend the following modules:

Digital Responsibility (2 hours): An overview on digital distractions and the importance of staying on task when using digital resources.

Legal and Ethical Responsibilities (12 hours): Students learn to make sound decisions when faced with different situations in the healthcare workplace.

Communications (17 hours): Students explore spoken and written communication as part of a healthcare team.

Medical Mathematics (10 hours): Students review and practice math skills frequently used by healthcare workers.

Infection Control (10 hours): An overview on the importance of protecting oneself and others using appropriate equipment and techniques.

Professionalism (8 hours): An overview of professional characteristics and traits belonging to successful employees.

Career Development (11 hours): An overview of the career planning process necessary to develop a career plan.

Customer Service (8 hours): Students understand the importance of customer service and their role in providing customer service as an employee.



2. Orientation to Health Science Professions

For a middle school Orientation to Health Science Professions course, we recommend the following modules:

How to Ace This Class (*2 hours*): An overview on good study habits and personal learning responsibilities.

Health Career Exploration (*11 hours*): Students learn about the many possibilities of having a career in the healthcare field.

Health Care Careers (*10 hours*): An exploration of health science professions, including education and credential requirements.

Wellness and Nutrition (*15 hours*): An overview of the importance of wellness and nutrition in relation to healthcare providers, medications, physical exams, and practical wellness plans.

Safety Precautions (*8 hours*): An overview of safety techniques and regulations and the steps for identifying patients in a healthcare facility.

Client Status (*10 hours*): Students learn about body measurements and vital signs and the methods and equipment used for recording them.



3. Medical Skills and Services

If you implement a medical skills course in your middle school program, we recommend the following modules:

Communications (17 hours): Students explore spoken and written communication as part of a healthcare team.

Medical Math (10 hours): Students review and practice math skills frequently used by healthcare workers.

Client Status (10 hours): Students learn about body measurements and vital signs and the methods and equipment used for recording them.

CPR and Basic Life Support (11.5 hours): Students learn all aspects of adult and pediatric BLS rescue, including why certain procedures are used.

Bloodborne Pathogens (8 hours): An exploration of bloodborne pathogens and the effect the risk of infection has on healthcare practice.

Health Information Technology (6 hours): An introduction to information technology in the healthcare industry and EHR systems.

Note: If your program teaches a medical assisting course at the high school level, we would recommend different modules, as well as the use of a relevant certification guide.



Best Practices for Using HealthCenter21 in High School

High school health science programs are designed to prepare students for their first careers in the healthcare industry.

To accomplish this, high school courses have two main focuses:

- Teaching foundational concepts and skills
- Preparing students for certification

The example courses on the following pages highlight skills and concepts any healthcare professional needs to know.

Because these skills and concepts are so important to your students' success in the field, ensuring long-term information retention is critical.

With HealthCenter21, leveraging the [four-phase course framework](#) is the best way to improve your students' understanding and retention of key information.

If you are preparing students for certifications, review the guides here for additional guidance: www.aeseducation.com/learning-center



4. Health Science Foundations

For a high school Health Science Foundations course, we recommend the following curriculum:

Healthcare Systems (12 hours): An overview of the history of healthcare, healthcare delivery systems, trends, technology, and healthcare economics.

Medical Terminology (8 hours): Students learn about the language of healthcare workers and learn to form and interpret medical terms.

Emergency Care (12 hours): An overview of emergency care where students learn to assess and react appropriately to a variety of situations.

Personal Qualities (12 hours): An overview of the expected personal characteristics of successful healthcare workers.

Anatomy and Physiology (19 hours): An overview of the 12 body systems and how they work together.

Human Growth and Development (13 hours): An overview of how people grow, develop, and age throughout the life span.

Behavioral Health (under development): Students gain knowledge and understanding of various behavioral health issues and how to handle patients in the healthcare workforce.

Domestic Violence (4 hours): Students will learn to handle encounters with victims of domestic violence. This module meets the 2-hour course requirement for domestic violence education.

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Health Science Foundations

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Cultural, Social, and Ethnic Diversity (*8 hours*): Students learn the importance of understanding diversity and providing respectful, empathetic treatment for all patients.

Job Seeking Skills (*9 hours*): An overview of tasks involved in finding, getting, and resigning from a job.

Health Information Technology (*6 hours*): An introduction to information technology in the healthcare industry and EHR systems. Used as a refresher in this course to prepare students to work within the EHR simulation.

Electronic Health Records Simulation (*under development*): A simulated EHR system designed to walk students through scenarios they will encounter in the healthcare workplace. These include adding new patients, scheduling appointments, and following appropriate documentation workflows.



5. Health Science

Anatomy and Physiology

HealthCenter21 is a great supplement to use alongside other materials in your high school Health Science Anatomy and Physiology course.

To use HealthCenter21 in this course, we recommend the following:

Medical Terminology (8 hours): Students learn about the language of healthcare workers and learn to form and interpret medical terms.

Anatomy and Physiology (19 hours): An overview of the 12 body systems and how they work together. Use this module as a review of what was previously learned before teaching more in-depth content.

Diseases and Disorders (6 hours): An overview of various diseases and disorders, explaining the definition, etiology, pathology, presentation, diagnosis, treatment, and prognosis.

Daily Quiz Challenge: A 10-question, non-graded review challenge each day when your students log in. The questions include topics found within the Medical Terminology and Anatomy and Physiology modules that students often need more practice with.

For additional guidance, read this article: [How to Use HealthCenter21 in an Anatomy and Physiology Course](#)

