

Health Promotion and Wellness

Health Promotion and Wellness is a one-half credit course designed to enable students to develop an understanding of personal, client, and community health. The course emphasizes wellness concepts related to positive health behaviors. It also provides a foundation for comprehending preventive measures regarding health and wellness in the health care delivery system.

Career and technical student organizations are integral, cocurricular components of each career and technical education course. These organizations serve as a means to enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and broaden opportunities for personal and professional growth.

Health-Illness Continuum

Students will:

1. Analyze an individual's health status to determine placement on the health-illness continuum.
 - Comparing passive and active strategies of health promotion
Examples: passive—fluoridation of drinking water, fortification of homogenized milk with vitamin D
active—smoking cessation, weight control, medical check-up
 - Outlining positive health promotion practices related to each body system
Examples: integumentary system—skin self-examination, sunscreen application
cardiovascular system—healthy diet, exercise, blood pressure control, smoking cessation
reproductive system—annual mammogram after age forty, prostate examination
2. Distinguish between holistic care and disease-oriented care.
3. Differentiate between acute and chronic illnesses.
4. Analyze social and environmental concerns to determine effect on personal health and wellness.
Examples: high crime rate and quality of life, air pollution and lung disorders, second-hand smoke and respiratory illnesses, noise pollution and hearing loss, hazardous wastes and carcinogens

Client Needs

5. Distinguish among the levels of Maslow's hierarchy of needs to determine the priority of basic human needs.
6. Identify stages of the Change Model.
7. Identify components of a client's health history.

Health Beliefs

8. Describe the Health Belief Model.
9. Identify internal and external variables that influence health beliefs and practices.
Examples: internal—religion, genetics, developmental stage
external—media, peers, socioeconomic background

Level of Prevention

10. Identify the three levels of prevention in health care delivery systems.
Examples: primary—health education programs, immunizations programs
secondary—hearing and vision screening, mammograms
tertiary—cardiac rehabilitation, diabetes management classes

Safety

11. Explain safety practices required in health care agencies.
Examples: washing hands, wearing plastic gloves during food preparation, practicing proper disposal of hazardous materials