

Virginia Introduction to Health and Medical Sciences TASKS/COMPETENCIES	Applied Technologies Health Science	Health Science Foundations											Health Science Career Pathways														
		Academic Foundations	Communications	Systems	Employability Skills	Legal Responsibilities	Ethics	Safety Practices	Teamwork	Health Maintenance Practices	Technical Skills	Information Technology Skills	Alternative Medicine	Biomedical Applications	Cardiac Diagnostics	Clinical Laboratory Science	Dental Diagnostics	First Aid/CPR	Forensic Science	Imaging Diagnostics	Medical Office Technology	Optical Diagnostics	Pathogens and Disease	Pharmacology	Sports Medicine	Veterinary Medicine	
Implementing Virginia's CTE Course Requirements																											
001. Demonstrate Virginia's Workplace Readiness Skills in course activities.																											
002. Apply Virginia's All Aspects of Industry elements in course activities.																											
003. Identify Internet safety issues and procedures for complying with acceptable use standards.	✓										X										X						
Participating in the Student Organization																											
004. Identify the purposes and goals of the student organization.																											
005. Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult.																											
006. Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects.																											
Understanding the U.S. Health Care System																											
007. Highlight the major developments of health care history.	✓			X							X		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
008. Differentiate among the types of health insurance.	✓			X																							

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009. Differentiate among the types of medical care delivery systems.	✓			X																							
010. Describe the roles of health care team members and the responsibilities of each member.	✓		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
011. Differentiate among the scope and roles of the Virginia Department of Health Professions and the Virginia Department of Health.																											
012. Examine the impact of the Internet on the health care industry and on the individual consumer.	✓		X								X										X						
Learning Basic Health Care Terminology																											
013. Identify common medical prefixes, roots, and suffixes and their meanings.	✓	X	X		X								X	X	X	X	X	X	X	X	X	X	X	X	X	X	
014. Describe how word parts are combined to form medical terms.	✓		X																								
015. Interpret common abbreviations used in the health care field.	✓		X	X										X	X	X	X	X		X	X	X	X	X	X	X	
016. Identify terminology that relates to the various elements and systems of the body.	✓	X								X		X	X		X	X		X		X	X			X	X		
Understanding Anatomy and Physiology																											
017. Identify basic anatomical structure and body cavities.	✓	X																							X		

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018. Define the planes of the body.	✓	X																								
019. Identify chemical components of the body.	✓	X											X				X	X	X			X	X			
020. Identify structures and functions of the cell.	✓	X											X									X				
021. Identify structures and functions of tissues, membranes, and glands.	✓	X										X	X	X	X		X			X				X		
022. Identify structures and functions of the integumentary system.	✓	X										X					X				X	X	X			
023. Identify structures and functions of the skeletal system.	✓	X							X			X					X	X						X		
024. Identify structures and functions of the muscular system.	✓	X							X			X								X				X		
025. Identify structures and functions of blood.	✓	X							X			X	X	X			X			X	X		X			
026. Identify structures and functions of the heart.	✓	X							X			X				X								X		
027. Identify structures and functions of blood vessels and blood circulation.	✓	X							X			X	X	X			X			X	X		X			
028. Identify structures and functions of the lymphatic system.	✓	X										X														

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029. Explain immunity and its relationship with the lymphatic system.	✓	X										X															
030. Identify structures and functions of the respiratory system.	✓	X							X								X				X	X					
031. Identify structures and functions of the gastrointestinal system.	✓	X																									
032. Identify structures and functions of the endocrine system.	✓	X																									
033. Identify structures and functions of the reproductive system.	✓	X																						X			
034. Identify structures and functions of the nervous system.	✓	X																									
035. Identify structures and functions of the urinary system.	✓	X																X	X					X			
036. Identify structures and functions of the sensory system.	✓	X										X									X						
Performing Medical Laboratory Procedures																											
037. Describe specimen preparation and handling.	✓							X					X					X									
038. Identify diagnoses, laboratory tests, and procedures used in diagnoses and treatment of common disorders for each body system.	✓							X					X	X	X	X	X	X	X		X	X		X	X		

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039. Examine body fluids and cells for bacteria, parasites, and other microorganisms.	✓												X														
040. Analyze the chemical content of fluids and tissues.	✓	X											X	X				X					X				
041. Examine cells to determine quantity and/or to look for abnormal cells in blood and other body fluids and tissues.																											
042. Assess lab finding, using automated equipment and computerized instruments, microscopes, cell counters, and/or other sophisticated laboratory equipment.	✓												X		X	X		X	X				X				
043. Document results of laboratory findings.	✓												X		X	X		X	X				X				
044. Relay lab results to physicians.																											
Understanding the Role of Nutrition in Health Care																											
045. Identify nutrients essential for optimal health and wellness.	✓									X			X	X							X			X	X	X	
046. Describe the digestion and metabolism of food.	✓	X									X							X	X				X				
047. Describe dietary guidelines recommended for health promotion.	✓			X						X			X	X						X		X	X	X	X	X	
048. Identify principles of food management and safety.	✓									X																	

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049. Explain basic dietary management techniques.	✓			X						X			X	X							X		X	X	X	X	
050. Identify common medical conditions related to poor nutrition, including excessive or insufficient body weight.	✓			X						X			X	X							X		X	X	X	X	
051. Identify dietary patterns relating to ethnic, religious, cultural, and personal preferences.	✓									X			X														
Exploring Pharmacology Fundamentals																											
052. Identify general principles of pharmacology.	✓																										X
053. Describe sources, types, and uses of common drugs.	✓																									X	
054. Differentiate between generic and trade names for drugs.	✓																									X	
055. Explain the importance of pharmacokinetics.																											
056. Describe the elements of a prescription.	✓																									X	
057. Explain common abbreviations used on prescriptions.	✓																									X	
058. Calculate doses of medications.	✓																									X	

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059. Identify various ways drugs are administered.	✓																								X		
060. Explain the importance of drugs and supplements in preventive medicine.	✓								X																X		
061. Comply with current state and federal regulations with regard to the practice of pharmacy.	✓					X																		X			
Understanding Patient Care																											
062. Differentiate among the approaches to health care for a variety of patient categories.	✓		X	X	X	X	X	X	X		X	X	X		X	X			X	X	X	X		X	X	X	
063. Explain the nature and importance of a medical history.	✓			X										X	X	X	X	X	X	X	X	X	X	X	X	X	
064. Examine concepts of care relating to ethnic, religious, cultural, and personal preferences.	✓			X	X		X							X							X						
065. Explain principles of effective verbal and nonverbal communication.	✓		X						X					X							X	X			X		
066. Apply principles of communication in establishing therapeutic relationships.	✓		X						X					X							X	X			X		
067. Explain the concept and importance of the Patient's Bill of Rights.	✓					X	X																				
068. Explain the function and importance of advance directives for health care.	✓					X																					

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069. Examine concepts of dealing with dying, death, and grief.	✓			X	X	X	X					X					X	X				X					
070. Explain the concept of integrated and holistic care.	✓					X			X																		
Ensuring a Clean and Safe Health Care Environment																											
071. Explain the concept of infection control and asepsis.	✓						X					X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
072. Explain the chain of infection.	✓						X															X					
073. Demonstrate hand-washing procedures.	✓						X					X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
074. Differentiate between isolation techniques.	✓						X							X								X					
075. Use personal protective equipment (PPE) and workplace practices.	✓						X					X		X	X	X	X	X	X	X	X	X	X	X	X	X	
076. Describe policies and procedures for handling and disposing of infectious and/or hazardous materials as specified by Occupational Safety and Health Association (OSHA) bloodborne pathogen standards.	✓						X							X													
077. Explain sterile processes.	✓						X	X				X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
078. Identify the importance of Centers for Disease Control and Prevention (CDC) and Occupational Safety and Health Administration (OSHA) guidelines.	✓				X	X	X													X							

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079. Explain the concept and the rationale of protocols and safety procedures/guidelines.	✓						X					X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
080. Identify emergency protection areas and devices.	✓						X								X												
081. Explain methods of fire safety.	✓						X							X	X												
082. Identify environmental hazards.	✓						X																				
083. Describe principles of body mechanics.	✓						X					X							X						X		
084. Explain radiographic safety.	✓																		X		X						
085. Explain the importance of maintaining a safe and clean work environment.	✓						X					X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Performing Administrative Functions in the Health Care Profession																											
086. Explain the process and importance of patient identification.	✓										X										X						
087. Identify the components of the medical chart record.	✓										X										X						
088. Explain the purpose of medical records.	✓					X	X				X										X						

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089. Describe the legal implications of medical records.	✓					X					X										X						
Handling Traumatic and Medical Emergencies																											
090. Explain basic traumatic and medical emergency procedures.	✓									X							X									X	
091. Identify the components of disaster planning.	✓									X													X				
092. Identify items found in a basic emergency kit.	✓									X							X										
093. Describe the causes, symptoms, and treatments of selected medical emergencies.	✓									X							X						X				
094. Demonstrate cardiopulmonary resuscitation (CPR) with the automated external defibrillator (AED).	✓									X							X										
Exploring Biotechnology Concepts																											
095. Explain the concept of biotechnology.	✓					X						X					X										
096. Identify impacts of emerging biotechnology on the field of medicine.	✓					X						X					X										
097. Describe the impacts of biotechnology on preventive health care.	✓					X						X					X										

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098. Describe the role biotechnology plays in medical forensics used in criminal investigations.	✓																		X								
Examining Professionalism in the Health Care Industry																											
099. Identify the components of professionalism.	✓		X		X	X	X		X					X	X	X	X	X	X	X	X	X	X	X	X	X	
100. Examine ethical and social issues related to the health care field.	✓					X	X							X	X	X				X		X		X			
101. Identify professional agencies and organizations in the health care field and the roles of each.	✓			X	X	X	X	X					X							X							
102. Examine legal issues related to the health care field.	✓		X			X	X	X				X	X			X		X	X	X	X	X	X	X	X		
103. Explain confidentiality and its connection to the Health Insurance Portability and Accountability Act (HIPAA).	✓					X	X																				
104. Analyze the role of the health care industry in public health issues.	✓			X						X			X					X					X				
Exploring Health Care Careers and Employability Skills																											
105. Conduct a self-assessment to determine career interests in the health care field.	✓				X									X	X	X	X	X	X	X	X	X	X	X	X		
106. Describe the major career fields in health and medical sciences.	✓				X									X	X	X	X	X	X	X	X	X	X	X	X		

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107. Explain the role and importance of certifications and licensure in the health care profession.	✓					X	X						X				X				X			X		
108. Explain the importance of ongoing professional development and methods of attaining ongoing training in the health care industry.	✓				X								X	X	X	X	X	X	X	X	X	X	X	X	X	X
109. Research selected health care career(s).	✓				X								X	X	X	X	X	X	X	X	X	X	X	X	X	X
110. Identify job-seeking skills.	✓				X								X	X	X	X	X	X	X	X	X	X	X	X	X	X

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Implementing Virginia's CTE Course Requirements																										
001. Demonstrate Virginia's Workplace Readiness Skills in course activities.																										
002. Identify Internet safety issues and procedures for complying with acceptable use standards.	✓										X										X					
Participating in the Student Organization																										
003. Identify the purposes and goals of the student organization.																										
004. Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult.																										
005. Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects.																										
Health and Medical Sciences Exploratory																										
006. Explain the purpose of the course.																										
007. Define long- and short-term career goals.	✓			X								X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
008. List the student responsibilities in the course.																										

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009. Identify ways to improve study habits.																										
010. Define terms relevant to the health care industry.	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
011. Identify outstanding milestones in medical history.	✓									X		X	X	X	X	X	X	X	X	X	X	X	X	X	X	
012. Compare governmental and non-governmental health care systems.	✓			X																						
013. Explain the three major factors influencing health care.	✓			X																						
014. List various health care delivery systems.	✓			X																						
015. Describe the various issues affecting the future of health care.	✓			X									X										X	X		
016. Detail the physical, mental, and social health characteristics of the successful health care worker.	✓				X							X	X	X	X	X	X	X	X	X	X	X	X	X	X	
017. Demonstrate appropriate work habits for the health care worker.	✓		X		X				X			X	X	X	X	X	X	X	X	X	X	X	X	X	X	
018. Define ethics as related to the health care worker.	✓					X	X						X	X	X					X		X		X		
019. Describe the legal aspects pertaining to health care.	✓			X		X	X					X	X			X		X		X			X	X		

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020. Define terminology related to the study of health careers.	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
021. List the duties performed by a worker in a specific health career.	✓				X								X	X	X	X	X	X	X	X	X	X	X	X	X	X
022. Identify specialties associated with various health occupations.	✓				X								X	X	X	X	X	X	X	X	X	X	X	X	X	X
023. State educational requirements necessary for selected health careers.	✓				X								X	X	X	X	X	X	X	X	X	X	X	X	X	X
024. Identify personal qualifications needed for one or more health careers.	✓		X		X	X	X		X				X	X	X	X	X	X	X	X	X	X	X	X	X	X
025. State the wages and earning potential related to selected occupations.	✓				X								X	X	X	X	X	X	X	X	X	X	X	X	X	X
026. Describe the licensing requirements for specific careers.	✓				X								X	X	X	X	X	X	X	X	X	X	X	X	X	X
027. Explain the work environment associated with particular occupations.	✓				X						X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
028. Diagram a career ladder for selected health occupations.																										
029. List the advantages and disadvantages of specific occupations.	✓				X								X	X	X	X	X	X	X	X	X	X	X	X	X	X
030. Identify professional organizations and publications related to particular occupations.	✓				X								X	X	X	X	X	X	X	X	X	X	X	X	X	X

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031. Identify Virginia's law for the regulation of health professions and occupations.																										
032. Describe the purposes of health regulatory boards.	✓				X	X	X																			
033. Describe public participation in health regulation.	✓				X	X																				
034. Differentiate between the Virginia Department of Health Regulatory Boards and the Virginia Commission of Health Regulatory Boards.																										
035. Explain the methods of regulation of health care providers.	✓				X	X	X																			
036. List the ten health professional boards.																										
037. Identify specific educational requirements for a regulated occupation.	✓			X								X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
038. State the examination requirements for a specific profession.	✓			X								X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
039. Define reciprocity and explain how it applies to various professions.																										
040. Identify and explain health care safety regulations.	✓				X	X	X								X		X			X		X		X	X	
041. Demonstrate the use of proper body mechanics.	✓						X					X			X	X	X	X	X	X	X		X	X		

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042. Explain fire safety procedures.	✓						X					X			X											
043. Define terms relevant to epidemiology.	✓			X					X				X	X		X			X		X	X	X	X	X	X
044. Explain the purposes of health maintenance and disease control.	✓			X					X				X	X		X			X		X	X	X	X	X	X
045. Describe the purposes and methods of immunizations and medical asepsis.	✓						X					X		X	X	X		X	X		X	X	X	X		
046. Demonstrate aseptic handwashing techniques.	✓						X					X		X	X	X		X	X		X	X	X	X		
047. Identify the leading causes of death in the United States.	✓								X																	
048. Define terms relevant to consumerism.	✓			X																						
049. List examples of good health habits.	✓								X			X					X			X				X		
050. Explain the rights of a health care consumer.	✓			X		X	X					X	X	X						X			X	X		
051. Compare the types, purposes, and costs of insurance.	✓			X																						
052. Describe the concept of health maintenance organizations.	✓			X																						

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053. Identify the effects of America's aging population on health care systems.	✓			X																						
054. Explain varying viewpoints that influence individual health care.	✓		X	X		X						X														
055. Identify the effects of marketing in the health care industry.	✓			X																			X			
056. Identify simple first aid terminology and abbreviations.	✓									X							X									
057. Give first aid for choking conscious/unconscious adult, infant, and child.	✓									X							X									
058. Recognize signs and symptoms of shock, and demonstrate proper treatment.																										
059. Treat external bleeding in major/minor wounds.	✓									X							X									
060. Give first aid for poisoned conscious/unconscious victim.	✓									X							X									
061. Classify and give appropriate treatment for burns.	✓									X							X									
062. Treat victim of heat and cold exposure.																										
063. Give first aid for bone/joint injuries.																										

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064. Apply splints.	✓																X									
065. Apply a sling.																										
066. Apply circular, spiral, figure-eight, and fingertip bandages.																										
067. Identify procedures to follow for dental injuries.	✓															X										
068. Perform one-rescuer CPR (Heartsaver).	✓										X						X									
069. Perform one-rescuer CPR on an adult.	✓										X						X									
070. Perform two-rescuer CPR on an adult.	✓										X						X									
071. Clear airway obstruction of a conscious victim.	✓																X								X	
072. Clear airway obstruction of choking victim who becomes unconscious.	✓																X									
073. Clear airway obstruction of unconscious victim.	✓																X								X	
074. Perform infant resuscitation.	✓																X									

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075. Perform CPR for conscious choking infant.																										
076. Perform CPR for choking infant who becomes unconscious or is found unconscious.																										
077. Set career goals and review personal qualifications.	✓			X								X	X	X	X	X	X	X	X	X	X	X	X	X	X	