



# South Central Health Science Career Academy



\*Practical Nursing Program, Health Unit Coordinator, Medical Administrative Office Specialist    \*\*Professional Nursing Program, Medical Lab Technician  
 \*\*\*Health Unit Coordinator, Medical Assistant, Medical Lab Technician, Phlebotomy, Medical Administrative Office Specialist    \*\*\*\*Health Unit Coordinator,  
 Medical Assistant, Medical Administrative Office Specialist

*Revised 8/11/22*

## Health Science Career Academy Course Descriptions

### Health Science Technology (Health Care Core Foundations    HC1525)

**4 SCC Credits/2 HS Semester Credits**

**Prerequisite: None, Program Application Required    Format: Blended**

**Fall Semester, Junior Year**

This course will focus on the requirements healthcare professionals need to effectively work in various healthcare settings and explore workplace skills such as accountability and responsibility, workplace behavior, approaches to assist clients, and expectations of teams and team members. This course provides a framework for healthcare workers to interact with diverse clients and staff, including belief systems, cultural practices, and respect and sensitivity to cultural, gender, and age issues. Identifying elements of communication and how those elements can develop into effective communication within the healthcare setting is a key focus, as well as learning when and how to utilize those skills in challenging situations. Health care ethics will be addressed and target ethical decision-making and personal and professional values. Legal issues in healthcare will round out the course, concentrating on healthcare laws and social media. Healthcare safety and standards precautions will be incorporated, as well as personal wellness for the healthcare professional. This course was designed as a part of the Minnesota Health Care Core Curriculum.

### Medical Terminology    HC1000

**3 SCC Credits/2 HS Semester Credits**

**Prerequisite: None**

**Format: Blended**

**Spring Semester, Junior Year**

This course introduces the language of medicine used in the health care profession. The student will learn to spell, pronounce, define, and interpret medical terminology related to body structure, disease, diagnosis, and treatment.

### Basic Nursing

**1 HS Semester Credit/Certificate**

**Prerequisite: Health Science Technology**

**Format: Blended**

**Fall or Spring Semester, Senior Year**

This course meets federal and state criteria for eligibility to take the state test to become an NA-R. It introduces concepts of basic human needs and the health/illness continuum. It focuses on preparing the student to safely perform basic nursing skills needed to function as a Nursing Assistant. This course is an 80-hour curriculum developed by the Minnesota State Colleges and Universities. Students participate in online curriculum studies and laboratory skills and gain hands-on experience during clinical rotations. Students who complete this course qualify for admittance to the Competency Evaluation at an approved Minnesota Technical College test site.

### NASM Certified Personal Trainer

**2 HS Semester Credit/Certificate**

**Prerequisite: Health Science Technology**

**Format: Online**

**Two Semester Course, Senior Year**

This program prepares students for a long-lasting career as a Certified Personal Trainer (CPT). Students are given all the tools and resources needed to become successful fitness professionals and positively impact the health and wellness of their clients. The 7th edition of NASM's Essentials of Personal Fitness Training has been updated with current evidence, strategies, and training techniques designed to equip fitness professionals with the necessary skills to optimize human potential and performance. The NASM

Optimum Performance Training® (OPTTM) model is the backbone of this process: a simple, straightforward approach to designing customized exercise programs that enhance clients' abilities to achieve their health, wellness, and fitness goals. With the OPT model, fitness professionals can successfully train clients toward any goal.

\*\*The NASM CPT certification exam and one re-test voucher are included in the course at no charge to students or schools.

### **Sports Medicine 1a: Introduction**

**1 HS Semester Credit**

**Prerequisite: Health Science Technology**

**Format: Online**

**Fall Semester, Senior Year**

What do you think of hearing the phrase "sports medicine professional"? Believe it or not, the term encompasses a much more extensive range of career options than jobs typically associated with this field. Explore some popular career pathways, day-to-day responsibilities, emergency care for athletes, and legal obligations. Discover what nutrition, healthy lifestyle, and fitness genuinely mean, and dive into anatomy, human biomechanics, and exercise modalities. Learn how to get started in this exciting field.

### **Sports Medicine 1b: Injury Prevention**

**1 HS Semester Credit**

**Prerequisite: Sports Medicine 1a: Introduction**

**Format: Online**

**Fall Semester, Senior Year**

You've warmed up those muscles and stretched your understanding of introductory human biomechanics, but now it's time to power forward your learning even further! In Sports Medicine 1b: Injury Prevention, you'll expand your understanding of the human body to provide a greater context for injury in various scenarios. You'll learn how to evaluate an injury, which onsite tests to perform, and when to refer a patient to a medical professional. You'll also explore the anatomy of specific body areas to understand better injuries that may occur and ways to prevent injury. Are you ready to keep athletes functioning at peak levels? Grab your sports tape, and let's hit the field of sports medicine!

## **South Central College PSEO**

**Medical Office Procedures MA1020**

**3 SCC Credits/1 HS Semester Credit**

**Prerequisite: None**

**Format: Primarily Online**

**Fall or Spring Semester, Senior Year**

This course will review the administrative duties that a medical assistant performs. Emphasis on clerical functions, bookkeeping procedures, insurance claims, professional communications, medical coding, legal concepts, and medical office operational functions, including written and electronic.

**Chemistry for the Health Sciences CHEM110**

**4 SCC Credits/1 HS Semester Credits**

**Prerequisite: See course description below**

**Format: On Campus**

**Fall or Spring Semester, Senior Year**

Critical concepts of general, organic, and biological chemistry are introduced in an integrated approach with applications from the medical fields. The course is designed to prepare students for Anatomy, Physiology, and Microbiology or to be utilized as a general Liberal Arts and Sciences course. Limited mathematical approach: this course does not meet the requirements of a prerequisite for CHEM 120. A lecture and a 2-hour lab are included. (Prerequisite: [Must have a Next-Generation Accuplacer Reading score of 250 or higher or Classic Accuplacer Reading score of 78 or higher, or ACT Reading score of 21 or higher, or an MCA Reading score of 1047 or higher, or completion of either READ 0090 or EAP 0090 with a grade of C (2.0) or higher] AND [ENGL 0090 or EAP 0095 with a grade of C (2.0) or higher] AND [have a Next-Generation Accuplacer AAF score of 250 or higher or (Classic Accuplacer Arithmetic score of 56 or higher and Classic Accuplacer Elementary Algebra score of 76 or higher) or completion of either MATH 0085 or MATH 0095 with a grade of C (2.0) or higher or ACT Math score of 19 or higher or MCA Math score of 1158 or higher.]