| **Test Content Categories** | **How well do I know the content?  (scale 1–5)** | **What resources do I have/need for this content?** | **Where can I find the resources I need?** | **Dates I will study this content** | **Date completed** |
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| I . The Sciences and Language of Health |  |  |  |  |  |
| 1. Anatomy and Physiology |  |  |  |  |  |
| 1. Explains basic anatomy of the human body and related terminology |  |  |  |  |  |
| 1. Describes metabolic processes and mechanisms that maintain homeostasis |  |  |  |  |  |
| 1. Explains characteristics and functions of cells and tissues in the human body |  |  |  |  |  |
| 1. Explains characteristics, functions, and processes of human organs and organ systems |  |  |  |  |  |
| 1. Pathophysiology |  |  |  |  |  |
| 1. Identifies processes by which traits are transmitted and inherited |  |  |  |  |  |
| 1. Differentiates characteristics of common diseases and disorders, including their symptoms, treatments, and associated diagnostic tests |  |  |  |  |  |
| 1. Identifies basic principles of pharmacology, including routes of administration and basic dose calculations |  |  |  |  |  |
| 1. Health Terminology |  |  |  |  |  |
| 1. Knows terminology, including abbreviations commonly used in medical and health-care professions |  |  |  |  |  |
| 1. Identifies characteristics and functions of instruments and equipment commonly used in medical and health-care professions |  |  |  |  |  |
| 1. Describes characteristics and functions of assistive devices commonly used in medical and health-care professions |  |  |  |  |  |
| 1. Health Careers |  |  |  |  |  |
| 1. Identifies types of career opportunities in health-care-related fields and the personal attributes of success in those fields |  |  |  |  |  |
| 1. Knows skills, educational pathways, experience, credentialing requirements, and professional standards for employment in various health-care careers |  |  |  |  |  |
| 1. Understands strategies for career development in health care, including establishing personal goals, identifying potential careers, and developing career plans |  |  |  |  |  |
| 1. Knows strategies and skills for job seeking, including identifying job opportunities, writing résumés, completing applications, and participating in interviews |  |  |  |  |  |
| II. Community and Individual Health |  |  |  |  |  |
| 1. Community Health |  |  |  |  |  |
| 1. Understands the importance of community health in society and strategies and procedures used to maintain and ensure community health, including producing, managing, and maintaining electronic and paper-based medical records |  |  |  |  |  |
| 1. Identifies environmental factors that affect the health of individuals and populations (e.g., air pollution, poor water quality, pathogens, lack of access to health-care services) |  |  |  |  |  |
| 1. Individual Health |  |  |  |  |  |
| 1. Understands lifestyle factors that affect the health of individuals and populations (e.g. proper diet, physical activity, sleep, smoking, alcohol consumption) |  |  |  |  |  |
| 1. Identifies personal behaviors that contribute to good health, such as proper nutrition, adequate sleep, stress management, time management, personal hygiene, and appropriate exercise |  |  |  |  |  |
| III. Professional Practices |  |  |  |  |  |
| 1. Health-Care Delivery Systems |  |  |  |  |  |
| 1. Differentiates types and characteristics of health-care delivery systems, including public, private, and governmental hospitals, clinics, and other facilities |  |  |  |  |  |
| 1. Differentiates types and characteristics of health insurance systems, including health maintenance organizations and government systems such as Medicare and Medicaid |  |  |  |  |  |
| 1. Knows social, regulatory, and economic factors affecting health-care delivery systems and health insurance systems, including C​D​C, N​I​H, etc. |  |  |  |  |  |
| 1. Safety Practices |  |  |  |  |  |
| 1. Understands principles and precautions for infection prevention and controlling the spread and growth of microorganisms |  |  |  |  |  |
| 1. Identifies principles and methods for using effective body mechanics to safely support, lift, and position patients |  |  |  |  |  |
| 1. Knows procedures for handling and disposing of hazardous materials, including information as it pertains to S​D​S |  |  |  |  |  |
| 1. Legal and Ethical Responsibilities |  |  |  |  |  |
| 1. Describes legal responsibilities of health-care professionals for maintaining accurate documentation and records |  |  |  |  |  |
| 1. Knows provisions of the Health Insurance Portability and Accountability Act (HIPAA) and the Patient’s Bill of Rights |  |  |  |  |  |
| 1. Recognizes appropriate technology applications in health care |  |  |  |  |  |
| 1. Knows concepts such as advance directives, informed consent, and designation of health-care proxies |  |  |  |  |  |
| 1. Summarizes duties and scope of practice of various health-care professions |  |  |  |  |  |
| 1. Understands ethical issues associated with health care, such as treating patients with diverse religious and cultural values |  |  |  |  |  |
| IV. Pedagogical Practices |  |  |  |  |  |
| 1. Principles of Health-Care Education |  |  |  |  |  |
| 1. Identifies important individuals, developments, and events and their significance in the history of medicine, health care, career and technical education, and health careers education |  |  |  |  |  |
| 1. Identifies social, regulatory, legal, ethical, and social emotional principles in health careers education |  |  |  |  |  |
| 1. Knows principles and practices for ensuring the safety of students in health-care classrooms, laboratories, and work-based learning |  |  |  |  |  |
| 1. Understands strategies and procedures for coordinating and supervising students’ internships and work-based learning |  |  |  |  |  |
| 1. Recognizes missions, goals, and organizational structures of career and technical student organizations related to health careers education |  |  |  |  |  |
| 1. Knows strategies for outreach in health careers education, including strategies for working with local advisory committees and dual-credit institutions |  |  |  |  |  |
| 1. Professional Development |  |  |  |  |  |
| 1. Recognizes professional organizations related to various health-care professions and can discuss the importance of professional involvement in these organizations |  |  |  |  |  |
| 1. Identifies professional organizations that will assist health occupations educators, such as  A​C​T​E, N​I​H​E |  |  |  |  |  |
| 1. Knows strategies for professional development, for lifelong learning, and for maintaining and improving technical skills used in health-care occupations |  |  |  |  |  |
| 1. Interprets the National Healthcare Foundation Standards and Accountability Criteria and the I​S​T​E National Educational Technology Standards |  |  |  |  |  |
| 1. Pedagogy |  |  |  |  |  |
| 1. Knows instructional strategies and resources, including inquiry-based instruction, for promoting students’ understanding of concepts and skills related to health care |  |  |  |  |  |
| 1. Identifies strategies and skills for planning, designing, and delivering instruction in health careers education, including the use of techniques and approaches that meet the needs of diverse learners |  |  |  |  |  |
| 1. Understands effective instructional strategies and assessment methods for promoting student learning and fostering the development of critical thinking, higher-order thinking, problem solving, and performance skills in health careers education |  |  |  |  |  |
| 1. Knows strategies and communication methods for creating a productive learning environment using knowledge of student behavior, organizational skills, and classroom management skills |  |  |  |  |  |
| 1. Identifies strategies for selecting, adapting, and using technological resources to enhance teaching and learning |  |  |  |  |  |