



Grade 10 Sample Lesson Plan: Unit 2 – Health Career Exploration

SOLs

- 10.1.N Identify health and medical science career opportunities that promote personal, community, and global health and wellness.
- 10.1.O Describe attributes, characteristics, and interests of individuals in health-related professions and the core academic skills needed for workplace skills in a health career.
- 10.1.P Research high school health and medical science industry-recognized credentials (e.g., personal trainer, athletic trainer, dietary aide, dental assistant, certified nurse assistant, home health aide, geriatric aide).
- 10.3.O Create an educational career plan to become a health professional.

Objectives/Goals

- Students will explore requirements and characteristics of various health and medical science careers.

Materials

- Internet Access
- Contacts in various health and medical science careers for student interviews.

Procedure

Step 1

- Present students with a list of health and medical science career opportunities that promote personal, community, and global health and wellness.
- Students select one career from the list that interests them and engage in a research project to find out as much about that field as they can, using a variety of sources. They will prepare a brief report based on the research that addresses the following:
 - What does the job involve on a daily basis?
 - How does this career promote personal, community, and global health and wellness?

- What kind of education is required to work toward entering that field? What high school classes, what higher education (college, graduate, postgraduate) is necessary to enter this field?
- What kind of training is needed for the job and how long will it take?
- What will it cost for training for the job?
- How much does this career pay?
- Take students to <https://www.vawizard.org/wizard/home> to assess their interests in potential careers

Use this and other resources for students to learn about the industry recognized credentials to be a personal trainer, an athletic trainer, a dietary aide, dental assistant, certified nurse assistant, home health aide, geriatric aide etc.

- Share a biography of a well-known/ famous health professional and have students identify and discuss what this biography shows them about how to succeed in that field.
- Have students spend a half or full day with individual(s) from a prepared list of contacts who are working in various health and medical science careers. Students will observe their workday; gain hands-on experience as able. Students shall prepare a one-page report reflecting on their day; describe any new learning about the profession, what/why they liked/disliked the profession.

Assessment Idea

- Evaluate completed assignments.

References

- Choosing a Career in Health:
https://www.nlm.nih.gov/changingthefaceofmedicine/resources/lesson_h_s.html
- Discovery Education- Careers in Health:
<http://www.discoveryeducation.com/teachers/free-lesson-plans/careers-in-health.cfm>
- Lessons Plans Page- Teach Students about careers in health field:
<http://lessonplanspage.com/sciencepesshealthcareers912-hm/>
- Rice Center for Technology in Teaching and Learning: <http://coolsciencecareers.rice.edu/>
- <https://www.vawizard.org/wizard/home>