

Health Services Mini-Project

Choose ONE of the following three tasks:

1) Career Investigation

Explore a career of interest related to Health Services and explain the steps that you will need to get there. Include some first-hand information by either talking about your own personal volunteer experiences or by interviewing someone in the occupation. Give some specific examples of how knowledge from this course could be used in the occupation.

2) Sports Emergency Action Plan

You have volunteered to be the trainer for a youth _____ team (you pick the sport and a location you are familiar with). Knowing that you have just taken a course called "Health Services", the head coach asks you to put together an emergency action plan and create a list of first aid supplies to purchase for the team. It needs to be done before your team is hosting a season-opening tournament next weekend.

3) Fitness and Rehabilitation Plan

Someone you know is terribly inactive, but for their New Year's Resolution have decided to "get in shape". On January 1st, They go out for a 5 km run on the road and develop an injury right away: _____ (you pick the injury). They are discouraged, and ask for your help to come up with a plan to get them "back in shape" and also to rehabilitate their injury.

We will have some class time in the computer lab to work on this assignment, and the last day I will accept assignments is Wednesday January 28th.

Assignment Choice #1 – Career Investigation

Explore a career of interest related to Health Services and explain the steps that you will need to get there. Include some first-hand information by either talking about your own personal volunteer experiences or by interviewing someone in the occupation. Give some specific examples of how knowledge from this course could be used in the occupation.

Format: You can choose to complete the assignment as either

- a) In a “report” format (text document with headers, diagrams, pictures, footnotes)

OR

- b) In a “presentation” format (powerpoint/prezi type document with point form, pictures, animations, links, etc.)

1) Include First-hand Information

You must summarize what you have learned about a particular occupation from first-hand experience. You must either

- Reflect on your own volunteer/work experience that is related
- Interview someone currently working in your chosen occupation
- Interview someone who teaches (or has recently taken) post-secondary courses related to the occupation

2) Assignment Content

Introduction: (10 marks)

- What career are you interested in and why?

First-Hand Experience/Information: (30 marks)

- What did you do? or Who did you interview?
- What did you learn?
 - o About the job/career?
 - o About your own interests?

A Day in the Life... (20 marks)

- What might a typical day be like?
- What are the pros and cons of the occupation?
- What really interests you? What are you scared of?

Steps to become a... (20 marks)

- Courses you need in high school
- Program you need to take in post-secondary: what are your options
- How much it will cost
- Further opportunities (specialties, advancements, etc.)

How does this course relate? (30 marks)

- Generally which units are relevant and why (resuscitation, first aid, fitness, sport injuries)
- Were there any guest speakers or field trips that you learned from?
- Give at least two very specific theory examples that you might end up needing to know on the job
- Give a few scenarios of when someone doing the job might use skills that we learned in this course

Conclusion: (10 marks)

- How has your opinion/knowledge changed of your potential careers of interest?

*See my sample assignment “Becoming a Lifeguard” posted on the class website

Assignment Choice #2 – Sports Emergency Action Plan

You have volunteered to be the trainer for a youth _____ team (you pick the sport and a location you are familiar with). Knowing that you have just taken a course called “Health Services”, the head coach asks you to put together an emergency action plan and create a list of first aid supplies to purchase for the team. It needs to be done before your team is hosting a season-opening tournament next weekend.

Assignment Content

Page #1: Basic Information: (10 marks)

- Facility/Venue Information
- Event Information
- 9-1-1 Guidelines
- Other Emergency Numbers

See example form at

<https://sportmedbc.com/sites/default/files/resources/Emergency%20Action%20Plan.pdf>

Page #2: Diagram: (10 marks)

- Find a picture or sketch the venue (field/building/gym/etc)
- Mark locations of emergency equipment, personnel, and ambulance access

Page #3: Typical Injuries (20 marks)

- List at least 10 things that ‘could’ happen that you should be prepared for
- Briefly describe your plan to deal with each situation

Example:

- 1) Heat Exhaustion – Have extra water for practice/games, plus an extra Gatorade in case it is needed

Page #4: First Aid Kit (20 marks)

- List the first aid supplies that you would like to have in a first aid kit (no – you won’t be able to afford an AED or Oxygen Kit) to be prepared for the typical injuries you might encounter.
- Your list should include at least 20 items.

Page #5: Health and Safety Issues (30 marks)

- List the top three health issues that you could/should educate players and parents about at the beginning of the season
- List three recommendations you can give to players and coaches to help prevent injuries from occurring

See examples of issues here:

<https://sportmedbc.com/articles>

Page #6: Scenarios (30 marks)

- Use your choice of paragraph/point form/diagram/table to describe how you would manage each of the following scenarios in the middle of a game:
 - Include details such as: stop the game, move player, get players away, phone mother, etc.
 - Include general first aid steps such as: assess scene, check breathing, immobilize, etc.
- 1) A serious life-threatening injury (such as a cardiac arrest)
 - 2) A severe injury that requires immediate medical attention (such as a clear to the head that is bleeding a lot)
 - 3) A minor injury where immediate medical attention is not necessary (such as a sprained ankle)

*I don’t have a sample assignment, but feel free to google “emergency action plan” for ideas like this one to help you out:

http://cdn.agilitycms.com/hockey-canada/Hockey-Programs/Safety/Concussion/Downloads/safety_concussions_emergencyactionplan

Assignment Choice #3 – Fitness and Rehabilitation Plan

Someone you know is terribly inactive, but for their New Year's Resolution have decided to "get in shape". On January 1st, They go out for a 5 km run on the road and develop an injury right away: _____ (you pick the injury). They are discouraged, and ask for your help to come up with a plan to get them "back in shape" and also to rehabilitate their injury.

Injury might be shin splints, sprained ankle, runner's knee, sprained ACL, plantar fasciitis, back pain, etc.

Assignment Content

Part 1: Purpose and Goals: (10 marks)

- Create three SMART goals for someone in this situation
- How does the program address each of the five components of physical fitness?

Part 2: Weekly Schedule: (10 marks)

- Adheres to the minimum recommendations of Health Canada
 - o Vigorous-intensity activity 3 days a week
 - o Strengthening activity 3 days a week

Part 3: Detailed Routines (30 marks)

- For high-intensity activities (that don't aggravate the injury), detail a proper warm-up, target heart rate during activity, cool-down, and stretch.
- For strengthening activities, detail six sample exercises along with the number of reps/sets and intensity level.

Part 4: Injury Rehabilitation (50 marks)

- Prepare a short overview of the injury and diagram of affected area to help the person understand what happened (use terms we have learned in class where possible)
- Prepare specific recommendations for injury care (how much ice/heat/compression how often, etc) based on our course notes where possible. (If not in course notes, then provide source)
- Prepare range of motion exercises to strengthen the injured area. Copy pictures that you find online of at least three possible stretches and exercises that could be beneficial.

Part 5: Injury Protection (20 marks)

- Research commercial options for a brace or device to help support the injury and provide at least two pictures with prices.
- Describe two different taping or support techniques (start with what we learned in class) that could be attempted to help the person continue being active. For each one, provide a picture/diagram/video link.

*I don't have a student sample that exactly matches the criteria for this assignment, but have done similar assignments in the past. I will post a couple examples on the class website to get you started on ideas.