

Program of Study Health Sciences

Students in this pathway explore aspects of the human body and the impact of the environment and decisions on the body, along with the varied careers related to this area. This information is helpful to every student because every individual is concerned with their own health and wellness and will come in contact with many health care professionals in their lifetime.

Students in this pathway may choose to pursue careers such as nurse, doctor, pharmacist, radiology technician, medical assistant, medical coder, and many more.

A program of study is a document that can be used to outline possible opportunities and experiences that students may wish to take advantage of. As students select experiences, they may wish to get a broad overview of a pathway or they may wish to deepen their approach through the pathway by including a variety of opportunities to engage in work-based learning, project-based learning, industry certifications, and early college courses that will truly prepare a student for the next steps into a career after graduation from Destinations Career Academy.

Tier 1 Introductory

- Healthcare Explorations (GC/PBL)
- Microsoft Office 1 – Word & PowerPoint (GC/ECC/IRC)
- Nutrition & Wellness

Tier 2 Intermediate

- Interpersonal Communication (GC/PBL)
- Anatomy & Physiology 1/2 (GC)
- Medical Terminology
- Psychology
- Health Sciences 1
- Life Unleashed: Bridging Biology & Innovation
- CNA Prep

Tier 3 Capstone

- Human Performance & Fitness
- Pharmacy Technician Certification Course (IRC)
- Biotechnology: Unlocking Nature's Secrets
- Health Sciences 2
- AP Psychology (GC/ECC)
- AHA Heartsaver® First Aid, CPR, & AED Certification (IRC)

ECC – courses offering Early College Credits
IRC – courses offering Industry Recognized Certifications
GC – courses available across pathways and schools
PBL – Project Based Learning
* - Future Offering

EM – Equivalent Math; math or elective credit
ES – Equivalent Science; science or elective credit
ESS – Equivalent Social Studies; social studies or elective credit
** - Future Equivalent Offering

DESTINATIONS CAREER ACADEMY of WISCONSIN

POWERED BY STRIDE K12

Program of Study Courses

If you are interested in pursuing a college degree, career, or apprenticeship in this pathway or a related field, you should consider taking one or more of the following courses in high school:

- Physics
- Chemistry
- Sociology
- Introduction to College Writing (ECC)
- Introduction to College Reading (ECC)
- Algebra 2



Early College Credit Courses

Early College Credit is an opportunity at the high school level for students to earn high school and college credit at the same time. Sometimes these courses are offered at your high school (identified on page 1 with the notation of "ECC"). Other courses are available to students through the Early College Credit or Start College Now Programs while still in high school, for free. These may be offered only on the college or university campus or through virtual options. It is important to connect with the college/university to discuss coursework and opportunities that match your future goals. See your school counselor for applications and/or deadlines.

The following are a few options to consider (be sure to review college programs to determine the right courses for you):

- Nursing Assistant
- Emergency Medical Responder/Emergency Medical Technician
- Phlebotomy/Medical Lab Technician
- Biotechnology/Lab Science

Industry Recognized Certifications

Earning an industry certification while in high school may allow you to get a job or position in an area of interest to you while still in high school. Many of these types of positions can also increase the hourly wage you may earn due to the knowledge and skills you bring to a role. Industry certifications related to this pathway include (courses where certifications are embedded are highlighted on page one with an "IRC" designation):

- Microsoft Office Specialist – Word
- Microsoft Office Specialist - PowerPoint
- Certified Nursing Assistant (CNA)
- CPR/First Aid
- Pharmacy Technician



Experiential or Work-based Learning

Experiential or work-based learning opportunities "add depth and meaning to students' education." When paired with opportunities to experience the subject matter firsthand, classroom learning becomes more meaningful and relevant to students. Students then become more engaged and excited about their education and future prospects. Experiential learning ranges from classroom guest speakers, field trips, college visits, etc. Some students may want to deepen their opportunities through work-based volunteer opportunities, service learning, internships (paid or unpaid), or participate in Youth Apprenticeship. You may earn state level and industry recognized certifications in one or more of these areas through this pathway:

- Employability Skills
- Youth Apprenticeship – Health Science
- Youth Leadership

Health Sciences Pathway

Course Descriptions

	Credit	Grade 9	Grade 10	Grade 11	Grade 12	Notes
Microsoft Office I (IRC/ECC)	0.5	X	X	X	X	
Nutrition & Wellness *NEW*	0.5	X	X	X	X	
Healthcare Explorations (PBL)	0.5	X	X	X	X	
Interpersonal Communication (PBL) (English Credit)	0.5		X	X	X	
Medical Terminology (ES)	0.5			X	X	
Psychology (Social Studies Credit)	0.5			X	X	
Health Sciences I (ES)	0.5		X	X	X	
Biotechnology: Uncovering Nature's Secrets (Science Credit)	0.5		X	X	X	
Life Unleashed: Bridging Biology & (Science Credit)	0.5		X	X	X	
CNA Prep	0.5			X	X	
Human Performance & Fitness	0.5			X	X	
Pharmacy Technician Certification Course A/B (IRC)	1.0			X	X	
Health Sciences II (ES)	0.5		X	X	X	
AHA Heartsaver® First Aid, CPR, & AED Certification (Blended Lrng, IRC)	0.25		X	X	X	Short Course
Child & Family Development *NEW*	0.25	X	X	X	X	Short Course
<i>Courses below this point are taught by WIVA or Stride National staff</i>						
Anatomy & Physiology I/II (Science Credit)	1.0			X	X	
AP Psychology A/B (Social Studies Credit) (ECC)	1.0			X	X	



ECC – courses offering Early College Credits



IRC – courses offering Industry Recognized Certifications



PBL – Project Based Learning



GC – courses available across pathways and WIVA

(ES) = Equivalent Science Course

Hear from our pathway teachers about the Health Sciences Pathway: [See video here](#)

Microsoft Office 1: Word & PowerPoint



Course Length: Semester Course

Credit: 0.5 credit

Grades: 9-12

Prerequisite(s): None

Course Description: Learn essential skills in Microsoft Word, PowerPoint, Outlook, and Excel through hands-on projects and practical applications. They learn to create professional documents, design engaging presentations, manage email and schedules effectively, while using Excel to organize data, perform calculations, and build visual charts. The Microsoft 365 applications learned in this class are valuable and widely used across all career pathways, providing a strong foundation for academic and career success. **Students must have the full suite of Microsoft 365 or its equivalent available for this course.**

Note: Students prepare for and take the Microsoft Office Specialist (MOS) certification exam. This industry-recognized credential demonstrates technical proficiency and strengthens college and career readiness. Dual Credit can be earned after taking both Microsoft Office 1 & 2.

Platform(s): Students in this course will be expected to access multiple “outside” platforms including GMetrix or TestOut Software, Certiport (for certification), to name a few.

NUTRITION & WELLNESS *NEW*

Course Length: Semester Course

Credit: 0.5

Grades: 9-12

Prerequisite: None

Course Description: This half-credit course will introduce the student to an overview of good nutrition principles that are needed for human physical and mental wellness. Discussion of digestion, basic nutrients, weight management, sports and fitness, and life-span nutrition is included. Application to today’s food and eating trends, plus learning to assess for reliable nutrition information is emphasized.

HEALTHCARE EXPLORATIONS



Course Length: Semester Course

Credit: 0.5 credit

Grades: 9-12

Prerequisite(s): None

Course Description: This course is designed as an exploration of the healthcare career pathways. Students will get an introduction to healthcare careers so that they can better assess which pathway to pursue. In this course, students explore basic concepts in the broad areas of healthcare, as well as career options in each area. Students study the concepts of disease prevention, personal health management, and emergency preparation, in addition to other common health-related functions. Students complete projects to develop a deeper understanding of the roles these healthcare functions play.

INTERPERSONAL COMMUNICATION

Course Length: Semester Course

Credit: 0.5 credit *English Credit*

Grades: 11-12

Prerequisite(s): None

Course Description: In this course, students will pursue a greater understanding and appreciation for cultures of various races, ethnicities, socio-economic classes, and genders by analyzing modern and classic literature. Students will practice using textual references, inferring, and critical thinking. This course continues to focus on applying the three enduring outcomes of: strengthening the ability to read with intent, write with purpose, and speak with clarity.

MEDICAL TERMINOLOGY (ES)

Course Length: Semester Course

Credit: 0.5 credit *Science Credit*

Grades: 11-12

Prerequisite(s): None

Course Description: This course is designed to provide students with a better understanding and working knowledge of medicine that is required for understanding medical terminology and simplifies the process of learning hundreds of these complex terms. The course helps students understand specialties, pathology, diagnostic techniques, and treatment procedures. The course includes critical thinking exercise scenarios that involve patients and pathology so students can apply their knowledge to the real world.

PSYCHOLOGY

Course Length: Semester Course

Credit: 0.5 credit *Social Studies Credit*

Grades: 11-12

Prerequisite(s): None

Course Description: In this one-semester course, students investigate why human beings think and act the way they do. This is an introductory course that broadly covers several areas of psychology. Instructional material presents theories and current research for students to critically evaluate and understand. Each unit introduces terminology, theories, and research that are critical to the understanding of psychology and includes tutorials and interactive exercises. Students learn how to define and use key psychology terms and how to apply psychological principles to their own lives.

HEALTH SCIENCES I (ES)

Course Length: Semester Course

Credit: 0.5 credit

Grades: 10-12

Prerequisite(s): None

Course Description: This course introduces students to the tools and knowledge within various disciplines of the health sciences including clinical medicine, sports medicine, anatomy and physiology, medical terminology, and biotechnology. Through an engaging exploration of medical processes, human anatomy, and health maintenance, students will learn how to navigate healthcare, understand body systems, and maintain overall wellness. The course presents information and terminology for the health sciences and examines the contributions of different health science areas.

BIOTECHNOLOGY: UNLOCKING NATURE’S SECRETS

Course Length: Semester Course

Credit: 0.5 credit *Science Credit*

Grades: 10-12

Prerequisite(s): Life Unleashed: Bridging Biology & Innovation (*formerly Introduction to Biotechnology*) or teacher recommendation

Course Description: The fusion of biology and technology creates an amazing process and offers humanity a chance to significantly improve our existence, while simultaneously creating new challenges. In this course, you will build on previous knowledge and learn how this field seeks to cure such deadly diseases as cancer and malaria, develop innovative medicine, and effectively feed the world through improved agricultural systems. Learn about challenges that biotechnology faces today and research new biotechnology to learn how they are changing the world around us!

LIFE UNLEASHED: BRIDGING BIOLOGY & INNOVATION

Course Length: Semester Course

Credit: 0.5 credit *Science Credit*

Grades: 10-12

Prerequisite(s): None

Course Description: What is biotechnology and how is it changing the way we live? Is it possible nature can provide all of the answers to some of science’s most pressing concerns? In this course, you will learn the basics of biotechnology and evolutionary theory, explore the various ways we grow, store and preserve food, and discover the process of fermentation and microbiology. This course will also cover the importance of breeding plants, hybridization, and how early breeding programs led to the study of genetics and an understanding of the function of genes.

CNA (CERTIFIED NURSING ASSISTANT) PREP

Course Length: Semester Course

Credit: 0.5 credit

Grades: 11-12

Prerequisite(s): None

Course Description: *This course prepares students to take a technical college or other training program for nursing assistants.* CNA Prep ensures students have the knowledge, skills, and dispositions necessary to successfully complete a technical college or other training program for Certified Nursing Assistants. A state exam is required to become certified and cannot be completed without first passing a state-approved program. Students interested in learning more about the nursing or medical field may find this course beneficial. Working as a CNA while in high school and/or college can also set the stage for a successful transition into four-year and beyond nursing and medical programs.

HUMAN PERFORMANCE & FITNESS (formerly Sports Medicine)

Course Length: Semester Course

Credit: 0.5 credit

Grades: 11-12

Prerequisite(s): None

Course Description: What do you think of when you hear the phrase “sports medicine professional?” Believe it or not, the term encompasses a much larger range of career options than jobs typically associated with the field. Explore some of the most popular career pathways, day-to-day responsibilities, emergency care for athletes, and legal obligations. Discover what nutrition, healthy lifestyle, and fitness truly mean, and dive into anatomy, human biomechanics, and exercise modalities.

PHARMACY TECHNICIAN CERTIFICATION COURSE (FLEXLAB) A/B



Course Length: Yearlong Course

Credit: 1.0 Pathway credit

Grades: 11-12

Prerequisite(s): Successful completion of any Health Sciences course at the Intermediate Level

Course Description: This course is designed to educate and train students in the field of Pharmacy Technician. This course is taught in a hybrid model that uses mastery grading. Students will be given a semester course outline for independent study, will meet with the teacher at least once a month. This course will cover the areas of prescription processing, biopharmaceutics, drug activity, types of medications, dosage calculations, and common mathematical formulas and conversions. Students will also learn about HIPAA, drug regulation and control, inventory management, financial considerations, legal and ethical issues, sterile and non-sterile compounding, and units of measurement. After all coursework has been completed at 80% or better, the student will be able to sign up for the Pharmacy Technician Certification exam.

Platform: Students will use the MedCerts platform.

FlexLab Component: This course is offered asynchronously. No live instructional classes will be provided. The teacher will be available for support, as needed. FlexLab courses contain two required components - failure to complete both will result in failure of the course:

- **Online Coursework:** Students will complete coursework independently online with milestones and deadlines built within the course. Course content will include digital lessons, video instruction and lectures, readings, and interactive assignments delivered through our learning management system.
- **Virtual Lab Sessions:** Students will participate in TWO of five lab sessions. Each session will last up to three (3) hours. Labs may include simulations, real-world issues, and/or group problem solving. Students will submit lab reports or reflective journals after each lab session.

HEALTH SCIENCES II (ES)

Course Length: Semester Course

Credit: 0.5 credit

Grades: 10-12

Prerequisite(s): Successful completion of Health Sciences 1 or teacher recommendation

Course Description: This course provides students with an in-depth understanding of human behavior, lifespan development, and wellness through the lens of healthcare from both client and caregiver perspectives. Students will explore a wide range of topics utilizing the five health sciences pathways and the careers within them. Topics within this course will examine health sciences professional attributes, investigate how mental, emotional, physical, and behavioral health impact individuals, and understand how to maintain work responsibilities and patient's rights and deliver compassionate, effective care.

SHORT COURSES

What is a short course?

Short courses are no-risk, 6 to 9 week asynchronous courses where students can delve into a new topic, prep for an upcoming certification or state test, or try out their hand at a simulation. These courses are pass/fail (but only passing grades will land on a student's transcript). Because they are pass/fail, they will not impact a student's GPA. Each course can only be taken once. Teachers are available for questions, but will not hold regular class times. Check out these course offerings:

AHA HEARTSAVER® FIRST AID, CPR, & AED CERTIFICATION

Course Length: 9 weeks

Credit: 0.25 Pathway credit

Grades: 10-12 (9th by instructor approval)

Prerequisite(s): None

Course Description: Be prepared, not scared to provide care at home, work, or in your community by learning the appropriate care to provide first aid, breathing, and cardiac emergencies. Within this course you will learn basic first aid knowledge in treating different types of injuries, heatstroke, choking, allergic reactions, asthma, and more. You will learn how to respond to and care for people who may be going through a medical crisis. By becoming familiar with Adult First Aid/CPR/AED, you will learn skills to offer quick treatments, prevent victim's conditions from becoming worse, and help preserve life.

***Note:** This course requires you to demonstrate skill proficiency to a certified instructor in-person to meet the requirement for certification. 50% of the course is self-paced online and 50% is in-person skills that include discussion, practical application, and skills testing. Before students can attend the in-person course, the online course must be completed. Potential locations for the in-person skills session include Green Bay, Madison, Milwaukee, La Crosse, and/or Eau Claire. Dates and locations to be determined.

CHILD & FAMILY DEVELOPMENT *NEW*

Course Length: 9 weeks

Credit: 0.25 Pathway credit

Grades: 9-12

Prerequisite(s): None

Course Description: This course explores how children and families grow across different stages of life. We will examine the interactions between children and family systems, learn about the various stages and concepts of childhood development, and evaluate the cost of having a child. Through simple examples and real-life situations, students will gain a clearer understanding of how families work and what children need to grow up healthy and supported.

COURSES TAUGHT BY WIVA OR STRIDE INSTRUCTORS

ANATOMY AND PHYSIOLOGY 1

Course Length: Semester Course

Credit: 0.5 credit *Science Credit*

Grades: 11-12

Prerequisites: Pass Biology with a C or better; strongly recommend Medical Terminology prior to taking

Course Description: These courses provide a thorough introduction to the basics required for the study of the human body and how it functions. Students receive a general introduction to life functions, the terminology, and phonetic pronunciations used to describe body parts and their locations, as well as an overall review of human development and body processes. This course also includes infection control and standard precautions, which emphasizes the importance of maintaining health and safety in the health-care work environment, as well as highlights the latest practices and protocols.

ANATOMY AND PHYSIOLOGY 2

Course Length: Semester Course

Credit: 0.5 credit *Science Credit*

Grades: 11-12

Prerequisite: Anatomy and Physiology 1

Course Description: These courses provide a thorough introduction to the basics required for the study of the human body and how it functions. Students receive a general introduction to life functions, the terminology, and phonetic pronunciations used to describe body parts and their locations, as well as an overall review of human development and body processes. This course also includes infection control and standard precautions, which emphasizes the importance of maintaining health and safety in the health-care work environment, as well as highlights the latest practices and protocols.

AP[®] PSYCHOLOGY A/B

Course Length: Yearlong Course

Credit: 1.0 credit *Social Studies Credit*

Grades: 11-12

Prerequisite(s): Teacher/school counselor recommendation

Course Description: This course is the equivalent of an introductory college-level course. Students receive an overview of current psychological research methods and theories. They explore the therapies used by professional counselors and clinical psychologists, and examine the reasons for normal human reactions: how people learn and think, the process of human development and human aggression, altruism, intimacy, and self-reflection. They study core psychological concepts, such as the brain and sensory functions, and learn to gauge human reactions, gather information, and form meaningful syntheses. Students prepare for the AP Exam and for further studies in psychology and life sciences.