

W3	Learning Area	HEALTH	Grade Level	10
	Quarter	4	Date	

I. LESSON TITLE	Planning for a Health Career
II. MOST ESSENTIAL LEARNING COMPETENCIES (MELCs)	<ul style="list-style-type: none"> Discusses the components and steps in making a personal health career plan H10PC-Iva-b-1 Prepares a personal health career following the prescribed components and steps. H10PC-Iva-b-2
III. CONTENT/CORE CONTENT	Health Career

IV. LEARNING PHASES AND LEARNING ACTIVITIES

I. Introduction (Time Frame: Day 1)

There is a high demand for workers in the healthcare industry not just locally but also, globally. Health careers are among the most lucrative job options available all over the world, especially these days, with an aging population and medical advances. There is a continuous demand for health professionals.

A **health career** offers a good salary and job security. Educational learning is widely available in the country with a path for advancement in different specialized fields of interests. You get to work with people and more importantly make a difference in the life of others.

What is a career?

A **career** is an occupation or profession that requires special training. Health careers are designed to familiarize students with the various careers in the medical profession and allied health services. Students will learn skills necessary for their career path, which in this case is in healthcare. These include working with others, communication skills, legal and ethical responsibilities, cultural considerations in healthcare industry, problem solving, decision making, accepting personal responsibility, and self-management.

What are the components and steps in making a health career plan?

1. Self Assessment

Discover your personal strengths through self-assessments (values, interests, personality, testing, skills, etc.



2. Career Exploration

You can explore different careers and work environments through career fairs, online research, meetings, internships, alumni connections, professional resources



3. Decision Making

Before you decide on taking a career that works for you, you can evaluate and narrow down your options through listing the pros and cons, comparing your personal strengths and interests, and deciding which career fulfills both current and future goals.



4. Plan of Action

Plan achievable goals and develop strategies to reach your goals, organize your goals into smaller steps, identify actions for each step, utilize helpful people and resources, review and adapt your plan regularly



Health career Planning refers to an individual's plan to make a career choice, growing in the chosen career or making a career shift. Career planning involves the very important step of self-assessment.

Self-assessment is necessary to understand one's capabilities and drawbacks. The various career options should be explored in detail to find a fit between one's abilities and the opportunities provided by a career option. It involves continuous learning and improvement to build and grow in the chosen career path.

These are the common allied health professionals practicing in the country with available education and professional training.

Audiologist – identifies and rehabilitates hearing impairments and related disorders.

IV. LEARNING PHASES AND LEARNING ACTIVITIES

Clinical psychologist - assesses, diagnoses, treats and helps prevent mental disorders.

Dietitian / Nutritionist - promotes good health through proper diet and treatment of diseases.

Medical Assistant- performs under the direction of a physician.

Medical Technologies- performs a variety of tasks on body fluids, from simple blood test.

Occupational therapist - uses purposeful activity and interventions to maximize the independence and health of any client.

Paramedic - gives emergency medical treatment or assists medical professionals in emergency situations.

Radiologic Technologist/Radiographer - healthcare professionals who perform imaging procedures, such as x-ray examinations.

Physical Therapist - examines, evaluates, and treats physical impairments through use of special exercise.

Radiation therapist - administers radiation therapy services to patients and observes patients during treatment.

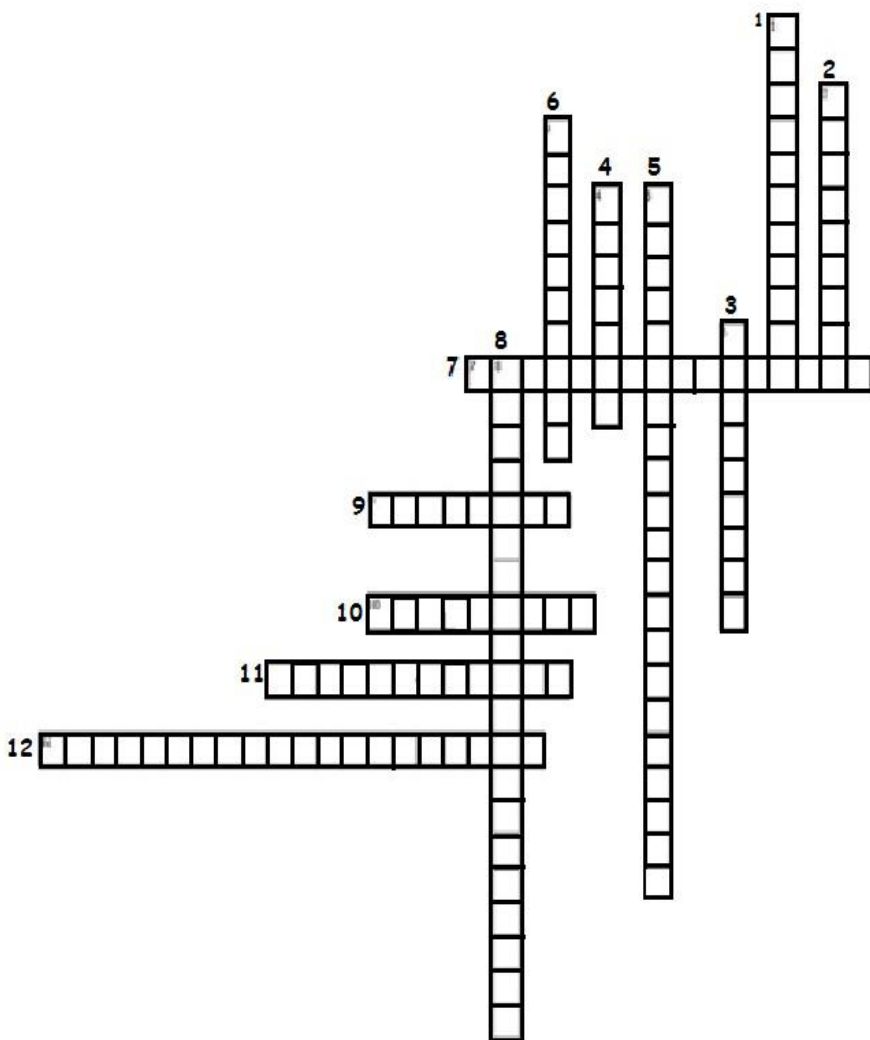
Pedorthist- are foot orthotic and orthopedic footwear experts trained in the assessment of lower limb anatomy and muscle and joint function.

Exercise physiologist- body of knowledge concerning physiologic, metabolic, and structural responses to short-term and long-term physical activity.

D. Development (Time Frame: Day 2)

LEARNING TASK 1: CROSS WORD PUZZLE

Directions: Solve the crossword puzzle.



Across

7. Performs under the direction of a physician, various routine administrative and nontechnical clinical tasks in a hospital, clinic, or similar facility.

9. Therapist who examines, evaluates, and treats physical impairments using special exercise, application of heat or cold, and other physical modalities.

10. Trained to give emergency medical treatment or assist medical professionals.

11. A technologist trained to position patients and takes radiographs or perform other radio diagnostic procedures.

12. Concerned with the assessment, diagnosis, treatment, and prevention of mental disorders.

Down

1. Trained to identify and rehabilitate hearing impairments and related disorder.

2. Therapist who administers radiation therapy services to patients and observes patients during treatment with duties that may include tumor localization, patient follow-up, patient education, and record keeping.

3. Foot orthotic and orthopedic footwear experts trained in the assessment of lower limb anatomy and muscle and joint function.

4. Technologist who performs a variety of tasks on body fluids from simple pre-marital blood tests to more complex tests to uncover diseases such as HIV/AIDS, diabetes, and cancer.

5. Uses purposeful activity and interventions to maximize the independence and health of any client who is limited by physical injury

or illness, cognitive impairment, psychosocial dysfunction, mental illness or developmental or learning disability.

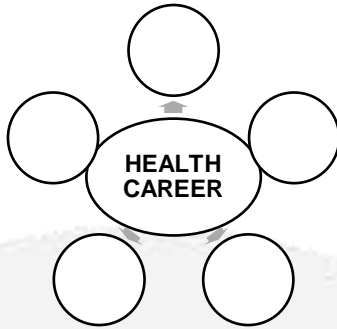
6. Concerned with the promotion of good health through proper diet and with the therapeutic use of diet in the treatment of disease.

8. Body of knowledge concerning physiologic, metabolic, and structural responses to short-term and long-term physical activity

LEARNING TASK 2: "CONCEPT MAPPING"

IV. LEARNING PHASES AND LEARNING ACTIVITIES

Directions: List at least **five** words associated with the word **"Health career"**. Write your answer on the circle.



LEARNING TASK 3: "MY REASON"

Directions: Think of some reasons why you should pursue health career? Write your answer below.

Example: Stable job

Why pursue health career?

- 1.
- 2.
- 3.
- 4.
- 5.

E. Engagement (Time Frame: Day 3)

LEARNING TASK 4

Directions: Create a poster that will promote the importance of medical and allied health professionals in our country. You will be graded based on the following criteria.

Criteria	5	4	3	2
Creativity and Presentation				
Quality of artworks				
Visual Impact				
Neatness				

Highest Possible Score: 20 points

Excellent: 18-20

Very Good: 15-17

Good: 11-13

Needs Improvement: 9-10

Poor-8

A. Assimilation (Time Frame: Day 3)

LEARNING TASK 5: "MY HEALTH CAREER PLAN"

Directions: Write your own health career plan using the components and steps given below. Accomplish this task on a clean sheet of paper.

MY HEALTH CAREER PLAN

My Career Goal/s

IV. LEARNING PHASES AND LEARNING ACTIVITIES

Self- Assessment

What are my skills and interests?

Career Exploration

What health careers do I want to explore?

What will I do to explore the different health careers?

Decision- Making

What health career will I choose based on my skills and interests?

What do I need to consider?

My Plan of Action

What will I do to meet my goal/s?

V. ASSESSMENT (Time Frame: Day 4)

(Learning Activity Sheets for Enrichment, Remediation, or Assessment to be given on Weeks 3 and 6)

LEARNING TASK 6: "I BELIEVE"

Directions: Answer the question that follows in at least 5 sentences.

Why do you think it is important to follow steps in making a health career plan?

Learning Task 7

Directions: Complete the table below and answer the following questions that follows. Write your answer on the space provided before each number.

CAREER PATH I AM INTERESTED TO	PERSONAL QUALITIES THAT DESCRIBE ME	SCHOOL SUBJECTS THAT I LIKE

- What health career do you think would suit you best based on the interests and skills?
- Can your personal qualities help you perform and excel in the health career path you want to venture?
- Are you learning enough from your previous subjects to help you achieve your health career path? Why or why not?

VI. REFLECTION (Time Frame: Day 4)

- Communicate your personal assessment as indicated in the Learner's Assessment Card.

Personal Assessment on Learner's Level of Performance

Using the symbols below, choose one which best describes your experience in working on each given task. Draw it in the column for Level of Performance (LP). Be guided by the descriptions below:

☆ - I was able to do/perform the task without any difficulty. The task helped me in understanding the target content/lesson.

✓ - I was able to do/perform the task. It was quite challenging, but it still helped me in understanding the target content/lesson.

? - I was not able to do/perform the task. It was extremely difficult. I need additional enrichment activities to be able to do/perform this task.

Learning Task	LP	Learning Task	LP	Learning Task	LP	Learning Task	LP
Number 1		Number 3		Number 5		Number 7	
Number 2		Number 4		Number 6		Number 8	

VII. REFERENCES

Physical Education and Health Learners Material

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W4	Learning Area	HEALTH	Grade Level	10
	Quarter	4	Date	

I. LESSON TITLE	Planning for a Health Career
II. MOST ESSENTIAL LEARNING COMPETENCIES (MELCs)	<ul style="list-style-type: none"> Explores the various health career paths selects a particular health career pathway based on personal competence and interest; participates in a health career orientation program. H10PC-IVc-d-3 Decides on an appropriate health career path. H10PC-IVc-d-4
III. CONTENT/CORE CONTENT	HEALTH CAREER PATHWAYS

IV. LEARNING PHASES AND LEARNING ACTIVITIES
<p>I. Introduction (Time Frame: Day 1)</p> <p>HEALTH CAREER PATHWAYS</p> <p>Career pathways are clusters occupations that are grouped because of shared skills. All pathways include a variety of occupations that require different levels of education, skills, and training. Selecting a career pathway provides you with an area of focus, along with flexibility and a variety of ideas to pursue for personal development.</p> <p>What are examples of health career pathways?</p> <p>1. Disease Prevention and Control -People who specialize in this career path focus on communicable and non-communicable diseases. Their work includes immunization, screening of newborns, promotion of breastfeeding, infant diseases prevention, adolescent healthcare, and life skills.</p> <p>Sample Careers:</p> <ul style="list-style-type: none"> * Community Health Work Education and Research <p>2. Personal Healthcare - Professionals in this field perform healthcare related tasks in a personal care level. These include monitoring patients; administering and assisting in personal care and hygiene; performing housekeeping duties; and advising clients on related healthcare issues like infant care, hygiene, and nutrition.</p> <p>3. Maternal and Child Care -These health workers deal with complex public health issues that affect women, children, and their families. These include providing information on reproductive health, family planning, healthcare of pregnant women and their children, and improvement of health delivery system through advocacy, education, and research.</p> <p>Sample Careers:</p> <ul style="list-style-type: none"> • Midwifery Community Health Educator Outreach Specialist <p>4. Mental HealthCare -These medical professionals specialize in dealing with interpersonal and intrapersonal relationships and life skills. These include cognitive and psychosocial development, promotion of healthy self-esteem through feelings and anger management and identifying warning signs or red flags of learning disorders, such as ADHD, anxiety, mood disorders, stress, and bullying.</p> <p>Sample Careers:</p> <ul style="list-style-type: none"> • Social Work Clinical Psychology Psychiatry Guidance Counselling <p>5. Community Healthcare -Specialists in this area focus on the maintenance, protection, and improvement of the health of all community members.</p> <p>Sample Careers:</p> <ul style="list-style-type: none"> • Barangay/Community Health Work Rural Sanitary Inspection <p>6. Environmental Healthcare Management -These health workers try to establish the correlation between and among the physical, chemical, biological, social, and psychosocial factors in the surrounding environment. These include monitoring the quality of environment and impact of human activities on ecosystems and developing strategies for restoring ecosystems.</p> <p>Sample Careers:</p> <ul style="list-style-type: none"> • Air quality monitoring Soil science analysis Hazardous and solid waste management Environmental noise control Radiological assessment <p>7. Drug Prevention and Control -People whose careers revolve around this area seek to reduce community and individual problems related to alcohol and drug abuse through evidence-based programs and policy advocacy.</p> <p>Sample Careers:</p> <ul style="list-style-type: none"> • Drug Enforcement Drug and Alcohol Rehabilitation <p>8. Nutrition - Specialists in this area find ways to balance individuals' food and nutrition and their impact on patients' health. These include meal planning, food preparation and economics.</p> <p>Sample Careers:</p> <ul style="list-style-type: none"> • Clinical Dietetics Food and Nutrition Management Public Health Nutrition <p>9. Health Education - Those who work in this field are tasked with promotion of healthcare and training of health workers on managing change in healthcare. Their work involves assessing individual and community needs, planning, implementing, and evaluating health programs, promoting the understanding of various health-related behaviors plus coordinating health education services.</p>

IV. LEARNING PHASES AND LEARNING ACTIVITIES

Sample Careers:

- Education and Research Community Health Work

10. Dental Health -Dental health workers deal with various oral conditions which include chronic mouth and facial pain, oral sores, periodontal (gum) disease, tooth decay and tooth loss, other diseases and disorders that affect the oral cavity, and risk factors for oral diseases which include unhealthy diet, tobacco use, harmful alcohol use, and poor oral hygiene.

Sample Careers:

- Dental Hygiene Dental Nursing Dental health support

11. Occupational Safety -Careers in this path are related to the safety, health and welfare of people engaged in work or employment. These include protecting workers from sickness, disease, and injury arising from possible hazards of their employment and workplace.

Sample Careers:

- Occupational Health and Safety Technician Health Inspector

Industrial Hygienist

12. Emergency Medical Services - People assigned in this work specialize in out-of-hospital medical care. Their skills include first-aid procedures, emergency medical treatment and transport of patients, rapid emergency medical response and immediate medical attention.

Sample Careers:

- Emergency Medical Aid Paramedic

MEDICAL AND ALLIED HEALTH PROFESSION

Along with medical professions, there are hundreds of allied health professions which complete the workforce in contributing to the whole-person care of patients, support to healthcare professionals, and the efficient operation of healthcare organizations.

Medical and Allied Health Professions

The medical profession is a group of individuals qualified to practice medicine. Allied health professions, on the other hand, are lines of work that still deal with healthcare, but are distinct from medicine. They have distinct and specialized knowledge and skills that actively work with people accessing health and disability that are offered services across a range of settings. These professions include clinical laboratory or medical technology, physical therapy, occupational therapy, dietetic services, medical record personnel, radiologic services, speech language pathology and audiology, and respiratory therapy.

These are the common allied health professionals practicing in the country with available education and professional training.

1. **Chiropractor**- diagnosis and treats neuromuscular disorders with emphasis on treatment through manual adjustment and/or manipulation of the spine.

2. **Masasage therapist**- performs the scientific manipulation of the soft tissues of the body for the purpose of normalizing those tissue.

3. **Emergency Medical Technician**- also known as ambulance technician.

4. **Guidance Counselor**- assists students with personal, family, education, and career decisions and concerns; also helps them develop job-finding skills and other life skills needed to prevent and deal with problems.

5. **Health Educator**- specializes in health education and promotes the development of health knowledge, life skills, and positive attitudes toward the health and well-being of students.

6. **Midwife** - professionals with the expertise and skills in helping women maintain healthy pregnancies, assist in, or perform childbirth delivery, and help in women's recovery process through the postpartum period.

7. **Nurse** - trained to provide care for people who are sick or injured; monitors patients' health and records symptoms, assists physicians during examinations and treatment, and administers medications.

8. **Paramedic** - gives emergency medical treatment or assists medical professionals in emergency situations.

9. **Audiologist** – identifies and rehabilitates hearing impairments and related disorders.

10. **Dietitian / Nutritionist** - promotes good health through proper diet and treatment of diseases.

There are also allied medical professions whose specialized trainings is available in other countries.

1. **Cardiovascular technologist** - uses imaging technology to help physicians diagnose patients with cardiac (heart) and peripheral vascular (blood vessel) ailments.

2. **Clinical officer** - performs general medical duties such as the diagnosis and treatment of disease and injury, recommendation and interpretation of medical tests, performance of routine medical and surgical procedures, and referral of patients to other practitioners.

3. **Neurophysiologist**- specializes in the diagnosis of conditions affecting the nervous system such as neuromuscular diseases, epilepsy, and nerve entrapments.

4. **Medical dosimetrist**- designs treatment plans for patients by means of computer and/or manual computation to determine a treatment field technique that will deliver the prescribed radiation dose while taking into consideration the dose-limiting structures.

5. **Orthoptist**- investigates, diagnoses, and treats defects of binocular vision and abnormalities related to eye movement.

6. **Dental hygienist** - specializes in the removal of calcaneous deposits and stains from patients' and provides additional services and information on prevention of oral diseases.

7. **Surgical technologist** - a member of the surgical team who serves as a scrub technician or as a circulator.

IV. LEARNING PHASES AND LEARNING ACTIVITIES

8. Music therapist - uses music within a therapeutic relationship to address a client's needs, such as facilitating movement and physical rehabilitation, motivating the client to cope with treatment, providing emotional support, such as an outlet for expressing their feelings through music.

9. Diagnostic medical sonographer - uses ultrasonic imaging devices to produce diagnostic images, scans, videos, or 3D volumes of patients' anatomy.

10. Kinesiotherapist - develops and monitors exercise programs to help people regain muscle strength and function lost due to injury or disease.

D. Development (Time Frame: Day 2)

LEARNING TASK 1: "AKO YAN!"

Directions: Carefully read the statement below and organize the jumbled letters to reveal the correct word. Write your answer on the space provided.

_____ 1. Diagnosis and treats neuromuscular disorders with emphasis on treatment through manual adjustment and/or manipulation of the spine. **(R O T C A R P O R I H C)**

_____ 2. Performs the scientific manipulation of the soft tissues of the body for the purpose of normalizing those tissue. **(E G A M S S A P I S T E T H R A)**

_____ 3. Investigates, diagnoses, and treats defects of binocular vision and abnormalities related to eye movement. **(T I S T O R T H O P)**

_____ 4. Assists students with personal, family, education, and career decisions and concerns; also helps them develop job-finding skills and other life skills needed to prevent and deal with problems. **(C E G U I D A N L O R S E C O U N)**

_____ 5. Specializes in health education and promotes the development of health knowledge, life skills, and positive attitudes toward the health and well-being of students. **(E A H H T L C A T O R E D U)**

_____ 6. Professionals with the expertise and skills in helping women maintain healthy pregnancies, assist in, or perform childbirth delivery, and help in women's recovery process through the postpartum period. **(D I M F E W I)**

_____ 7. Trained to provide care for people who are sick or injured; monitors patients' health and records symptoms, assists physicians during examinations and treatment, and administers medications. **(R S E N U)**

_____ 8. Gives emergency medical treatment or assists medical professionals in emergency situations. **(R A P A D I C M E)**

_____ 9. Identifies and rehabilitates hearing impairments and related disorders. **(D I O A U G I S T L O)**

_____ 10. Promotes good health through proper diet and treatment of diseases. **(T I O N I S T N U T R I)**

LEARNING TASK 2: "PUT INSIDE THE BOX"

Directions: Write inside the box the following word/s according to its category as allied health professions or allied medical professions.

CLINICAL OFFICER	SOCIAL WORKER	RADIATION THERAPIST	DENTAL HYGIENIST
PHYSICAL THERAPIST	ORTHOPTIST	MUSIC THERAPIST	CARDIOVASCULAR TECHNOLOGIST
PARAMEDIC	MEDICAL ASSISTANT		

Allied Health Professions	Allied Medical Professions.

E. Engagement (Time Frame: Day 3)

LEARNING TASK 3: "FACT OR BLUFF"

Directions: Carefully read the statement below. Write **FACT** if the allied profession is defined correctly and **BLUFF** if not. Write your answer on the space provided before each number.

_____ 1. **Cardiovascular technologist** - uses imaging technology to help physicians diagnose patients with cardiac (heart) and peripheral vascular (blood vessel) ailments.

_____ 2. **Clinical officer** - performs general medical duties such as the diagnosis and treatment of disease and injury, recommendation and interpretation of medical tests, performance of routine medical and surgical procedures, and referral of patients to other practitioners.

_____ 3. **Medical dosimetrist** - designs treatment plans for patients by means of computer and/or manual computation to determine a treatment field technique that will deliver the prescribed radiation dose while taking into consideration the dose-limiting structures.

_____ 4. **Neurophysiologist** - develops and monitors exercise programs to help people regain muscle strength and function lost due to injury or disease.

IV. LEARNING PHASES AND LEARNING ACTIVITIES

5. **Emergency Medical Technician**- also known as ambulance technician.
6. **Dental hygienist** - specializes in the removal of calcaneous deposits and stains from patients' and provides additional services and information on prevention of oral diseases.
7. Music therapist is a member of the surgical team who serves as a scrub technician or as a circulator.
8. **Surgical technologist** uses music within a therapeutic relationship to address a client's needs, such as facilitating movement and physical rehabilitation, motivating the client to cope with treatment, providing emotional support, such as an outlet for expressing their feelings through music.
9. **Diagnostic medical sonographer** - uses ultrasonic imaging devices to produce diagnostic images, scans, videos, or 3D volumes of patients' anatomy.
10. **Kinesiotherapist** - develops and monitors exercise programs to help people regain muscle strength and function lost due to injury or disease.

LEARNING TASK 4: "MY CAREER EXPLORATION"

Direction: How do you see yourself...

...Today as Grade 10 Learner	After Senior High School	...After College

A. Assimilation (Time Frame: Day 3)

Learning Task 5

Directions: Answer the following questions. Write your answer on the space provided.

1. Which health career is best aligned with your values, interests, and skills? Why?

2. Which health career fulfils both your current and future goals?

3. What health career will you choose that will help you create the life you want to live and do the work you will love to do?

V. ASSESSMENT (Time Frame: Day 4)

(Learning Activity Sheets for Enrichment, Remediation, or Assessment to be given on Weeks 3 and 6)

LEARNING TASK 6 "MATCHING TYPE"

Directions: Match Column A (health career pathway) to its corresponding career sample (Column B).

Column A	Column B
1. Community Healthcare	a. Community Health Worker
2. Personal Health Care	b. Sanitary Inspector
3. Nutrition	c. Caregiver
4. Emergency Medical Services	d. Midwife
5. Occupational Safety	e. Health Teacher
6. Maternal and Childcare	f. Social Worker
7. Environmental Health	g. Dietician
8. Mental Health	h. Nurse
9. Diseases Prevention and Control	i. Paramedics
10. Health Education	j. Medical Clerk
	k. Industrial Hygienist

VI. REFLECTION (Time Frame: Day 4)

- Communicate your personal assessment as indicated in the Learner's Assessment Card.

IV. LEARNING PHASES AND LEARNING ACTIVITIES

Personal Assessment on Learner's Level of Performance

Using the symbols below, choose one which best describes your experience in working on each given task. Draw it in the column for Level of Performance (LP). Be guided by the descriptions below:

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Learning Task	LP	Learning Task	LP	Learning Task	LP	Learning Task	LP
Number 1		Number 3		Number 5		Number 7	
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VII. REFERENCES

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