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HOSA/Health Science Classroom Activities

- Medical Terminology games – numerous games to practice Medical Terminology
<https://www.sporcle.com/games/tags/medicalterminology>
- [Terrific Science](#) – free resource for Health Science Lessons
Favorites include: [Safety Scavenger Hunt](#)
[Don't Mess with MRSA](#)
[Bacterial Resistance – Ethical Question](#)
- [California Educators Together](#) (formerly CTE Online) is a great site. Does require registration.
- [PBS Learning Media](#)
Favorites include: [West Virginia Forensic Science in the Crime Lab](#)
[Mayo Clinic The Evolution of Modern Medicine](#)
[Exploring Careers in Health Science](#)
[Positive Psychology: Health Disparities](#)
[Positive Psychology: Aging Well](#)
[What It Takes](#) – goes through eight health care careers
- CDC - [Science, Technology, Engineering, and Math \(STEM\) Middle & High School Teaching Resources](#)
Rage Activity
- [Virginia EMS Activities](#) - #7 is a favorite
- CLAY MODEL:
Recreate a Clay Model. You will need a shoebox or similar box with lid. Using modeling clay design a model to have students replicate. Divide the students into groups of 5. The group is to decide who is the most observant one in their group. The most observant selected views the clay model in a group for 1 minute away from class. Their team will have white paper and modeling clay to reproduce what the viewer describes. They cannot use their hands (only verbal descriptions). Colors count. Give the group 10 minutes to complete the replication. I awarded extra credit to the group that had the

most correct. After activity the class discussed why it is important to be able to describe what you see, what was the easiest and hardest part of the activity. They also discussed barriers to the process.



Example of clay model:

○ Shark Tank Style –

“Think like an entrepreneur because you will either be one, or work for one.” Bill Brown. (may be done verbally or written)

Sell me in less than two minutes:

- Describe yourself as the best future health professional.
- Is it better to go to school for a long time to finish a degree and then enter the workforce; or enter the workforce right away and climb the career ladder?
- Is it better to have longer life or better health?

○ [How to Know Your Purpose in 5 minutes](#)

- A. Who you are:
- B. What you do:
- C. Who you do it for:
- D. What those people want/need:
- E. How they change as a result of what you do:
- F. Your elevator speech:

○ [How to Create Your Own Self Care Plan: Mental Health First Aid](#)

○ Apple Activity:

Equipment Needed: Apple (students brought in), googly eyes, toothpicks, construction paper, plastic knife, glue or tape, yarn & pipe cleaner (with thanks to Arlette Robinson)
Students use plastic knife to score the apple for the planes (transverse, midsagittal, frontal)

Label planes using toothpick with small banner glued or taped

Students make the apple into a human with eyes, arms & legs in correct anatomical position

Apple must be checked by teacher to make sure planes are correct and anatomical position is correct.

Apples are judged for creativity and accuracy.



- The following site was shared by Jennifer Bettag – TN HOSA. Check out the lesson plans for Medical Ethics @ <https://med.nyu.edu/departments-institutes/population-health/divisions-sections-centers/medical-ethics/education/high-school-bioethics-project/lesson-plans>
- [NOVA Teachers Health Science Classroom Activities](#)
- [AES Learning Center](#) – free trial available
- [Georgia Career, Technical, & Agricultural Education Class Starters and Enders](#)
- [Smithsonian Open Access](#)
- [Link for some awesome pictures](#)
- [Whiteboard fi](#)
- [Grit: The power of passion & perseverance by Angela Lee Duckworth](#) – TED Talk
- [NIH Stem Teaching Resources](#)
- [Purpose Games: Digestive System Labeling](#)
- Fink, K. (2020, March 27). Zoom 101 for teachers. *We Are Teachers*. Retrieved from <https://www.weareteachers.com/zoom-for-teachers/>
- Simon Sinek- Millennials in the workplace (17:36):<https://www.youtube.com/watch?v=NEsUudZvntE> –very interesting perspective on millennials as students as well.
- Expressive aphasia- Sarah Scott, <https://www.youtube.com/watch?v=1apITvEQ6ew> (7:18). First three minutes are great for recognizing aphasia and discussing how to effectively communicate with patients.

- Disability Sensitivity Training: <https://www.youtube.com/watch?v=Gv1aDEFIXq8> (3:40)
Great video for sensitivity awareness.
 - Understanding insurance: <http://kff.org/understanding-health-insurance/> (5:22) Kaiser Permanente created this to help people understand out of pocket costs, types of premiums, and plans.
 - Article on Types of Interviews- <https://www.thebalancecareers.com/types-of-job-andemployment-related-interviews-2061343>
 - Day in the Life of Doctor Shadowing ICU Nurse (11:31)-
<https://www.youtube.com/watch?v=-q5QJW8q7qc>
 - Depression and the Fire Fighter Who Fought It (4:43)
<https://www.youtube.com/watch?v=8cuznh2RiR4>
 - Bozeman Science series:
https://www.youtube.com/watch?v=y2N_b0qwwxY&list=PLCC2DB523BA8BCB53
 - Anatomy and Physiology Preview:
https://www.youtube.com/playlist?list=PL8dPuuaLjXtOAKed_MxxWBNaPno5h3Zs8
 - Free Anatomy Quizzes:
<https://www.free-anatomy-quiz.com/>
<https://www.purposegames.com/search?q=anatomy>
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- <https://learning.blogs.nytimes.com/2009/12/02/what-were-they-thinking-exploring-teen-brain-development/>
 - Mysterious workings of the adolescent brain (2012)
https://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_a_dolescent_brain (14:00)
 - Teen brain HD- <https://www.youtube.com/watch?v=EGdlpaWi3rc> (3:37)- fun techy vide
 - Teenage brain explained
<https://www.youtube.com/watch?v=hiduiTq1ei8>
 - Communication & the teenage brain-
<https://www.youtube.com/watch?v=BbruY110Ql8> (12:12)

- Why the teenage brain has an evolutionary advantage-
<https://www.youtube.com/watch?v=P629TojpvDU>
- The benefits of a bilingual brain-
<https://www.youtube.com/watch?v=MMmOLN5zBLY>

Sports Medicine

- Concussion Training for Health Professionals-
<https://www.cdc.gov/headsup/providers/training/index.html>
- Bozeman Science: Thermoregulation (4:50)-
<https://www.youtube.com/watch?v=TSUCdLkI474&index=7&list=PLCC2DB523BA8BCB53>
- Crash Course: A&P #20 Joints (9:22)-
<https://www.youtube.com/watch?v=DLxYDoN634c>
- eOrthopod.com series: ankle anatomy (6:40)-
https://www.youtube.com/watch?v=4hCS1O2LP_c&list=PLqvXaeO2WPysMmvpFIKc71jBwfiFqt09j
- How to Spot a Fad Diet (4:33)- <https://www.youtube.com/watch?v=8V15Z-yyiVg>

MENTAL HEALTH

- Living with a black dog(5:56)- <https://www.youtube.com/watch?v=2VRRx7Mtep8>
- The Real Me: The Stigma Surrounding Depression (6:54)-
<https://www.youtube.com/watch?v=uk-8T7p2WMQ>
- Dr. Jerome Adams, Surgeon General, HOSA ILC speech 2018 (20:29, start at 7:35-19:54=12:19min)- “Advocate, persevere, and stay grounded”:
<https://www.youtube.com/watch?v=QnIRGj4O47M>.
- Dr. Rick Rigsby, HOSA Keynote 2018 (24:51)
https://www.youtube.com/watch?v=PQv_jVXhMrw (make an impact!)
- Brene Brown- Ted Talk: The Power of Vulnerability & Emotions (17:00) powerful!
https://www.ted.com/talks/brene_brown_the_power_of_vulnerability
- For the Heroes: A Pep Talk from Kid President (4:15):
<https://www.youtube.com/watch?v=tgF1Enrgo2g>

- The Proof that Anyone Can Make It (4:20)
<https://www.youtube.com/watch?v=mau1ZNaQxYY> (good for goal setting)
- Wake Up, Show Up, & Work Hard (12:18)-
<https://www.youtube.com/watch?v=xm1OvMkCNIY>
- Growing up Stressed or Growing up Mindful? (20:12)
https://www.youtube.com/watch?v=znlsoaM_ALQ
- The benefits of a Good Night's Sleep (5:44)-
<https://www.youtube.com/watch?v=gedoSfZvBgE>
- The Science of Productivity (3:15)- <https://www.youtube.com/watch?v=IHfjvYzr-3g>
great for 1st week of school!
- 7 Tips To Beat Exam Anxiety (4:36)-
<https://www.youtube.com/watch?v=FyBdA61GmJO&t=212s>
- How to Study Effectively with Flash Cards (8:43)-
<https://www.youtube.com/watch?v=mzCEJVtED0U>
- How to Manage Your Time Better (4:09)-
<https://www.youtube.com/watch?v=VUk6LXRZMMk&index=5&list=PLqldimk4xUglrulweUgdm3JWIQMDaJKTE>
- What Would Happen if You Didn't Sleep? (4:34)-
<https://www.youtube.com/watch?v=dqONk48l5vY>

Fun parody videos from Medical School

- Dear Future Doctor (Stanford, 3:23)-
https://www.youtube.com/watch?v=Reo_pnl1A64&index=3&list=RDE4hfUnxOSY8
- Can't Feel My Face (Johns Hopkins, 3:54)-
<https://www.youtube.com/watch?v=oghh1U9JcAE&list=RDE4hfUnxOSY8&index=32>
- I Knew It Was Trauma (4:16)- <https://www.youtube.com/watch?v=DxpjHUD7YjY>
- Rude Parody (Pritzker, Univ Of Chicago, 4:20)-
https://www.youtube.com/watch?v=aotj_nrVpxc&list=RDE4hfUnxOSY8&index=21
- Empathy: The Human Connection to Patient Care (Cleveland Clinic, 4:23)-
https://www.youtube.com/watch?v=cDDWvj_q-o8
- BLS Practice Test with answers and rationale (Save a Life by NHCPs)
<https://nhcps.com/bls-practice-quiz/>

- First Aid Exercise (halfbakedsoftware.com) Students are given four minutes to respond. If they respond incorrectly it tells them the negative outcome.
http://www.halfbakedsoftware.com/quandary/version_2/examples/firstaid.htm
- FastStats (Center for Disease Control and Prevention) stats on leading causes of death, life expectancy, etc. You name it and students can probably find it at the site.
<https://www.cdc.gov/nchs/fastats/default.htm>
- Skill Practice (practicalclinicalskills.com) EKG, heart sounds, lung sound, blood pressure
<https://www.practicalclinicalskills.com/>
- Guide to the Human Body (Orbera) covers the body systems and more
<https://www.orbera.com/article?id=kids-guide-to-human-body-systems>
- CERT Training playlist (FEMA)
<https://www.youtube.com/playlist?list=PLRoQR7IkSnjVQ8IUG24IRrXIRk9aJPGv->
- Jack Andraka TED Talk- won 2012 International Science & Engineering Fair as a sophomore in high school for a method to possibly screen for pancreatic and other cancers
https://www.ted.com/talks/jack_andraka_a_promising_test_for_pancreatic_cancer_from_a_teenager
- Dr. Abraham Verghese (Author of In My Own Country) TED Talk - discusses the “e-patient” and how physicians are losing their touch with patients
https://www.ted.com/talks/abraham_verghese_a_doctor_s_touch?language=en
- Using Disney movie UP to teach Maslow’s Hierarchy of needs
<https://www.youtube.com/watch?v=lucf76E-R2s>
- Hyperdocs
<https://hyperdocs.co/about>