

# Foundations of Healthcare Professions



## Health Science Curriculum Framework

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**Course Description:** Develops professional written and oral communication plans and addresses the foundation standards including health maintenance, employability skills, teamwork, and safety practices to ensure effective patient-centered outcomes between healthcare professionals, patients, and caregivers.

**Curricular Activities:** HOSA–Future Health Professionals, Service-Learning Projects

### NCHSE Resources

- [Health Science Curriculum Enhancements](#)
- [Work-Based Learning Guide](#)
- [National Health Science Standards](#)
- [National Health Science Certificate](#)

### End of Course Certificates

- [Foundations of Healthcare Professions](#)
- [Essential Healthcare Practices](#)
- [Human Structure, Function, and Disease \(A\)](#)
- [Human Structure, Function, and Disease \(B\)](#)

### Certifications

- Cardiopulmonary resuscitation (CPR) and First Aid

## 1.0 Safety Practices

**(Based on the National Health Science Standards 1.1, 1.2, 1.3, 1.4, 1.5, 1.6)**

*Identify existing and potential hazards to clients, co-workers, and self. Employ safe work practices and follow health and safety policies and procedures to prevent injury and illness.*

### 1.1. Personal Safety

1.1.1. Apply personal safety procedures based on Occupational Safety and Health Administration (OSHA) and Centers for Disease Control and Prevention (CDC) regulations.

1.1.2. Demonstrate principles of body mechanics during patient care.

- Ambulating
- Lifting
- Positioning

1.1.3. Demonstrate and apply the use of Personal Protective Equipment (PPE).

### 1.2. Environmental Safety

1.2.1. Apply safety techniques in the work environment.

- Ergonomics
- Patient/client/employee safety measures
- Safe operation of equipment

### 1.3. Common Safety Hazards

1.3.1. Observe all safety standards related to the occupational exposure to hazardous chemicals standard (Safety Data Sheets [SDS]).

1.3.2. Comply with safety signs, symbols, and labels.

1.3.3. Review institutional policies for response to workplace violence

### 1.4. Emergency Procedures and Protocols

1.4.1. Practice fire safety in a healthcare setting.

1.4.2. Apply principles of emergency response in cyber attacks, natural disasters and other emergencies (safe location, contact emergency personnel, follow facility protocols).

### 1.5. Infection Control

1.5.1. Explain principles of infection transmission.

a. Identify classifications of pathogens

- Bacteria
- Fungi
- Parasites
- Protozoa
- Viruses

b. Describe characteristics of microorganisms

- Aerobic
- Anaerobic
- Non-pathogenic
- Pathogenic

- c. Recognize chain of infection
- d. Describe mode of transmission
  - Common vehicle (air, food, water)
  - Direct
  - Healthcare-associated infections (nosocomial)
  - Indirect
  - Opportunistic
  - Vectors

1.6. Differentiate methods of controlling the spread and growth of pathogens.

- a. Asepsis
  - Antisepsis
  - Disinfection
  - Sanitization
  - Sterile technique
  - Sterilization
- b. Standard precautions
  - Environmental cleaning
  - Gloving
  - Hand sanitizer
  - Handwashing
  - Personal Protective Equipment (PPE)
- c. Isolation precautions
  - Standard precautions
  - Transmission-based precautions
- d. Bloodborne pathogen precautions
- e. Immunizations

## 2.0 Communications

**(Based on the National Health Science Standards 3.1, 3.2)**

*Demonstrate methods of delivering and obtaining information, while communicating effectively.*

### 2.1 Concepts of Effective Communication

#### 2.1.1 Model verbal and nonverbal therapeutic communication.

- Active listening
- Validation
- Silence
- Clarification
- Eye contact
- Proximity

- Facial expressions
- 2.1.2 Identify common barriers to communication.
  - a. Physical disabilities
    - Aphasia
    - Developmental level
    - Hearing loss
    - Impaired vision
  - b. Psychological barriers
    - Attitudes
    - Bias
    - Prejudice
    - Stereotyping
  - c. Language barriers
  - d. Verbal barriers
    - False reassurance
    - Minimizing recipient feelings
    - Providing personal opinions and advice
    - “Why” questions
  - e. Digital barriers
    - Limited access to technology
    - Low digital literacy
- 2.1.3 Distinguish between subjective and objective information.
- 2.1.4 Modify communication to meet the needs of the patient/client and to be appropriate to the situation.
  - Use of qualified interpreters
  - Use of appropriate interpreting devices
- 2.1.5 Describe appropriate interactions with patients throughout various stages of psychosocial development.
- 2.2 Medical Terminology
  - a. Use common roots, prefixes, and suffixes to communicate information.
  - b. Interpret common medical abbreviations to communicate information.

### 3.0 Teamwork

**(Based on the National Health Science Standards 4.1, 4.2)**

*Identify roles and responsibilities of individual members as part of the healthcare team.*

- 3.1 Healthcare Teams
  - 3.1.1 Evaluate roles and responsibilities of healthcare team members
  - 3.1.2 Identify characteristics of effective teams.
    - Collaboration
    - Defined roles

- Effective communication
- Effective leadership
- Measurable processes and outcomes
- Mutual respect
- Shared goals

### 3.2 Team Member Participation

3.2.1 Recognize methods for networking and building positive team relationships.

3.2.2 Analyze attributes and attitudes of an effective leader, including but not limited to the following:

a. Characteristics

- Focused and driven
- Interpersonal skills
- Motivates and inspires
- Organized and balanced

b. Types

- Autocratic
- Democratic
- Laissez faire
- Servant
- Transactional
- Transformational

c. Roles

- Communicates vision
- Inspires change
- Manages accountability

3.2.3 Apply effective techniques for managing team conflict.

- Communicate effectively
- Gather the facts
- Mediate disputes
- Negotiate resolutions
- Set clear expectations

3.2.4 Evaluate why teamwork is an important part of healthcare and how it improves patient care.

## 4.0 Health Maintenance Practices

**(Based on the National Health Science Standards 5.1, 5.2)**

*Differentiate between wellness and disease. Promote disease prevention and model healthy behaviors.*

### 4.1 Healthy Behaviors

4.1.1 Promote self-care behaviors of health and wellness.

a. Physical and mental activities

- Nutrition
- Current dietary recommendations

- Food planning and preparation
  - Relationships / socialization
  - Sleep habits
  - Stress and mental health management
  - Weight control
- 4.1.2 Examine various aspects of behavioral health.
- a. Diseases and disorders
    - Anxiety
    - Depression
    - Substance abuse
    - Suicide
  - b. Risk factors
    - Chronic health conditions
    - Lifestyle and behavioral choices (screentime, social isolation, substance use)
    - Socioeconomic status
    - Trauma-induced stress
- 4.1.3 Describe public health strategies for prevention of disease.
- Community health education outreach programs
  - Immunizations
  - Medical, dental, and mental health screenings
  - Routine physical exams
  - Self-care behaviors
  - Socioeconomic interventions
- 4.1.4 Investigate complementary and alternative health practices as they relate to wellness and disease prevention.
- Eastern medicine
  - Holistic medicine
  - Homeopathic medicine
  - Manipulative medicine
- 4.2 Healthcare Across the Lifespan
- 4.2.1 Discuss physical, mental, social, and behavioral development and its impact on healthcare.
- 4.2.2 Identify socioeconomic determinants of health and wellness.
- 4.2.3 Understand development across the lifespan (erikson, kohlberg, levinson, kubler-ross)

## 5.0 Technical Skills

**(Based on the National Health Science Standards 11.1.2)**

*Apply and demonstrate technical skills and knowledge common to health career specialties.*

- 5.1 Obtain training or certification in, including but not limited to:
- Automated external defibrillator (AED)
  - Bloodborne pathogens (BBP)

- Cardiopulmonary resuscitation (CPR)
- First aid
- Foreign body airway obstruction (FBAO)
- Health insurance portability and accountability act (HIPAA)

## 6.0 Employability Skills

(Based on the National Health Science Standards 2.1, 2.2, 2.3, 2.4)

*Use employability skills to enhance employment opportunities and job satisfaction.*

### 6.1 Personal Traits of the Health Professional

6.1.1 Identify personal traits and attitudes desirable in a career-ready member of a health team.

- Acceptance of criticism
- Competence
- Dependability
- Discretion
- Empathy
- Enthusiasm
- Honesty
- Initiative
- Integrity
- Patience
- Positive attitude
- Responsibility
- Self-motivation
- Social and cultural competence
- Tact
- Team player
- Willingness to learn

6.1.2 Apply professional standards as they apply to hygiene, dress, language, confidentiality, coping mechanisms, and behavior.

### 6.2 Employability Skills

6.2.1 Apply employability/soft skills in healthcare.

- Chain of command
- Communication skills
- Customer service
- Decision making
- Emotional intelligence
- Flexible
- Organization
- Problem-solving / critical thinking

- Scope of practice
- Time management
- Work ethic

### 6.3 Career Decision-Making

#### 6.3.1 Research levels of education, credentialing requirements, and employment trends in health

- a. Professions.
- b. Program accreditation as it relates to credential relevance
- c. Credential research:
  - Registration vs licensure
  - Certification vs certificate

#### 6.3.2 Distinguish differences among careers within the health science cluster.

- a. Behavioral & Mental Health
- b. Biotechnology Research & Development
- c. Community & Social Services
- d. Health Data & Administration
- e. Personal Care Services
- f. Physical Health

### 6.4 Employability Preparation

#### 6.4.1 Develop components of a personal portfolio.

- Community service / service learning
- Credentials
- Leadership examples
- Mock interview
- Oral report
- Personal statement
- Professional/student organization memberships
- Resume
- Consider employer usage of applicant tracking systems (ats)
- Sample projects
- Technology skills
- Work-based learning documentation
- Writing sample

#### 6.4.2 Identify strategies for pursuing employment.

- Apprenticeships
- Employer websites
- Internships
- Job shadowing
- Personal networking
- Social media

## **7.0 Information Technology in Healthcare**

**(Based on the National Health Science Standards 9.3)**

*Apply information technology practices common across health professions.*

- 7.1 Key principles and usage of artificial intelligence in healthcare
  - 7.1.1 Explain the role of artificial intelligence (AI) in healthcare delivery, administration, and decision making.
  - 7.1.2 Evaluate the benefits, limitations, and risks of ai-assisted healthcare technologies.
  - 7.1.3 Examine ethical considerations related to ai, including bias, transparency, accountability, and patient privacy.
  - 7.1.4 Analyze the impact of ai on healthcare careers, workflows, and patient outcomes.
  - 7.1.5 Demonstrate responsible use of generative ai tools in healthcare.