



Archbishop MacDonald Catholic High School

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| Course | Health Fields Advanced |
| Year | 2025 - 2026 |
| Term | Q3 |
| Teacher(s) | Grey, Caleb (caleb.grey@ecsd.net) |
| Resources | Notes and handouts will be provided on Google Classroom. Coiled workbooks will also be provided. |
| Program of Studies | https://curriculum.learnalberta.ca/curriculum/en/area/CTSHRH |

Overview *Health Fields Advanced is designed for students interested in pursuing health related fields. This course will advance knowledge of key systems (anatomy and physiology not covered in other courses) as well as health-related concerns and careers. The intention is to enhance the breadth and depth of biological knowledge in preparation for post-secondary health career routes. The course will promote active, practical and engaging learning experiences that will develop a clear understanding of biological information and its applications in health-related fields. This course consists of three 1 credit modules.*

HSS1020: NUTRITION AND WELLNESS 1 (1 credit)

Students learn the importance of nutrition and hydration in the promotion and maintenance of physical, emotional and social health and wellness throughout life. Students evaluate food and supplement choices, the effects of activity on nutritional requirements and the use of labels to improve daily nutritional intake at all ages.

Prerequisite: NONE



HCS1100: INFECTION AND IMMUNITY 1 (1 credit)

Students learn the principles of infection and infectious disease as well as acquire the attitudes, knowledge and skills related to the integumentary system. Students acquire knowledge and skills necessary for achieving and maintaining a healthy integumentary system and for preventing the spread of communicable disease. Students gain an appreciation for practicing a healthy lifestyle as it pertains to the individual, family, peers and community.

Prerequisite: HSS1010: HEALTH SERVICES FOUNDATION

CCS1020: BACK CARE BASICS (1 credit)

Students examine the structure and function of the spinal column and back, causes and treatments of back injuries and preventative measures for back care. Students demonstrate safe lifting practices and explore basic occupational health and safety practices for maintaining a healthy back.

Prerequisite: NONE

IB Philosophy

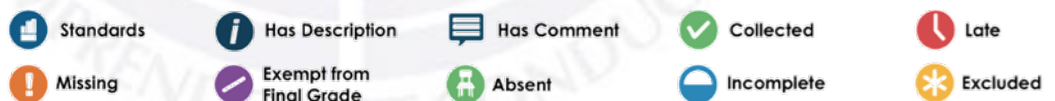
MAC's courses use the IB philosophy to encourage the holistic development of all students. The Learner Profile and Approaches to Teaching and Learning are used at all levels so that students develop a better understanding of curriculum objectives. This course will focus on the Learner Profiles KNOWLEDGEABLE and BALANCED. Our Approaches to Learning skill will be THINKING.

Assessment

The final grade is based on category weightings as follows:

Classwork – 100%

The code NHI may be used to represent coursework that has not been handed in. It is representative of a zero. In addition, the following may appear for a student in PowerSchool instead of, or in addition to, a numeric grade:



Disclaimer

A wide range of assessment information is used in the development of a student's final grade. At Archbishop Macdonald Catholic High School, individualized assessments provide specific information regarding student progress and overall performance in class. Student assessment may vary from student to student to adapt for differences in student needs, learning styles, preferences, and paces. It should also be noted that not all assignments are used to determine the final grade, and that scale factors may have been used to determine the weight of individual assignments.

**Personal Mobile
Device Standards**

Mobile Devices and Social Media Use:

- Personal mobile devices are to be silenced or turned off and stored in the student's assigned locker during the day, which must be locked.
- No personal mobile devices are to be used during the day except for at lunch.
- No social media is to be accessed during the school day.
- The standards for Personal Mobile Devices includes cell phones, SMART watches, earbuds, and headphones

Non-compliance with the standards will result in consequences of a suspension or loss of privileges such as participation in school trips, or activities, sports teams, and extracurricular activities.

Expectations

Unexcused absences and/or lates are unacceptable and may have a negative effect on the grade. Missed coursework may be expected to be completed and may be scored as zero or NHI until submitted (see disclaimer).

Student Handbook

[LINK](#)

Academic Integrity

[LINK](#)