



Archbishop MacDonald Catholic High School

Course	Health Fields Beginner
Year	2025 - 2026
Term	Q1
Teacher(s)	GREY, Caleb (caleb.grey@ecsd.net)
Resources	Notes and handouts will be provided on Google Classroom. Coiled workbooks will also be provided. <i>Thompson, G. S. (2019). Understanding Anatomy & Physiology: A Visual, Auditory, Interactive Approach (3rd ed.). F. A. Davis. ISBN 978-0803676459</i>
Program of Studies	https://education.alberta.ca/media/3115123/hcs_pos.pdf https://education.alberta.ca/media/160521/hss.pdf
Overview	<i>Health Fields Beginner includes a knowledge base of wellness, human anatomy, physiology, disease, the prevention and treatment of diseases, therapeutic modalities, nutrition, mental health and wellness and much more. This course consists of three 1 credit modules.</i> HSS1010: HEALTH SERVICES FOUNDATIONS (1 credit) Students examine fundamental attitudes, knowledge and skills to prepare for further study in career pathways in health, recreation and community services. Concepts related to the determinants of health, the dimensions of wellness, basic principles of anatomy, physiology and disease, and basic safety and reporting protocols for providing care to individuals in health, recreation, volunteer and community support settings are reviewed. <i>Prerequisite: NONE</i>



HCS1050: MUSCULOSKELETAL SYSTEM 1 (1 credit)

Students explore the structure and function of the musculoskeletal system, gain an understanding of conditions of the musculoskeletal system and an appreciation for the benefits of practicing a healthy lifestyle as it pertains to the individual, family, peers and community.

Prerequisite: HSS1010: HEALTH SERVICES FOUNDATION

HSS3020: MENTAL HEALTH & WELLNESS (1 credit)

Students acquire the attitude, skills and knowledge necessary for achieving and maintaining mental health and wellness. Students study stress and its relationship to health and wellness and examine resources to prevent and manage stress as well as adaptive and maladaptive coping mechanisms related to stress. Students gain an appreciation for the complexity of a variety of mental health conditions including dementia and depression and the medical and integrative health approaches and resources available to manage them. Students examine the impact of mental health as it pertains to the individual, family, peers and community.

Prerequisite: HSS1010: HEALTH SERVICES FOUNDATION

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:



Standards



Has Description



Has Comment



Collected



Late



Missing



Exempt from
Final Grade



Absent



Incomplete



Excluded

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](#)