

Summer Youth Allied Health Program Curriculum

Schedule: Tuesday - Thursday, 10 AM - 12 PM Duration: 6 Weeks (3 Days per Week, 2 Hours per Session) Total Sessions:

18 Target Audience: Students interested in Med. Assistant, Dental Assistant, Lab Tech./Phlebotomy careers

Week 1: Vital Sign Measurements

- Day 1: Introduction to Vital Signs (temperature, pulse, respiration, blood pressure)
- Day 2: Hands-on practice measuring temperature, pulse, and respiration
- Day 3: Recognizing abnormal vital signs and proper documentation

Week 2: Blood Pressure Measurement

- Day 4: Understanding systolic & diastolic blood pressure, normal ranges, and hypertension
- Day 5: Hands-on practice using manual and automatic blood pressure cuffs
- Day 6: Troubleshooting errors and discussing factors affecting blood pressure

Week 3: Proper Nutrition & Healthy Foods

- Day 7: Basics of nutrition – macronutrients, micronutrients, and hydration
- Day 8: The impact of diet on overall health and disease prevention
- Day 9: Meal planning for a balanced diet and identifying healthy food choices

Week 4: How to Read Food Labels

- Day 10: Understanding serving sizes, calories, and daily value percentages
- Day 11: Identifying hidden sugars, fats, and unhealthy additives in processed foods
- Day 12: Comparing food labels and making informed dietary choices

Week 5: Basic First Aid & CPR

- Day 13: Common first aid procedures (wound care, burns, choking, fractures)
- Day 14: Hands-on CPR training and AED usage basics
- Day 15: Responding to medical emergencies and when to call 911

Week 6: Infection Control & Hygiene Practices

- Day 16: Proper handwashing techniques and personal hygiene in healthcare
- Day 17: Preventing cross-contamination and using personal protective equipment (PPE)
- Day 18: Infection prevention in healthcare settings and community health

