

Professional Development—Medical Anatomy and Physiology (First Quarter)

Name: _____ Period: _____

During the 1st quarter, you will be responsible for completing **200 points** of professional development. As a Future Health Professional, it is important to reach out and try new types of activities that you are not accustomed to. Once you have finished a task, show the instructor to receive a signature. Three-hole punch returned papers and keep them in the back of your binder with this form. This is due at the end of the FIRST quarter. You may choose a combination of the following:

Activity	Date	Initial
Health Science Career Exploration Report—25 points (At least one REQUIRED per quarter) Obtain a health science career exploration report form and use it to investigate a health science career of your choice—instructions for completing an investigation are provided on the form		
HOSA Membership – 100 Points First quarter only. Become a HOSA member by paying the \$25.00 fee to the main office and by filling out the HOSA Form. Bring the form and the receipt to your teacher. HOSA is a wonderful club focused on leadership skills, resume building and is <i>your</i> professional student organization.		
Current Events Related to Health, Health Care, and Healthcare Careers – 25 Points May do once each quarter. Read a current newspaper/magazine article related to our class studies. Write a summary of the article. Attach the newspaper, magazine article to the summary, or write where you read the article. Highlight the important points on the article and your thoughts.		
Perfect Attendance – 25 Points May do once each quarter. If you have no excused absences, tardies, trancies, or unexcused absences, you are eligible for the perfect attendance points. (Activity and school excused absence do not count against you; vacations do count against you).		
HOSA Chapter Meeting – 25 Points May do twice each quarter. Attend and participate in a scheduled HOSA meeting school.		
HOSA Chapter Activity – 25 Points Unlimited. Actively participate in an outside-of-class HOSA Activity. Turn in a summary of what the activity was, what you did, and what you liked or would change about it. (Ex: HOSA service projects, fundraisers, and out of class presentations. Time must be spent not just a donation.)		

Medical Reading – 100 points May do once each quarter. Read an approved medical book, and type a two page double-spaced summary and evaluation of the book. See your teacher to get the book approved.		
Health Field Trip – 50 Points May do once each quarter. Participate in a health field trip or a career fair. Turn in a summary of what the activity was, what you did, and what you liked or would change about it.		
Four Hours of Service – 25 Points May do once each quarter. Participate in five hours of documented service hours. (Please an adult signature and phone number or picture). Turn in a written summary of what you did, and what you liked or didn't like about it.		
Job Shadow – 100 points Contact a health care worker and arrange for four hours of job shadow experience where you will follow the professional around on their job. Type a one-page report explaining your experience, along with an official document stating the hours you observed and have the professional sign it and include their phone number . May be done once each quarter, but must be a different job shadow experience each quarter. If any of the above are not included, you will not receive credit for this PD opportunity!!		
Health Procedures Research –25 points Research a medical procedure and design a power point. This may only be done <i>once</i> per quarter, but with a different procedure each time. Include: name of procedure, photos, possible video clip, when is this procedure used, explanation of the procedure, etc. Must be at least 10 slides long. Be prepared to make a 5-10 min presentation to the class.		
MedlinePlus.org – 25 points Go to the medlineplus.org website. Click on "Surgery Videos". Watch one operation (about 1 hr. each) and type a one-page, double spaced, 12-font write-up of what you learned/liked/disliked/etc. Please title the paper "MedlinePlus Surgery Video". You may do no more than two of these each quarter and each video must be of a different surgery!		
Volunteer at a hospital/medical office/nursing home/National or Local Organization – 100 points Volunteer for four hours and turn in a time sheet proving at least 4 hours of volunteer work, with a signature from the volunteer coordinator as well as their phone number . Then type a one-page paper explaining your experience, what you liked, disliked, etc. Must be separate from any job shadow experience! This may be done once each quarter, but must be completed with a different organization each time! If all of the above guidelines are not followed, you will not receive credit for this PD opportunity!		
Medical TV Show – 25 points May be done <u>twice</u> per quarter 2. Watch a medically oriented TV show. List and define 15 medical words/abbreviations used in the show. On a piece of paper, type the name of the show, the date, the 15 words/abbreviations and their definitions , and a 5-7 sentence summary of the show and any medical procedures done during the episode.		