

Health Science Summer Assignment

For the 2016 summer and fall Academy wide assignment, our Academy will once again embark on choosing our own Health Science Adventure. In order to complete the adventure, the students will pick and choose assignments from a provided list. All students will be expected to accumulate a total of 100 points. The grade will be out of a total of 100 points with a maximum of 120 points possible. You may not use the same points accumulated in the 2015- 2016 school year. While you may repeat an activity, the hours and summary must be new. Rising 9th graders will be required to earn 50 points. This will be assessed through the students providing the appropriate documentation to the Advisory teacher. All students are required to do a presentation to Advisory. You will present a summary of your choices to your Advisory in the fall. ****The presentation portion is Required!**** You will sign up for your presentation time with your Advisory teacher.

Options:

1. Watch one the following approved TED talks and write a summary. Please see the summary protocol on page three. (15 pts)
2. Read one of the approved novels and write a summary. Please see the summary protocol on page three. (60 pts)
3. Listen to a Health Science related podcast from NPR. A good place to start is to look under Radiolab or Science Friday. The podcast that you choose must be at least 18 minutes long and have relevant science information. Please see the summary protocol on page three. (15 pts)
4. Read a Health Science themed article from the Science in Context database and write a summary. Please see the summary protocol. (15 pts)
5. Watch an episode of one of the approved television programs and write a summary. Please see the approved list and summary protocol. (15 pts)
6. Interview someone in a health science occupation. Please see the interview protocol. (60 pts)
7. Begin and keep a food diary for the duration of four continuous weeks. Use a template found online. There are numerous examples available. (30 points)
8. Begin a regular exercise regimen. You must document the type of exercise and the total time that you are exercising each time. A parent, guardian, or other appropriate or responsible adult must sign your exercise log to verify that you are indeed exercising. They are not required to be physically with you at the time. If you participate in a sport over the summer, you may include those hours, however, you must be sure to document the hours as described approve. You must have a total of 30 hours logged. This option cannot be used to gather all required points. (30 points)

9. Run or walk a 5K race. You must provide evidence of your participation. Pictures are acceptable. (60 points)
 10. Use an app such as MyFitnessPal, RunKeeper, or Mapmytracks, etc. to monitor progress towards a goal. You will share your progress with your advisory teacher. (30 pts)
 11. If you volunteer in a Health Science related capacity (i.e. at a hospital, vet office, doctor office, 5K race, etc.) you may present a summary of your experience for credit on this activity, in addition to receiving service hours. See the summary protocol attached. You may volunteer at more than one location. (15 documented hours= 30 points)
 12. Give Blood! This option will only count if you participate in the Fall Medic Blood Drive at Hardin Valley Academy. (30 points)
 13. Take a CPR and/ or First Aid Certification Course. You will need to show your Certification card to your Advisory teacher in order to receive credit. (30 points)
- Prior approval for use of alternate assignments must be gathered by the Advisory teacher.

1. TED Talks Approved List:

Anthony Atala: Printing a Human Kidney
Siddhartha Mukherjee: Soon we will Cure Diseases with a cell, not a pill
Robert Fischell: My Wish: Three unusual medical inventions
The Unknown Brain: found on NPR TED radio hour
Fighting Cancer: found on NPR TED radio hour
Fountain of Youth: found on NPR TED radio hour

2. Novels Approved List:

The Shift: One Nurse, Twelve Hours, Four Patients' Lives by Theresa Brown
The Hot Zone: A Terrifying True Story by Richard Preston
Andromeda Strain by Michael Crichton
The Forever Fix by Ricki Lewis
Survival of the Sickest by Dr. Sharon Moalem
Still Alice by Lisa Genova

3. Television Program Approved List:

Dr. G: Medical Examiner
House
Forensics Files
Untold Stories of the ER
Mystery Diagnosis
Boston Med

4. **Summary Protocol: (To be used for TED talks, podcasts, TV shows, database articles, and novels)**

CONTENT - What was it all about? What were the main concepts and ideas that were discussed? What was the question being investigated? If a scientific experiment is discussed, what methods did he/she use? What evidence was uncovered to support a new idea? Were any old ideas overturned? This section should be at least 8 sentences.

SIGNIFICANCE- Describe why the subject is important. What is the significance to society? This section should be at least four sentences.

EVALUATION - Restate the main areas of importance and discuss the quality of it from your perspective as a student of health science. Did you find it interesting? useful? boring? Explain! Would you recommend it to the other members of the academy? How does it affect and/or impact you personally? Please explain the answers that you give to these questions. **Do not leave out this important section.** This section should be at least six sentences.

5. **Interview Protocol**

- Current title and role of individual
- Educational preparation required – years of schooling, degrees, continuing education
- Why he or she chose this profession
- A brief description of the field/career
- Current salary ranges, including starting salary
- Skills and strengths needed for success in the field
- Suggestions that the individual you are interviewing has for you as a Health Science student
- After you complete the interview, respond to the following reflection questions. What impressions do you have about this career? In what ways does it meet, exceed, or fail to meet your expectations? In what ways are you surprised by what you've learned?

6. **Volunteer Reflection**

- Detailed description of work done. Include explanations.
- Exposure to something that was unexpected or description of new learning
- Describe your thoughts, emotions, and feelings regarding your experience. Include things that you may have learned about yourself or challenges you may have faced and/or how you went about solving challenges.