

## HOSA / Health Science Classroom Activities

### Additional Activities 10.12.2020

- **Recreate a Clay Model.** You will need a shoebox or similar box with lid. Using modeling clay design a model to have students replicate. Divide the students into groups of 5. The group is to decide who is the most observant one in their group. The most observant selected views the clay model in a group for 1 minute away from class. Their team will have white paper and modeling clay to reproduce what the viewer describes. They cannot use their hands (only verbal descriptions). Colors count. Give the group 10 minutes to complete the replication. I awarded extra credit to the group that had the most correct. After activity the class discussed why it is important to be able to describe what you see, what was the easiest and hardest part of the activity. They also discussed barriers to the process.

Example of clay model:



- **West Virginia/Forensic Science in the Crime Lab**  
<https://www.pbslearningmedia.org/resource/0054d86b-1e19-41d4-ab25-e89256210f17/forensic-science-in-the-crime-lab/>

### Additional Activities 9.24.2020

- **The Mayo Clinic: The Evolution of Modern Medicine** 4 minute video with discussion questions  
<https://www.pbslearningmedia.org/resource/b6a541bd-9d92-48ad-bd2f-07c998f8fa13/the-mayo-clinic-the-evolution-of-modern-medicine/>
- **Exploring Careers in Health Science:** learn about different careers with discussion questions and activity for printing  
<https://www.pbslearningmedia.org/search/?q=health%20science%20standards&page=1>

### Additional Activities 9.3.2020

- **EMS Activities -**  
<https://www.vdh.virginia.gov/content/uploads/sites/23/2016/05/EDU-815-Activity.pdf>  
I love the text activity. #7
- **Safety Activity for Beginning Classes – Safety Scavenger Hunt**  
[http://www.terrificscience.org/downloads/health\\_science/SafetyActivity.pdf](http://www.terrificscience.org/downloads/health_science/SafetyActivity.pdf)

- Ethical Activity on Antibiotics, Bacterial Resistance & Antibacterial Products  
[http://www.terrificscience.org/downloads/health\\_science/AntibioticEthicsFINAL.pdf](http://www.terrificscience.org/downloads/health_science/AntibioticEthicsFINAL.pdf)
- CDC Science Ambassador Archived Educational Activities  
<https://www.cdc.gov/careerpaths/scienceambassador/educational/archive-activities.html>  
I have used the RAGE Outbreak Lesson in my classroom and students were very engaged (I would anticipate very different responses after Covid-19)  
<https://www.cdc.gov/careerpaths/scienceambassador/documents/hs-rage-outbreak-cleared.pdf>
- Doctor Over Time-used in History of Medicine  
<https://www.pbs.org/wgbh/aso/tryit/doctor/#>

1. **Shark Tank Style** - “*Think like an entrepreneur because you will either be one, or work for one.*” Bill Brown. (may be done verbally or written)

Sell me in less than two minutes:

- Describe yourself as the best future health professional.
- Is it better to go to school for a long time to finish a degree and then enter the workforce; or enter the workforce right away and climb the career ladder?
- Is it better to have longer life or better health?

HOSA Competitive Event Connection: Job Seeking Skills, Health Career Preparation, Health Career Display, Healthy Lifestyle, Extemporaneous Writing.

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2. **Life Purpose:** [How to Know Your Life Purpose in 5 Minutes](#), Adam Leipzig.

Watch video, then answer:

- A. Who you are:
- B. What you do:
- C. Who you do it for:
- D. What those people want/need:
- E. How they *change* as a result of what *you* do:
- F. Your elevator speech:

HOSA Competitive Event Connection: Behavioral Health, Healthy Lifestyle

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3. Kapil, R. (2020, July 7). **How to create your own self-care plan.** Mental Health First Aid. Retrieved from <https://www.mentalhealthfirstaid.org/2020/07/how-to-create-your-own-self-care-plan/>.

Read this article, then: Create a specific self-care plan that addresses your physical, intellectual, and emotional well-being. Be sure to include answers to the 3 questions below for each of these areas of wellness.

- A. *What will I do for self-care?*
- B. *Whom can I call at any time?*
- C. *Whom can I reach out to if I need more help?*

HOSA Competitive Event Connection: Behavioral Health, Healthy Lifestyle

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**4. Apple Activity:**

Equipment Needed: Apple (students brought in), googly eyes, toothpicks, construction paper, plastic knife, glue or tape, yarn & pipe cleaner (with thanks to Arlette Robinson)

- Students use plastic knife to score the apple for the planes (transverse, midsagittal, frontal)
- Label planes using toothpick with small banner glued or taped
- Students make the apple into a human with eyes, arms & legs in correct anatomical position
- Apple must be checked by teacher to make sure planes are correct and anatomical position is correct.
- Apples are judged for creativity and accuracy.



HOSA Connection: Medical Terminology

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If you are a HOSA Advisor and would like to contribute to this ongoing list, we'd love to add your resources and give you credit for such! Please email Jan Mould [Jan.Mould@hosa.org](mailto:Jan.Mould@hosa.org)