

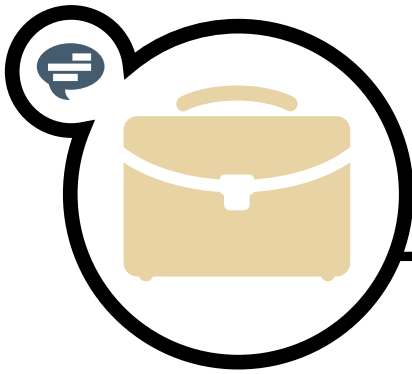
FIT PLAN:

CAREER ACTIVITIES

At the Tiger Woods Foundation, we believe in a new generation of bold, courageous youth. We inspire new perspectives and limitless possibilities. We provide opportunities to be someone.

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CAREER ACTIVITIES: **HEALTH SERVICES MANAGER**

JOB DESCRIPTION:

If you have strong organizational skills, like to be in charge, enjoy making decisions and are passionate about the healthcare system, then this may be the career for you! Health Services Managers plan, direct, coordinate and supervise the delivery of healthcare. Depending on the size of the facility, they may handle business affairs; work closely with physicians; and oversee personnel, billing and collections, budgeting, equipment outlays and patient flow. Health Services Managers also direct activities in clinical areas, including nursing, surgery, therapy, medical records or health information. They play an important role in providing quality healthcare.

TOP 10 TERMS:

1. ACCESS: a person's ability to obtain affordable medical care on a timely basis.
 2. HEALTH INSURANCE PORTABILITY AND ACCOUNTABILITY ACT (HIPAA): a federal law that outlines the requirements that employer-sponsored group insurance plans, insurance companies and managed care organizations must satisfy in order to provide health insurance coverage in the individual and group healthcare markets.
 3. MANAGED CARE: the integration of both the financing and delivery of healthcare within a system that seeks to manage the accessibility, cost and quality of that care.
 4. MEDICAL ADVISORY COMMITTEE: the committee that evaluates proposed policies and action plans related to clinical practice management including changes in provider contracts, compensation and authorization procedures; reviews data regarding new medical technology; and examines proposed medical policies.
 5. PATIENT PERCEPTION: a type of outcome measured by whether the patient feels completely well after treatment or feels improved compared to how he or she felt prior to receiving treatment.
 6. QUALITY MANAGEMENT (QM): involves an internal review process that audits the quality of care delivered. QM implements corrective actions to remedy any deficiencies identified in the quality of direct patient care, administrative services or support services.
 7. CASE MANAGEMENT: a process of identifying plan members with special healthcare needs, developing a healthcare strategy that meets those needs, and coordinating and monitoring care.
 8. CLAIM: an itemized statement of healthcare services and their costs provided by a hospital, physician's office or other provider facility. Claims are submitted to the insurer or managed care plan by either the plan member or the provider for payment of the costs incurred.
 9. HEALTH CARE PROVIDER: providers of health or medical care, or researchers who provide health care. Normally healthcare providers are clinics, hospitals, doctors, dentists, psychologists and similar professionals.
 10. HEALTH INSURANCE: financial protection against the healthcare costs of the insured person. May be obtained in a group or individual policy.
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HOW TO GET THERE:

- Take charge!
 - Practice prioritizing your time and responsibilities.
 - Get organized! Keep your room, school and extra curricular activities organized.
 - Keep yourself well. A career in healthcare management starts with maintaining optimal conditions for healthy growth. Maintain your own health by taking responsibility for your lifestyle. Eat healthy and be active!
 - Take business management courses.
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ACTIVITY:

PROBLEMS AND SOLUTIONS: For this activity you will be given a list of scenarios that you may face in a given day when working as a manager in health care. First, prioritize the order in which you are going to deal with the problems. Then, come up with a solution for each situation. For some additional fun, act out the scenarios with your friends or family – it will give you some practice in interfacing with people.

SCENARIOS:

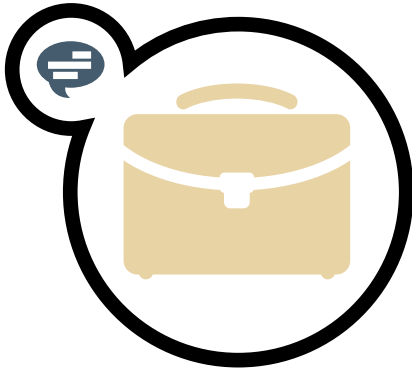
- A doctor called in sick and his schedule is full of patients needing to see him
- A patient is complaining about the care she received
- A patient's file was lost
- A patient is refusing to pay their co-pay
- The waiting room is overflowing with patients because the doctors are running behind

As a manager in health care you will need to maintain a professional environment while ensuring quality patient care and office organization – keep this in mind when coming up with your solutions.

PATIENT FEEDBACK: Create a survey that asks patients to evaluate the care they received while visiting your medical facility. Be sure to include questions relating to:

- Friendliness of front desk staff
- Comfort of waiting room
- Wait time
- Office environment
- Appointment scheduling
- Professionalism of doctor/nurse
- Time spent with doctor
- Accuracy of bill statements

Next time you receive care in a medical facility, rate your experience by filling out your own survey. Identify the improvements you would make if you were running the place.



CAREER ACTIVITIES: **DIETICIAN**

JOB DESCRIPTION:

If you are passionate about good health and you like to see others living a healthy lifestyle then this job may be perfect for you! Dietitians plan food and nutrition programs, supervise meal preparation, and oversee the serving of meals. They prevent and treat illnesses by promoting healthy eating habits and recommending dietary modifications. For example, Dietitians might teach a patient with high blood pressure how to use less salt when preparing meals or they may help an overweight patient create a diet plan that is low in fat and sugar.

TOP TEN TERMS:

1. DIABETES: a disease in which there is too much sugar in the blood. A person with diabetes either cannot make enough insulin, the chemical compound that cells need to take in sugar properly, or cannot use it effectively.
 2. CHOLESTEROL: a member of the group of lipids known as sterols; a soft waxy substance made in the body for a variety of purposes and also found in animal-derived foods.
 3. MEAL PLANNING: the act of planning out meals and snacks ahead of time.
 4. OBESITY: the state of being well above one's normal weight; excessively overweight due to accumulation of fat.
 5. HIGH BLOOD PRESSURE: elevation of the arterial blood pressure or a condition resulting from it; hypertension.
 6. DIETARY CHANGE: healthful eating or a reduction in fat intake.
 7. FOOD GROUPS: a group of foods that have similar nutritional properties. Food groups such as the grains group, milk group, meat and beans group, fruit group and vegetable group make up the food pyramid.
 8. PATIENT: one who receives medical attention, care or treatment.
 9. PORTION CONTROL: an understanding of serving size and how many calories a serving contains.
 10. BODY MASS INDEX: a calculation that uses your height and weight to estimate how much body fat you have.
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HOW TO GET THERE:

- Pay attention to food labels.
 - Create balanced meals.
 - Volunteer at hospitals, health centers, weight loss centers, etc.
 - Educate people around you about healthy choices.
 - Practice meal planning.
 - Maintain a healthy lifestyle.
 - Take science and nutrition courses.
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ACTIVITY:

DIETICIAN ON DUTY: Find someone who is trying to change their eating habits toward a healthier lifestyle. Create a healthy eating plan for a two week period for that person.

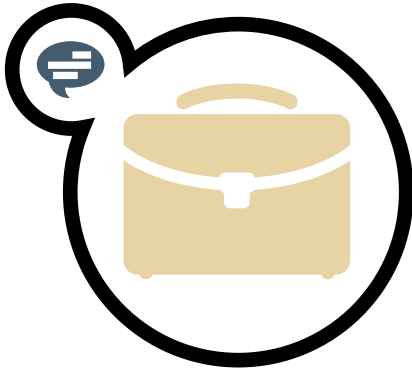
PATIENT HISTORY: Find out what your patient is eating. Ask your patient to record a food log for two days before meeting with him/her.

DEVELOP A PLAN: Plan two weeks worth of healthy meals for your patient. The meals and snacks should reflect dietary guidelines, balance and lots of color.

HEALTH EDUCATION: Work with your patient to educate him/her on various nutritional topics such as reading a food label, practicing portion control, making healthy choices when dining out, and eating balanced, colorful meals.

CHECK-UP: After the two weeks meet with your patient and check on the following:

- Did you try new types of food?
- Did you enjoy the new foods you were eating?
- How did you feel?
- What were some changes you liked?
- What were some changes you did not like?
- What do you need to do to continue with the healthy habits?



CAREER ACTIVITIES: **PERSONAL TRAINER**

JOB DESCRIPTION:

Do you like to exercise and eat healthy? If you do and have an interest in helping others improve their fitness habits, then this job may be for you! Personal Trainers work one-on-one with clients, usually in a gym or in the client's home. Some trainers work with collegiate or professional athletes to help them achieve optimal performance. They help clients assess their level of physical fitness and set and reach fitness goals. Trainers also demonstrate various exercises and help clients improve their exercise techniques. They may keep records of their client's exercise sessions to monitor the client's progress toward physical fitness. They also may advise their clients on how to modify their lifestyles outside of the gym to improve their fitness. Additionally, Personal Trainers may conduct group exercises or oversee health clubs/fitness centers.

TOP TEN TERMS:

1. KINESIOLOGY: the study of the principles of mechanics and anatomy in relation to human movement.
2. CLIENT: a person who uses a professional service.
3. FITNESS: good health or physical condition, especially as the result of exercise and proper nutrition.
4. CHOREOGRAPH: to plan out or oversee the movement, development or details of a workout.
5. MUSCLE STRENGTH: the ability of muscles to work against resistance.
6. CARDIO: pertaining to the heart.
7. WORKOUT ROUTINE: exercise routine a person performs on a daily basis.
8. BODY FAT: the percentage of your body mass that is not composed of lean muscle, water, bones or vital organs.
9. HEART RATE: the number of heartbeats per minute.
10. ANATOMY: the human body structure and functions.

HOW TO GET THERE:

- Be active and engage in a variety of fitness opportunities.
- Learn about first aid and how you can help someone who sustains an injury while exercising.
- Help a friend or family member create a workout routine.
- Practice using all kinds of fitness equipment.
- Study anatomy and physiology.

ACTIVITY:

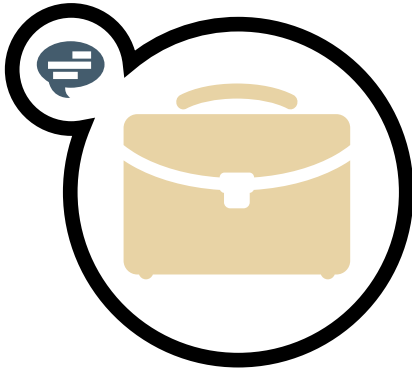
FITNESS PLAN: For this activity, all you need is one person who is interested in getting fit.

CLIENT CONSULTATION: Talk with your client about their current exercise habits and assess their fitness level, measure their height and calculate their weight. Fitness levels can be assessed with some cardio and strength training activities. Record their results. Be sure to ask your client if they have any medical conditions. Ask the client what they are looking to gain from a fitness plan. Set fitness goals together. Ask your client to see their doctor before starting any fitness plan.

DESIGN A PLAN: Create an exercise routine that is suitable for your client. Incorporate exercises that help your client target specific areas of the body and achieve their goals. Make sure to demonstrate the exercises so your client observes proper form. Meet with your client once or twice a week to work through the exercises together and encourage them to work out on their own as well.

FOLLOW-UP: Meet with your client and reassess their fitness level, height and weight. Let your client know of any changes. Also, discuss the questions below:

- How do you feel after exercising for two weeks?
- Did you see any improvements?
- What exercises did you like?
- What exercises did you not like?
- What steps can you take to ensure you will continue your exercise routine?



CAREER ACTIVITIES: **PHYSICAL THERAPIST**

JOB DESCRIPTION:

Are you interested in body mechanics and helping people achieve optimal wellness? If so, then a Physical Therapist may be the right career for you! Physical Therapists are healthcare professionals who diagnose and treat individuals of all ages who have medical problems or other health-related conditions, illnesses or injuries that limit their ability to move and perform functional activities in their daily lives. Physical Therapists examine each individual and develop a plan using treatment techniques to promote the ability to move, reduce pain, restore function and prevent disability. In addition, Physical Therapists work with individuals to prevent the loss of mobility before it occurs by developing fitness and wellness oriented programs for healthier and more active lifestyles. Some Physical Therapists work with professional or collegiate athletes to rehabilitate them after injuries or surgeries.

TOP TEN TERMS:

1. INJURY: damage or harm done to or suffered by a person or thing.
 2. FITNESS: good health or physical condition, especially as the result of exercise and proper nutrition.
 3. CONDITION: a disease or physical ailment.
 4. RANGE OF MOTION: the area through which a joint may normally be freely and painlessly moved; the range of flexion and extension of a joint.
 5. MODALITIES: a therapeutic method or agent, such as surgery, chemotherapy or electrotherapy, that involves the physical treatment of a disorder.
 6. R.I.C.E.: the formula for treating an injury such as a strain or sprain. The acronym stands for Rest, Ice, Compression and Elevation.
 7. REHABILITATION: to restore to a condition of good health.
 8. CHRONIC PAIN: any pain that lasts for more than six months or beyond the expected healing time.
 9. ANATOMY: the human body structure and functions.
 10. MUSCULAR SYSTEM: the bodily system that is composed of skeletal, smooth and cardiac muscle tissue. The muscular system functions in movement of the body or of materials through the body; maintains posture and produces heat.
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HOW TO GET THERE:

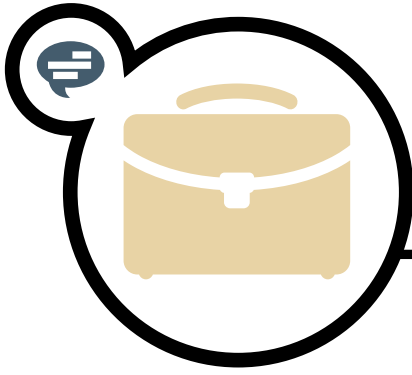
- Keep active and work out to build up strength.
 - Take physiology and anatomy courses.
 - Learn about the different muscles in your body and how you can exercise them.
 - Stretch regularly.
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ACTIVITY:

PHYSICAL THERAPIST TO THE RESCUE: For this activity you will need the patient scenario below and you will need to do a little internet research.

PATIENT SCENARIO: You have a patient who has come to you for physical therapy following his knee surgery. After assessing the patient, you notice that he lacks knee mobility and upper leg strength.

TREATMENT PLAN: Take note of the patient's current range of motion and leg strength. Devise a rehabilitation plan for the patient. Create a series of exercises for your patient to increase his flexibility and upper leg strength. Be sure to demonstrate each exercise and explain how the exercise is beneficial to his recovery. Your plan should start off light and become more intense as the patient progresses. Keep track of your patient's progress.



CAREER ACTIVITIES: **AGRICULTURAL SCIENTIST**

JOB DESCRIPTION:

If you are interested in science and enjoy researching, then an Agricultural Scientist may be the career for you! Agricultural Scientists play an important role in the world's food supply. They study farm crops and animals to ensure agricultural growth, food quality and food safety. They look for ways to control weeds and pests safely and conserve water and soil. Some scientists look for ways to use agricultural crops as fuel alternatives. Agricultural Scientists also use biotechnology methods to manipulate genetic material in hopes of eliminating disease, increasing productivity or creating food varieties.

TOP TEN TERMS:

1. SOIL: the loose top layer of the earth's surface suitable for the growth of plant life.
 2. PEST: an insect or other small animal that harms or destroys garden plants, trees, etc.
 3. FARM: a tract of land, usually with a house, barn, silo, etc., on which crops and often livestock are raised for livelihood.
 4. CROPS: the cultivated produce of the ground.
 5. GENETICS: the branch of biology that deals with heredity, especially the mechanisms of hereditary transmission and the variation of inherited characteristics among similar or related organisms.
 6. ORGANIC FOOD: food that has been grown without the use of certain chemical pesticides.
 7. pH: measurement of acidity or alkalinity from 1 to 14.
 8. BIOTECHNOLOGY: the use of cells or components of cells to produce certain products or processes.
 9. GENETIC ENGINEERING: movement of genes from one cell to another.
 10. HYBRID: plant or animal offspring produced by crossing two different species or varieties.
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HOW TO GET THERE:

- Take biology and chemistry courses.
 - Volunteer or visit a farm, food processing plant or the department of health.
 - Follow current events relating to agricultural or food science topics.
 - Practice clear communication, both orally and in writing.
 - Plant and maintain a garden.
 - Experiment with cooking in the kitchen.
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ACTIVITY:

SOIL SAMPLING: For this activity, you will need three different types of soil, vegetable seeds (any variety) and pH paper. It is best to use the same type of vegetable seed for each soil sample.

PREP YOUR LAND: Gather three different types of soil and find an area to plant each sample.

TEST YOUR LAND: Test the pH of each soil sample. This can be done by digging a small hole in the soil. If the soil is not damp, add a little distilled water. Dip a pH paper in each of the soil samples and record the pH levels.

PLANT YOUR CROPS: Plant the seeds in each of the three soil samples.

STUDY YOUR CROPS: Care for each of your crops daily. Keep a close eye on each sample and record your observations. Recordings should include growth updates, blooms, crop yield, etc. After your plants have released vegetables, cut open the vegetable and write down any differences in color, size, seeds, texture, etc.

TASTE YOUR CROPS: Enjoy your vegetables! Make sure to record differences in taste.

CONCLUSION: Write a conclusion about your vegetable study. Indicate which soil sample produced the best vegetables. Based on your study, create instructions for growing vegetables.