

2026 EXPLORATORY HEALTH PROFESSIONS

Program Standards

CONTENT STANDARD 1.0: PRINCIPLES OF HEALTH PROFESSIONS

Performance Standard 1.1: Student Leadership in Career Technical Student Organizations (CTSO)

- 1.1.1 Define the values, roles, and opportunities provided through career technical student organizations (e.g., HOSA, SkillsUSA).
- 1.1.2 Investigate career exploration and skill development.

CONTENT STANDARD 2.0: HEALTH CAREERS AND HEALTHCARE SYSTEMS

Performance Standard 2.1: Career Exploration and Pathways

- 2.1.1 Identify major Health Science pathways (e.g., diagnostic, therapeutic, health informatics, support services, biotechnology research & development).
- 2.1.2 Describe roles and responsibilities of at least three healthcare professions.
- 2.1.3 Compare education, training, and credential requirements for selected careers.
- 2.1.4 Analyze personal interests and strengths in relation to health careers.

Performance Standard 2.2: Healthcare Systems and Environment

- 2.2.1 Describe the structure of the U.S. healthcare system (e.g., hospitals, clinics, and public health).
- 2.2.2 Identify members of the healthcare team and their roles.
- 2.2.3 Explain basic healthcare delivery settings and services.
- 2.2.4 Recognize the impact of technology on healthcare.

CONTENT STANDARD 3.0: HUMAN BODY SYSTEMS AND MEDICAL TERMINOLOGY

Performance Standard 3.1: Body Systems and Function

- 3.1.1 Identify major body systems and their primary functions.
- 3.1.2 Describe how body systems work together to maintain health.
- 3.1.3 Recognize common health issues related to body systems.

Performance Standard 3.2: Introduction to Medical Terminology

- 3.2.1 Introduce the use of basic medical terminology (e.g., word building, roots, prefix, suffix, planes, directions, and abbreviations).
- 3.2.2 Use appropriate basic medical terminology.

CONTENT STANDARD 4.0: SAFETY, INFECTION CONTROL, AND FIRST AID AWARENESS

Performance Standard 4.1: Personal and Patient Safety

- 4.1.1 Explain the importance of personal and patient safety.
- 4.1.2 Demonstrate awareness of basic first aid concepts (non-certification level).

Performance Standard 4.2: Infection Control and Disease Prevention

- 4.2.1 Identify basic infection control practices (e.g., handwashing, personal protective equipment [PPE] awareness).
- 4.2.2 Describe how diseases spread and methods of prevention.

CONTENT STANDARD 5.0: PROFESSIONALISM, COMMUNICATION, AND ETHICS

Performance Standard 5.1: Communication and Interpersonal Skills

- 5.1.1 Demonstrate appropriate verbal and nonverbal communication.
- 5.1.2 Practice active listening skills.
- 5.1.3 Identify characteristics of effective teamwork.



Performance Standard 5.2: Ethics and Professionalism

- 5.2.1 Define ethics and professionalism in healthcare.
- 5.2.2 Identify examples of ethical and unethical behavior.
- 5.2.3 Explain the importance of confidentiality (intro to Health Insurance Portability and Accountability [HIPAA] concepts).
- 5.2.4 Demonstrate appropriate workplace behaviors (e.g., dependability, respect, and responsibility).

CONTENT STANDARD 6.0: CAREER READINESS AND INTRODUCTORY HEALTH SCIENCE SKILLS

Performance Standard 6.1: Employability Skills and Career Readiness

- 6.1.1 Demonstrate time management and organization skills.
- 6.1.2 Practice problem-solving and critical thinking.
- 6.1.3 Participate in collaborative activities.
- 6.1.4 Demonstrate proper cell phone and email usage.

Performance Standard 6.2: Introduction to Health Science Skills

- 6.2.1 Demonstrate proper handwashing technique.
- 6.2.2 Understand basic vital sign awareness (e.g., body temperature, pulse, respiration, and blood pressure).
- 6.2.3 Identify common medical tools and their uses.
- 6.2.4 Participate in introductory simulations or scenario-based activities.

IDCTE Document Control Information

Program Standard Revision: Middle School Exploratory: Health Professions

Date	Standard #	Original	Summary of Change	Revised By	Approved By