

Obesity Unit: Career exploration activity

Objective: to describe a career related to a person dealing with obesity

Rationale: When you enter into the health field, there will be many jobs available as diseases and illnesses become prevalent. Think about how dieticians and nutritionists or fitness and lifestyles trainers help people.

To do: You will research a career that could be related to a person dealing with obesity. Think about what kinds of people can help this person and what kinds of skills would be needed. Here is a starting list, to help give you some ideas (you are not limited to these):

- Doctor (be specific)
- Surgeon
- Nurse (be specific)
- Nutritionist/dietician
- Lifestyles coach
- Fitness/personal trainer
- Athletic trainer
- Psychologist
- Podiatrist
- Respiratory therapist

Your research needs to include a brief description of the specific career and how that particular career helps people who suffer from obesity.

How to present your research: either in essay form (follow essay format, 2-3 pages) or powerpoint presentation (10 slides, 5-7 minutes).

Teacher directions and notes:

1. You may have them work individually, or in small groups.
2. It is up to you to require a presentation to the class, or a starting point for an essay or research paper about a career.
3. It's important that they find something that they could be interested in; this can help with life planning and (on a practical sense) the career research brochure in the Health Occupations class.

Helpful websites:

Health careers: <http://science.education.nih.gov/lifeworks>

Health career guide: <http://www.khake.com/page22.html>

National Healthcare Foundation Standards and Accountability Criteria:

1.1 Human Structure and Function

1.2 Diseases and Disorders

2.1 Concepts of Effective Communication

2.3 Written Communication Skills

11.2 Information Technology