



Athletic Health Care and Fitness

News about a College Tech Prep Program from the Six District Educational Compact



Students tour, train with Kent firefighters

As part of an educational partnership, Level I and II AHCF students toured the Kent Fire Department and participated in simulated firefighter/paramedic training last spring.

Under the direction and supervision of Chief **John Tosko**, Captain **Bill Myers**, Lt. **Jamie Samels** and firefighter/paramedics of the Grey Shift, Level I students were introduced to emergency services careers. They had the opportunity to explore the ambulances, fire trucks, apparatus, gear and technical equipment, as well as ask questions and interact with members of the department.

Level II students increased their knowledge of the many required technical training activities for firefighters. Students dressed in traditional firefighter bunker gear and learned how to advance a charged water line and spray water on a fire, climb stairs with equipment, properly use a fire extinguisher and perform

Marissa Kassinger, Cuyahoga Falls and Eric Friedt, Stow-Munroe Falls in their gear.

a search and rescue in a dark room. Students also participated in a mock motor vehicle accident and learned how to safely remove a victim from a vehicle and make a transfer to an ambulance stretcher.

According to Samels, "This mutually beneficial relationship has successfully connected high school students to the pre-hospital health care field of Firefighting and EMS. There are a handful of young professionals that are working in this career field as a direct result of this unique program."

Hudson student **Hannah August** says, "I thought about becoming a firefighter/paramedic but did not have the confidence that I could physically do the job. This experience showed me that I have the physical ability and determination to do it."

According to Roosevelt student **Sam Frank**, "After visiting the Fire Department and seeing everything they have to know and do, I have a much better appreciation for the demands of the job and dangers involved. I was impressed with the facility."



Kent firefighters Caleb Schjeldahl and Tyler Simpkins

AHCF completers serve at Kent Fire Department

Two completers of Athletic Health Care and Fitness are full-time firefighter/paramedics for the Kent Fire Department.

Caleb Schjeldahl, a 2006 Roosevelt graduate, and **Tyler Simpkins**, a 2012 Stow-Munroe Falls graduate, joined KFD last year. Both did shadowing at the fire department while in the program.

According to Tyler, "The AHCF program gave me a chance to be exposed to fire services at a younger age than most, taught me to work well in groups and gave me leadership skills that I use every day, as well as giving me an understanding of anatomy and physiology that led to a smooth transition as a paramedic."

Caleb says, "Twelve years ago, I had no idea how much I learned while in the AHCF program until I started fire and paramedic classes. From Day 1, I had an advantage over the other students with my anatomy and physiology knowledge. The networking skills and people whom I met in high school have also helped me get where I am today."



Six District Educational Compact

Cuyahoga Falls • Hudson • Kent • Stow-Munroe Falls • Tallmadge • Woodridge

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Students volunteer as patient actors at Austen Simulation Center



The Austen Simulation Center at Akron Children's Hospital has provided a number of opportunities for AHCF students including hosting shadowing experiences to observe different inter-professional courses and team debriefings and interaction with staff.

Students also volunteered as standardized patient actors to help train medical professionals in Advanced Practice Provider, Pediatric Resident and Pediatric Emergency Medicine onboarding boot camps.

In the AHCF lab, students can use a programmable simulated patient manikin, which is exactly like those used in the simulation center. This manikin can be programmed to exhibit a wide variety of signs and symptoms associated with many different types of injury or illness.

Lori Ferrara, RN, is a nurse educator at the Center and helps organize student experiences, as well as provide American Heart Association CPR and AED certification for AHCF students. She is the mother of Roosevelt AHCF senior **Maggie Ferrara**.

"I loved my experience as a simulated patient, and I understood a lot of the terminology and procedures that the medical professionals were practicing," says **Ryan Madis, Hudson**. "This experience definitely boosted my confidence in my ability to be able to succeed in a health care profession in the future."

From left, **Ryan Madis** and **Eddy Dye**, both from Hudson.



Peyton Balawender and Miranda Sally, both from Stow-Munroe Falls in the blood pressure lab.

AHCF students use a variety of learning style activities

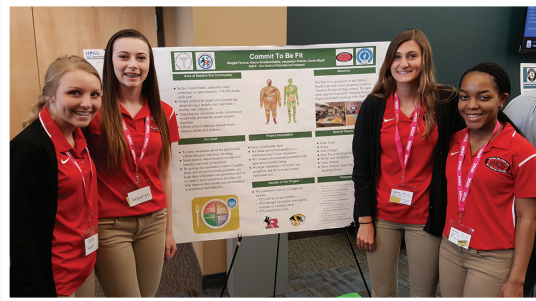
To ensure that each student has the best chance to learn to the best of his or her ability, a variety of teaching techniques and styles are used in the AHCF classroom and lab.

Athletic Health

Care and Fitness teacher **Terry Slattery** and Anatomy and Physiology teacher **Tom Franek** incorporate lessons and activities that focus on each student's auditory, visual and tactile learning strengths and weaknesses.

Each new Level I AHCF student completes a Learning Style Inventory that is used to assist the teachers and, more importantly, help each student evaluate how he or she prefer to learn or process information.

According to Slattery, "By constantly changing and introducing different learning styles and techniques, I hope that the students find a style that works best for them to learn new and challenging material. Writing and drawing on tabletops, Google Doc note outlines, Play-Doh sculptures, hands-on and video demonstrations, group and individual projects and oral presentations are just a few of the many different strategies incorporated in our classroom."



From left, **Sarah Wyatt**, Cuyahoga Falls; **Jacquelyn Shields**, Cuyahoga Falls; **Maggie Ferrara**, Roosevelt; and **Niarra Gooden-Clarke**, Roosevelt.

Level II students to present research

Four Level II students in Athletic Health Care and Fitness will present their research project at a national healthcare conference in November 2017. This is part of the HPAC (Health Professions Affinity Community) project, which is conducted in collaboration with NEOMED professors and AmeriCorp volunteers.

Maggie Ferrara, Roosevelt; **Sarah Wyatt**, Cuyahoga Falls; **Jacquelyn Shields**, Cuyahoga Falls; and **Niarra Gooden-Clarke**, Roosevelt, will discuss their poster research project, "Commit to Be Fit" at the FMEC (Family Medicine Educational Conference) in Cleveland. They will have the opportunity to attend conference lectures, visit the vendor exhibits, and more importantly, interact with medical professionals in a conference environment.

Their project was selected from those presented by more than 1,000 students at NEOMED HPAC Scholars Day last April, including all Level I AHCF students.

Off to college—see where our 2017 completers are studying

