

Health

I. Course Description

The purpose of this health course is to teach the wonders of the human body and to stimulate good health practices which affect total wellness. The course will challenge the student to keep herself pure and to live a happy and positive life. The course will provide an in-depth study of the anatomy and physiology of several of the major body systems, including the muscular, circulatory, respiratory, and lymphatic systems. The course will include the study of diseases and the ways by which the body's immune system combats them. Major health concerns of today's teens are presented from a Christian viewpoint. A practical guide to safety and first aid follows, with application questions to help the student determine logical solutions to emergency situations. The course concludes with emphasis on developing a consistent walk with the Lord and appropriate Christian attitudes.

II. Instructional Materials

- A. "Let's Be Healthy" A Beka Book Publications, Pensacola Florida, 1992
- B. Other misc. materials

III. Course Goals and Objectives

1. The student will learn to care for her body so that it will remain healthy and strong by, eating right getting sufficient sleep, exercising regularly, and performing proper hygiene.
2. The student will be able to label the different parts and name the functions of the circulatory system, cardiovascular system, respiratory system, excretory system, immune system, lymphatic system, integumentary system, endocrine system, nervous system, digestive system, skeletal system, and muscular system.
3. The student will be able to explain some of the diseases that affect these systems and their known causes and preventions.
4. The student will be able to prepare a balanced diet and explain the importance of a proper diet and the dangers of not eating properly.
5. The student will perform different anaerobic and aerobic exercises safely and explain the benefits of each.
6. The student will show proper table manners.
7. The student will recognize different dangerous situations and prevent accidents from happening.
8. The student will perform basic first-aid.
9. The student will demonstrate the importance of staying spiritually fit by reading God's word, memorizing verses, praying, seeking forgiveness for her sins, and being forgiving toward others.
10. The student will display a proper attitude and responsibility toward controlling her thoughts, being influenced negatively by television, music, and friends, and the destructive influence of negative emotions. She will also be able to recognize the benefits of having a good attitude.

IV. Course Outline

- A. Physical Fitness: The Active Life
 1. Your body in action
 - a. The cell
 - b. Muscles
 - c. Isometric exercises
 2. Your power dispenser

- a. Parts and function of the cardiovascular system
- b. Measuring the heart rate
- c. Parts of the blood
- 3. Your airways to life
 - a. Parts and function of the respiratory system
 - b. Respiratory diseases and allergies
 - c. The purposes of sinuses
- 4. Energizing exercises
 - a. The comparison of anaerobic and aerobic exercises
 - b. The benefits of exercise
 - c. The need for adequate rest
- B. Good nutrition: Eating for energy
 - 1. Your energy system
 - a. The breakdown of food for energy
 - b. The functions of the digestive system
 - c. The process of metabolism
 - d. The parts and functions of the excretory system
 - 2. Food for fun and fitness
 - a. High energy foods
 - b. Sources and functions of nutrients
 - c. Diseases resulting from poor nutrition
 - d. The importance of water
 - 3. Energy for action
 - a. Kinds of sugar
 - b. Dangers of sugar
 - c. Good sources of sugar
 - 4. Dieting dilemma
 - a. Maintaining proper body weight
 - b. The best way to loose weight
 - 5. Enjoyable eating
 - a. Mealtime manners
 - b. Importance of cleanliness in the kitchen
- C. Disease: Today's battle against it
 - 1. Your body-a battlefield
 - a. The parts and functions of the immune system
 - b. The parts and functions of the lymphatic system
 - c. Immunological disorders, including AIDS
 - d. The benefits and dangers of drugs
 - 2. Your body's adversaries
 - a. Infectious diseases and microorganisms
 - b. The spreading of disease
 - c. Inherited and congenital diseases
 - d. Cancer
 - e. Healthful and harmful reactions to stress
 - 3. Systems under attack
 - a. Signs and symptoms of disease

- b. Diseases of the different body systems
- D. Safety first: Then basic aid
 - 1. Personal protection
 - a. Safety consciousness
 - b. Preventing accidents
 - 2. Sport safeguards
 - a. Preventing sports accidents
 - b. The importance of the buddy system
 - 3. Timely treatments
 - a. Basic first-aid
 - b. Understanding CPR
- E. Spiritual growth: A personal challenge
 - 1. Two-way communication
 - a. Reading the Bible
 - b. Memorizing verses
 - c. Prayer
 - 2. Becoming the real you
 - a. The importance of controlling thoughts
 - b. The influences of television, music, and friends
 - c. Good and bad attitudes

V. Teaching Methods

- A. One on one tutoring with the student
- B. Student will read and respond to text and workbook questions
- C. Student will take prepared tests
- D. Student will use "hands on" learning through Science Club unit on body systems

VI. Evaluations

- A. Quizzes = 25%
- B. Tests = 25%
- C. Final = 50%

VII. Grading Scale

- 100-90% = A
- 89-80% = B
- 79-70% = C
- 69-60% = D
- 59 or lower = F