

Health

I. Course Description:

This one semester, five unit course is designed to enlarge the Christian teen's understanding of human health while strengthening him in the faith. This class will deal with the integration of the physical, spiritual, social, and emotional dimensions of life, as well as the environment. A logical understanding of the grammar of health is encouraged through the completion of short answer questions and various test activities. Incorporation of physical activity will foster an understanding of health through tangible means. Activities that encourage lifestyle evaluation and change also accomplish the good of the course- the wise application of health knowledge.

II. Instructional Material:

- A. LifePac Health, Alpha Omega Publications, 2004
- B. Gray's Anatomy Coloring Book, Running Press Book Publishers, 2001

III. Course Goals and Objectives:

A. Students will:

1. Explain why man is the "head and crown" of creation
2. Identify the systems of the body and their basic functions
3. Differentiate between good eating habits and poor eating habits
4. Identify the benefits of specific exercises to various components of physical fitness
5. Discern the connection of God's grace to his spiritual, mental, emotional, and social health
6. Discern the emotional benefits of obedience
7. Explain why a Christian is responsible to practice good safety habits
8. Learn specific first aid procedures
9. Understand the origin of disease and the role of medicine in the fight against disease
10. Explain the biblical view of alcohol and tobacco use

IV. Course Outline:

A. First Quarter:

1. Unit 1- The Head and Crown of Creation: The Creation of Man, Anatomy and Physiology; Body Systems: Nervous, Circulatory, Respiratory, Skeletal, Muscular, Digestive, Excretory, Endocrine, Integumentary, Immune, and Reproductive Systems; Growth and Development: Conception to Birth, Infancy and Childhood, Adolescence, and Adulthood; self-tests, unit tests, and vocabulary
2. Unit 2- Benefits of Proper Nutrition: Nutrition, Vitamin and Mineral Sources; Developing Proper Eating Habits: Food Pyramid, God's Tasty Gift, Choosing the Right Foods, Healthy Eating Habits; Exercise and Physical Fitness: Exercise and Physical Fitness, Muscular Endurance and Strength,

Beginning and Exercise Program; self-tests, unit test and vocabulary

3. Unit 3- Spiritual, Mental, and Emotional Health: Spiritual Evaluation, Mental and Emotional Health; Social Health: Hospitality, Friends, Your Gifts; Personal Hygiene: Skin, Hair, Nails, Teeth and Mouth, Eyes, Ears; self-tests, unit test, and vocabulary

B. Second Quarter:

4. Unit 4- Safety: God's Sovereignty and Our Responsibility, What is Safety?, Home Safety; Safety Guidelines: Fire, Electrical, Personal, Transportation, Water, Weather, and Natural Disasters; First Aid: What is First Aid?, Breathing Problems, Cardiac Arrest and CPR, Wounds and Bleeding, Bums, Poisoning, Fractures, Dislocations, Sprains and Strains, Hypothermia and Frost Bite, Heat Exhaustion and Heat Stoke; self-tests, unit test, and vocabulary
5. Unit 5- Disease and Prevention: Types of Infections, The Immune System, Infectious Diseases, Non-Infectious Diseases, Disease Prevention; Drug Use and Abuse: Drugs, Alcohol, Tobacco; Health and the Environment: Environmental Changes, Mankind and the Environment, Air Essentials, Soil Essentials, A Balanced Approach; self-tests, unit test, vocabulary, final exam

V. Teaching Methods:

- A. Reading/Worksheets
- B. Lectures/Discussions

VI. Evaluations:

- A. Self-tests
- B. Unit tests
- C. Worksheets
- D. Activities
- E. Discussion of issues pertaining to teen life
- F. Final exam

VII. Grading Scale:

- 100-90 = A
89-80 = B
79-70 = C
69-60 = D