

## Health

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### **Required Text:**

*Roger Wayne Seehafer, Carol Bershad, Deborah S Haber* “Choosing Wellness”  
: Prentice Hall Health , Second Edition Program (1977) ISBN # 0-13-385873-1

### **Course Design:**

This course is designed to interest, motivate and challenge students to understand their duty to God in preserving their bodies and by adopting lifestyles that satisfy His requirement for their lives. They will understand the role of health in their every day lives , to extend their thinking about health issues , to reinforce their knowledge, and to apply that knowledge to new situations.

## **Course objectives**

### **Rationale**

Health is a state of wellness. Wellness includes the physical, mental/emotional, social and spiritual well-being of the individual. It is dependent upon and influenced by the interaction of these factors within the context of an individual’s cultural and ethnic background, values, lifestyle, and physical and mental makeup.

### **Recognizing that:**

- The body is the dwelling-place of the Holy Spirit,
- The body is the medium through which God communicates with people,
- A healthy body is the most effective agency for serving God and people,
- Health is a fundamental concept of the gospel,
- A poor lifestyle is a major determinant in the majority of disabling diseases and premature deaths,

### **Therefore, it is imperative that:**

- Each student maximize his/her potential physical, mental/emotional, social and spiritual
- Development, Health education is an essential element in the general education of all students in Seventh-day Adventist schools.

### **The objective**

The objective of health education is to provide each student with a knowledge and understanding of the basic principles of health. Students will be motivated to apply this knowledge to his or her daily life so that they may achieve optimum physical fitness and health. The student will then be encouraged to share this knowledge and experience in healthful living in being connected to God in glorifying God in service to others.

### **Goals of Health Education**

1. Students will gain knowledge of, appreciation for, and application of the biblical and scientific principles of healthful living.
2. Students will be able to explain the impact of personal health behaviors on the structure and function of the human body systems.
3. Students will understand the importance of proper nutrition as it relates to the development of a personal diet and exercise routine for life.
4. Students will acquire skills essential to personal wellness, successful family membership, and effective community witness/service.
5. Students will analyze the connection between mental and emotional health as it influences the quality of their relationships with God and with humanity.
6. Students will demonstrate an understanding of concepts related to health promotion and disease prevention.
7. Students will differentiate between the proper use versus the abuse of drugs.
8. Students will understand proper safety and first aid procedures and demonstrate their knowledge through responsible behavior.
9. Students will demonstrate the ability to access valid health information while analyzing the influence of culture, media, technology, and other factors on health.
10. Students will recognize their role in the preservation of the environment which could result in a renewed reverence for God and His creation.

### **Homework**

Homework will be assigned on a regular basis and should be handed in completed with full effort. These assignments reinforce the lesson and will be collected and graded. A homework grade will be factored into your final average. Work not completed by the assigned due date will result in a zero grade for that homework assignment.

### **Classroom Management:**

Respect will be given to your instructor, your classmates, classroom facilities and all education materials at all times. We are working together as a team and we need everyone to cooperate.

### **Assessment:**

Assessment in this course will be based on tests and quizzes , homework assignments, class work and, Do-Nows.

**Tardiness:** Refer to your bulletin regarding the school-wide tardiness policy.

**Detailed Syllabus**

Unit	Topic	Material	Assignments	Assessment
<b>1</b>	<b>Biblical Principles of Health Sept 7-15</b>			
	Analyze scriptural references to discover health principles.	The Bible	Scriptural references to be studied	Review Questions
	Compare/contrast the findings of modern scientific research in health with the principles / concepts found in the writings of E.G. White	Material to be handed to students		Review Questions
	Learn to use the “Decision Making Process”.	Health Choosing Wellness “making Decisions” page 16-17 TRM 20	Health Skills page 20	Apply Skills exercise pg. 17 Text TRM 20
	Begin to formulate their own personal philosophy of healthful living in preparation for developing a notebook titled “My Personal Health Journal.	Self Inventory Exercise	TRM 1-1	H/W Exercise
	Understand the cause to effect relationship between the eight laws of health and their own personal health. Gain an appreciation of God’s master plan in the creation of man	Explaining NEWSTART		Verbal response from students
	Recognize the creative and sustaining power of God through knowledge of the structure and function of the human body.	Religion Teacher’s Resource Manual	Story of Our Health Message	Problem Ques.
	Describe the inter-relationship of the mental, physical, social, and spiritual as it relates to the wholeness of man.	Religion Teacher’s Resource Manual	Story of Our Health Message	Problem Ques. <b>Unit Test</b>



	Topic	Material	Assignments	Assessment
	<b>Structure and Functions of the Human Body</b> <b>Sept 16 to October 21</b>			
2	<p><b>The student will:</b></p> <ul style="list-style-type: none"> <li>Identify/review the major parts of the nervous system and their function.</li> <li>Explain how God’s ability to communicate with man is dependent on a healthy nervous system.</li> <li>Identify one of the major disorders of the nervous system and explain the cause to effect relationship between lifestyle and health.</li> <li>Analyze the statement, “All should guard the senses, lest Satan gain the victory over them. For these are the avenues to the soul.” (3T p. 507)</li> <li>Identify one major disorders of the sensory system and explain the cause to effect relationship between lifestyle and health.</li> </ul>	<p>Choosing Wellness</p> <p>Unit 2-3 Chapters 2-4 TRM 2-1 to 4-6</p>	<p>Textbook 2,3,4 Review Assignmts.</p>	<p>Chapter 2,3,4 Test <b>Unit Test</b></p>
	<p><b>The Endocrine System</b></p> <ul style="list-style-type: none"> <li>Explain/review how the endocrine system regulates vital body function.</li> <li>Identify one of the major disorders of the endocrine system and explain the cause to effect relationship between lifestyle and health.</li> </ul>	<p>Choosing Wellness</p> <p>Unit 3 Chapters 10 TRM 2-1 to 4-6</p>	<p>Textbook 2,3,4 Review Assignmts.</p>	<p>Chapter 2,3,4 Test <b>Unit Test</b></p>



Unit	Topic	Material	Assignments	Assessment
<b>Structure and Functions of the Human Body Sept 16 to October 21</b>				
	<b>The Muscular System</b> <ul style="list-style-type: none"> <li>Explain the structure, composition, and function of each of the three types of muscles.</li> <li>Identify common causes of poor posture and demonstrate proper procedures for developing good posture.</li> </ul>	Choosing Wellness  Unit 3 Chapters 10 TRM 2-1 to 4-6	Textbook 2,3,4 Review Assignmtns .	Chapter 2,3,4 Test <b>Unit Test</b>
	<b>The Circulatory system</b> <ul style="list-style-type: none"> <li>Identify/review the parts of the circulatory system and their functions.</li> <li>Identify/review the path of blood through the heart and body.</li> <li>Define/review the terms systolic and diastolic.</li> <li>Explain the functions of the blood.</li> <li>Identify one of the major disorders of the circulatory system and explain the cause to effect relationship between lifestyle and health.</li> </ul>	Choosing Wellness  Unit 3 Chapters 10 TRM 2-1 to 4-6	Textbook 2,3,4 Review Assignmtns .	Chapter 2,3,4 Test <b>Unit Test</b>
	<b>Respiratory system</b> <ul style="list-style-type: none"> <li>Identify one of the major disorders of the respiratory system</li> <li>Explain the cause to effect relationship between lifestyle and health.</li> </ul>	Choosing Wellness  Unit 3 Chapters 10 TRM 2-1 to 4-6	Textbook 2,3,4 Review Assignmtns .	Chapter 2,3,4 Test <b>Unit Test</b>



Unit	Topic	Material	Assignments	Assessment
<b>Structure and Functions of the Human Body Sept 16 to October 21</b>				
	<b>Excretory System</b> <ul style="list-style-type: none"> <li>Explain and identify/review the parts of the body's waste removal system.</li> <li>Develop and implement a plan to ensure adequate fluid intake</li> <li>Identify one of the major disorders of the excretory system and explain the cause to effect relationship between lifestyle and health.</li> <li>Identify/review the parts of the skin and describe the functions of each.</li> </ul>	Choosing Wellness  Unit 3 Chapters 10 TRM 2-1 to 4-6	Textbook 2,3,4 Review Assignmtns .	Chapter 2,3,4 Test <b>Unit Test</b>
	<b>Reproductive system</b> <ul style="list-style-type: none"> <li>Identify/review the parts and functions of the male and female reproductive system.</li> <li>Identify one of the major disorders of the reproductive system and explain the cause to effect relationship between lifestyle and health.</li> </ul>	Choosing Wellness  Unit 3 Chapters 10 TRM 2-1 to 4-6	Textbook 2,3,4 Review Assignmtns .	Chapter 2,3,4 Test <b>Unit Test</b>



<b>NUTRITION AND FITNESS</b>				
<b>Oct 21<sup>th</sup> to November 4</b>				
<b>Unit</b>	<b>Topic</b>	<b>Material</b>	<b>Assignments</b>	<b>Assessment</b>
3	<b>Diet</b> <ul style="list-style-type: none"><li>• Inspired dietary principles.</li><li>• Know the six types of nutrients.</li><li>• Review the specific dietary allowances recommended for each nutrient according to age grouping</li><li>• Analyze daily nutritional intake.</li><li>• Formulate a daily, well-balanced diet.</li><li>• Compare caloric content of fats, carbohydrates, and proteins. Identify basic guidelines for weight control</li><li>• Formulate and implement a personal program for weight management.</li> <li>• Recognize and evaluate the differences between healthy dieting and fad diets.</li><li>• Examine the risks of overeating.</li><li>• Differentiate between anorexia nervosa and bulimia.</li></ul>	Choosing Wellness Chapters 8, 9, 10, 11	Chapters 8,9 10,11 Review Assignments	Chapters 8,9,10,11 Test



Unit	Topic	Material	Assignments	Assessment
	<b>NUTRITION AND FITNESS Contd.</b> <b>Oct 21<sup>st</sup> to November 4</b>			
	<b>Explain the benefits of exercise.</b> <ul style="list-style-type: none"><li>• Identify the four basic parts of physical fitness.</li><li>• Identify and explain the six basic components of an exercise program.</li><li>• Develop a personal lifetime exercise program.</li><li>• Explain the importance of aerobic exercise.</li><li>• Understand the relationship between physical fitness and wellness.</li><li>• Understand how agility, speed, and balance relate to physical fitness.</li><li>• Explain how heredity, diet, and exercise effect body composition.</li></ul>	Choosing Wellness Chapters 8, 9, 10, 11	Chapters 8,9 10,11 Review Assignments	Chapters 8,9,10,11 Test



Unit	Topic	Material	Assignments	Assessment
2	<b>PERSONAL, FAMILY AND COMMUNITY HEALTH Nov. 7<sup>rd</sup> to Nov. 22<sup>nd</sup></b>			
2	<b>Personal</b> <ul style="list-style-type: none"> <li>• The inter-relational influences between: Mental, physical, social, and spiritual health.</li> <li>• Understand the importance of a balanced lifestyle to optimal health.</li> <li>• Identify good grooming techniques.</li> <li>• Formulate a personal plan for dental hygiene.</li> <li>• Explain the importance of rest and sleep to your over-all health and wellbeing.</li> <li>• Identify major sleep disorders.</li> </ul>	Choosing Wellness Chapter 5,6,7 and 24	Chapters 5,6,7,and 24 Review assignments	Chapter tests Unit Test
2	<b>Goal setting</b> <ul style="list-style-type: none"> <li>• Describe the importance of realistic goal setting</li> <li>• U</li> <li>• nderstand the Common guidelines necessary to develop your own goals.</li> <li>• Recognize the value of time management and formulate a personal health program.</li> </ul>	Choosing Wellness Chapter 5,6,7 and 24	Chapters 5,6,7,and 24 Review assignments	Chapter tests Unit Test
2	<b>Sexuality</b> <ul style="list-style-type: none"> <li>• Define the terms heterosexuality, homosexuality, fornication, and adultery.</li> <li>• Examine Biblical references that teach God’s ideal for sexual relationships.</li> <li>• Examine Biblical references that show how sin has perverted God’s ideal for sexual relationships.</li> </ul>	Choosing Wellness Chapter 5,6,7 and 24	Chapters 5,6,7,and 24 Review assignments	Chapter tests Unit Test

Unit	Topic	Material	Assignments	Assessment
<b>PERSONAL, FAMILY AND COMMUNITY Contd.</b> <b>HEALTH Nov. 7<sup>rd</sup> to Nov. 22<sup>nd</sup></b>				
<b>2</b>	<b>Friendship</b> <ul style="list-style-type: none"> <li>• Understand the reasons why teenagers need the emotional support of close friends.</li> <li>• Identify behaviors that promote healthful relationships.</li> <li>• Demonstrate effective communication skills and recognize the importance of matching verbal and nonverbal communication.</li> <li>• Demonstrate the necessary skills to be a good listener. Identify the healthful and harmful aspects of aggressive, passive, and assertive communication styles.</li> <li>• Describe several types of friendships and identify qualities to consider when forming friendships.</li> <li>• Identify the aspects of peer pressure. Identify the aspects of responsible dating.</li> </ul>	Choosing Wellness Chapter 5,6,7 and 24	Chapters 5,6,7,and 24 Review assignments	Chapter tests Unit Test
	<b>Marriage Sex and Procreation</b> <ul style="list-style-type: none"> <li>• Understand and explain the principles of singleness and/or married in the light of Paul's discussion in 1 Cor. 7. Identify factors that are important in selecting a compatible marriage partner and recognize the obstacles facing teenagers who decide to marry young.</li> <li>• Analyze the statement," The ability to procreate is a God-like characteristic."</li> <li>• Differentiate between sex role and sexual orientation. Learn techniques for the prevention of Sexually Transmitted Diseases.</li> <li>• Understand and explain the spiritual and health reasons for "the only true safe sex is no sex."</li> </ul>	Choosing Wellness Chapter 5,6,7 and 24	Chapters 5,6,7,and 24 Review assignments	Chapter tests Unit Test

Unit	Topic	Material	Assignments	Assessment
<b>PERSONAL, FAMILY AND COMMUNITY Contd.</b> <b>HEALTH Nov. 7<sup>rd</sup> to Nov. 22<sup>nd</sup></b>				
	<b>Teenage Pregnancy and Abortion</b> <ul style="list-style-type: none"> <li>Examine the problems associated with teenage pregnancy.</li> <li>Assess the pro-choice and pro-life positions on abortion.</li> <li>Discuss the issues relating to single parent families in today's changing society.</li> <li>Recognize the emotional problems that children and parents experience during divorce.</li> </ul>	Choosing Wellness Chapter 5,6,7 and 24	Chapters 5,6,7, and 24 Review assignments	Chapter tests Unit Test
	<b>Abuse</b> <ul style="list-style-type: none"> <li>Define physical, sexual, and emotional abuse.</li> <li>Identify why young people run away from home.</li> </ul>	Choosing Wellness Chapter 5,6,7 and 24	Chapters 5,6,7, and 24 Review assignments	Chapter tests Unit Test
	<b>Pre-natal Dangers</b> <ul style="list-style-type: none"> <li>Explain the effects of smoking and alcohol on the fetus.</li> <li>Analyze the benefits of breast feeding the newborn.</li> </ul>	Choosing Wellness Chapter 5,6,7 and 24	Chapters 5,6,7, and 24 Review assignments	Chapter tests Unit Test
	<b>Retirement and death</b> <ul style="list-style-type: none"> <li>Identify the adjustments resulting from retirement.</li> <li>Describe the Seventh-day Adventist view of death.</li> <li>Describe ways to cope with a dying loved one.</li> <li>Identify the emotional stages that occur when approaching death.</li> <li>Examine the function of expressing grief at the death of a loved one.</li> </ul>	Choosing Wellness Chapter 5,6,7 and 24	Chapters 5,6,7, and 24 Review assignments	Chapter tests Unit Test



Unit	Topic	Material	Assignments	Assessment
<b>PERSONAL, FAMILY AND COMMUNITY Contd.</b> <b>HEALTH Nov. 7<sup>rd</sup> to Nov. 22<sup>nd</sup></b>				
	<b>Adolescence</b> <ul style="list-style-type: none"> <li>Define adolescence and puberty and explain why the onset of puberty differs among individuals.</li> <li>Identify the new mental abilities gained during adolescence and tell</li> <li>Why adolescence can be an emotionally turbulent time of life.</li> <li>Compare physical and emotional maturity.</li> </ul>	Choosing Wellness Chapter 5,6,7 and 24	Chapters 5,6,7,and 24 Review assignments	Chapter tests Unit Test
	<b>The physically challenged</b> <ul style="list-style-type: none"> <li>Research community and church resources that provide assistance to the physically challenged.</li> </ul>	Choosing Wellness Chapter 5,6,7 and 24	Chapters 5,6,7,and 24 Review assignments	Chapter tests Unit Test

<b>4 MENTAL AND EMOTIONAL HEALTH</b> <b>Nov 24<sup>th</sup> to Dec 13th</b>				
Unit	Topic	Material	Assignments	Assessment
	<b>The Spiritual, physical and Mental Relationship</b> <ul style="list-style-type: none"> <li>Analyze the cause to effect relationship of the physical and spiritual to mental and emotional health.</li> <li>Recognize the importance of physical fitness to mental and emotional health.</li> </ul>	Choosing Wellness Chapters 2,3,4	Chapters 2,3,and 4 Review assignments	Chapter tests Unit Test
	<b>Bible Study</b> <ul style="list-style-type: none"> <li>Examine inspired references that teach the importance of Bible study and prayer to mental and emotional health.</li> </ul>	The Holy Bible		Verbal response to open ended Questions on concepts taught



Unit	Topic	Material	Assignments	Assessment
<b>MENTAL AND EMOTIONAL HEALTH</b> <b>Nov 24<sup>th</sup> to Dec 13<sup>th</sup> Contd.</b>				
	<b>Self-Worth</b> <ul style="list-style-type: none"> <li>• Describe how the concept of self-worth is vital to mental and emotional health.</li> <li>• Recognize their personal value to God as revealed through the plan of salvation.</li> <li>• Recognize the uniqueness of each individual.</li> <li>• Explain the phrase, “I am my brother’s keeper.”</li> <li>• Describe how love and acceptance can be demonstrated to family and friends and its importance in the development of a healthy self-worth.</li> <li>• Compare/contrast the behavioral characteristics of a person who is accepted and loved with a person who is not accepted and loved.</li> <li>•</li> </ul>	Choosing Wellness Chapters 2,3,4	Chapters 2,3,and 4 Review assignments	Chapter tests Unit Test
	<b>Choice</b> <ul style="list-style-type: none"> <li>• Know that God has endowed him/her with the power of choice.</li> <li>• Recognize that because God has bestowed them with the power of choice , they must make a decision about what they will do about allowing God into their lives and their daily spiritual growth.</li> </ul>	Choosing Wellness Chapters 2,3,4	Chapters 2,3,and 4 Review assignments	Chapter tests Unit Test
	<b>Expressing Your Feelings</b> <ul style="list-style-type: none"> <li>• Identify the common emotions and recognize the importance of appropriate expression of emotions to a healthy personality.</li> <li>• Explain the natural ways to use coping strategies.</li> <li>• Examine ways to constructively express feelings.</li> <li>• Define the personality styles.</li> <li>• Identify the hereditary and environmental forces that impact the development of personality.</li> </ul>	Choosing Wellness Chapters 2,3,4	Chapters 2,3,and 4 Review assignments	Chapter tests Unit Test

Unit	Topic	Material	Assignments	Assessment
<b>MENTAL AND EMOTIONAL HEALTH</b> <b>Nov 24<sup>th</sup> to Dec 13<sup>th</sup> Contd.</b>				
	<p><b>Coping with Stress</b></p> <ul style="list-style-type: none"> <li>• Identify the major stressors showing the difference between the positive and negative aspects of stress.</li> <li>• Examine the three stages of stress.</li> <li>• (Alarm, resistance, exhaustion)</li> <li>• Analyze the relationship between stress and illness.</li> <li>• Describe four coping strategies used to manage stress.</li> <li>• Distinguish between depression and clinical depression.</li> <li>• Recognize the warning signs of <b>suicide</b>.</li> <li>• Review strategies for helping a suicidal person.</li> <li>• Compare/contrast normal and abnormal behavior.</li> <li>• Describe anxiety, mood, and personality disorders.</li> <li>• Identify different kinds of eating disorders.</li> <li>• Recognize the various causes of mental disorders.</li> <li>• Distinguish between organic and functional mental disorders.</li> <li>• Recognize the services provided by various mental health professionals.</li> </ul>	<p>Choosing Wellness Chapters 2,3,4</p>	<p>Chapters 2,3,and 4 Review assignments</p>	<p>Chapter tests Unit Test</p>

Unit	Topic	Material	Assignments	Assessment
5	<b>DISEASE PREVENTION</b> <b>December 15<sup>th</sup> to Jan 9<sup>th</sup></b>			
	<b>Infectious Diseases</b> <ul style="list-style-type: none"> <li>Differentiate between infectiousness and non-infectious diseases.</li> <li>Categorize types of infectious diseases according to mode of transmission.</li> <li>Describe/identify ways that diseases may be spread.</li> <li>Identify the various pathogens and examine the physical and chemical barriers against invasion.</li> <li>Identify methods for prevention of infectious diseases.</li> <li>.</li> </ul>	Choosing Wellness Chapters 16,17,18	Chapters 16,17,and 18 Review assignments	Chapter tests Unit Test
	<b>The Immune System</b> <ul style="list-style-type: none"> <li>Explain/review how the immune system functions.</li> <li>Differentiate between active and passive immunity, and natural and acquired immunity.</li> </ul>	Choosing Wellness Chapters 16,17,18	Chapters 16,17,and 18 Review assignments	Chapter tests Unit Test
	<b>Diet</b> <ul style="list-style-type: none"> <li>Explain how diet can affect the process of phagocytosis.</li> <li>Know required vaccination schedules.</li> <li>Describe the role of antibiotics in the treatment of infectious diseases.</li> <li>Describe the cause to effect relationship of health behavior on cardiovascular diseases.</li> <li>.</li> </ul>	Choosing Wellness Chapters 16,17,18	Chapters 16,17,and 18 Review assignments	Chapter tests Unit Test
	<b>Cancer</b> <ul style="list-style-type: none"> <li>Identify environmental and heredity factors related to cancer.</li> <li>Know the warning signs of cancer and design a plan for reducing the risk of getting cancer</li> <li>.</li> </ul>	Choosing Wellness Chapters 16,17,18	Chapters 16,17,and 18 Review assignments	Chapter tests Unit Test

Unit	Topic	Material	Assignments	Assessment
5	<b>DISEASE PREVENTION</b> <b>December 15<sup>th</sup> to Jan 9<sup>th</sup></b>			
	<b>STDs - Aids</b> <ul style="list-style-type: none"> <li>Describe the causes and symptoms of the major Sexually Transmitted Diseases.</li> <li>Describe the prevention and treatment of the major STD's.</li> <li>Examine facts, feelings and myths related to AIDS.</li> <li>Investigate the advances being made in the treatment of AIDS.</li> <li>Gain an awareness of the growing world wide spread of AIDS.</li> <li>Identify major types and causes of chronic diseases.</li> </ul>	Choosing Wellness Chapters 16,17,18	Chapters 16,17,and 18 Review assignments	Chapter tests Unit Test

Unit	Topic	Material	Assignments	Assessment
6	<b>DRUGS Alcohol and Tobacco</b> <b>Jan 12 to Feb. 3</b>			
	<ul style="list-style-type: none"> <li>Differentiate between over-the-counter, prescription, and illegal drugs.</li> <li>Understand the proper use of drugs verses the improper abuse of drugs.</li> <li>Understand the danger of the possibility of being addicted to any and all kinds of drugs.</li> <li>Evaluate the physical, mental, emotional, social and spiritual factors that can trigger substance abuse and lead to life long addictions.</li> <li>Students develop their own drug prevention plan to add to their "My Health Journey" notebook.</li> <li>Identify the treatment programs available for drug abuse.</li> <li>Analyze the side effects of drug use and the dangers of drug abuse as it relates to the wholeness of man.</li> </ul>	Choosing Wellness Chapters 19, 20 and 21	Review Exercises Chap. 19, 20 and 21	Chapter Tests Unit Tests



Unit	Topic	Material	Assignments	Assessment
7	<b>SAFETY AND FIRST AID</b> Feb 7 <sup>th</sup> to Feb 14 <sup>th</sup>			
	<b>Accidents and their causes</b> <ul style="list-style-type: none"> <li>Identify major causes of accidents at home, work, and school, developing a plan for coping with these potential emergencies.</li> </ul> <i>(Choose one cause of a major accident to develop a plan of emergency care.)</i>	Choosing Wellness Chapters 25, 26	Review Assignments Chapters 25, 26	Unit Test
	<b>Safety</b> <ul style="list-style-type: none"> <li>Evaluate the school's safety and emergency procedures.</li> <li>Examine responsibilities and safety precautions associated with various recreational activities.</li> <li>Describe procedures to follow during adverse weather conditions.</li> </ul>	Choosing Wellness Chapters 25, 26	Review Assignments Chapters 25, 26	Unit Test
	<b>Handling Emergencies</b> <ul style="list-style-type: none"> <li><b>Respiratory Emergencies</b> <ul style="list-style-type: none"> <li>Demonstrate proper knowledge of respiratory emergency procedures.</li> <li>Demonstrate proper CPR techniques.</li> <li>Identify the warning signs and symptoms of shock and describe how to treat a shock victim.</li> </ul> </li> </ul>	Choosing Wellness Chapters 25, 26	Review Assignments Chapters 25, 26	Unit Test
	<ul style="list-style-type: none"> <li><b>Bleeding</b> <ul style="list-style-type: none"> <li>Describe methods to stop bleeding.</li> </ul> </li> </ul>	Choosing Wellness Chapters 25, 26	Review Assignments Chapters 25, 26	Unit Test
	<ul style="list-style-type: none"> <li><b>Poisons</b> Explain the procedures for treating a poison victim</li> </ul>	Choosing Wellness Chapters 25, 26	Review Assignments Chapters 25, 26	Unit Test



Unit	Topic	Material	Assignments	Assessment
<b>SAFETY AND FIRST AID Contd.</b> Feb 7 <sup>th</sup> to Feb 14 <sup>th</sup>				
	<ul style="list-style-type: none"> <li>• <b>Injuries</b> <ul style="list-style-type: none"> <li>○ Assess various injuries and apply proper first aid.</li> <li>○ Identify the symptoms of seizures and convulsions and demonstrate proper first aid procedures for each.</li> <li>○ Identify potential outdoor emergencies.</li> <li>○ Describe proper procedures to follow during an outdoor emergency.</li> </ul> </li> </ul>	Choosing Wellness Chapters 25, 26	Review Assignments Chapters 25, 26	Unit Test
	<ul style="list-style-type: none"> <li>• <b>Rape</b> <ul style="list-style-type: none"> <li>○ Identify steps to prevent potential rape, and know procedures to follow if a rape occurs.</li> </ul> </li> </ul>	Choosing Wellness Chapters 25, 26	Review Assignments Chapters 25, 26	Unit Test
	<ul style="list-style-type: none"> <li>• <b>Lifting</b> <ul style="list-style-type: none"> <li>○ Identify the dangers of improper lifting, bending, and stretching.</li> </ul> </li> </ul>	Choosing Wellness Chapters 25, 26	Review Assignments Chapters 25, 26	Unit Test

Unit	Topic	Material	Assignments	Assessment
7	<b>CONSUMER HEALTH</b> Feb 16 <sup>th</sup> to Feb 23 <sup>rd</sup>			
	<b>Consumer rights</b> <ul style="list-style-type: none"> <li>Identify basic consumer rights.</li> <li>Identify procedures for making a consumer complaint.</li> <li>Analyze techniques that advertisers use to make products appealing to consumers.</li> <li>Identify principles for evaluating consumer health products</li> <li>Analyze the information provided on the labels of various health products to determine their content and proper use.</li> <li>Research consumer protection agencies and describe the services provided by each.</li> </ul>	Choosing Wellness Chapters 23	Review Assignment Ch. 23	Chapter 23 Test
	<b>Health Care</b> <ul style="list-style-type: none"> <li>Identify various health-care professionals and the services they provide as both a consumer and a possible health career.</li> <li>Describe kinds of health-care facilities and the services they offer.</li> <li>Formulate criteria in selecting a medical doctor.</li> </ul>	Choosing Wellness Chapters 23	Review Assignment Ch. 23	Chapter 23 Test
	<b>Rights of Patients</b> <ul style="list-style-type: none"> <li>Describe the rights and responsibilities of patients.</li> </ul>	Choosing Wellness Chapters 23	Review Assignment Ch. 23	Chapter 23 Test



Unit	Topic	Material	Assignments	Assessment
	<b>CONSUMER HEALTH Contd.</b> <b>Feb 16<sup>th</sup> to Feb 23<sup>rd</sup></b>			
	<b>Health Insurance</b> <ul style="list-style-type: none"> <li>Explain how private health insurance works.</li> <li>Describe the government health insurance programs of Medicare and Medicaid.</li> <li>Assess the services of both a health maintenance organizations (HMO), as well as the World Health Organization (WHO).</li> </ul>	Choosing Wellness Chapters 23	Review Assignment Ch. 23	Chapter 23 Test
	<b>Verifying Health Information</b> <ul style="list-style-type: none"> <li>Describe ways to verify health information.</li> </ul> Identify ads that make exceptional claims.	Choosing Wellness Chapters 23	Review Assignment Ch. 23	Chapter 23 Test

Unit	Topic	Material	Assignments	Assessment
7	<b>ENVIRONMENTAL HEALTH</b> <b>Feb 24<sup>th</sup> to March 3<sup>rd</sup></b>			
	<b>The Biblical Perspective</b> <ul style="list-style-type: none"> <li>Examine inspired references that describe the original, perfect environment and describe man's responsibility in maintaining it.</li> <li>Identify the environmental changes that occurred after the entrance of sin.</li> <li>Explain how the effects of disharmony in nature have marred God's image in nature.</li> <li>Describe how the restoration of man to God's image will result in a renewed reverence for God's creation.</li> <li>Recognize how preservation of the environment will enhance the quality of life.</li> <li>Analyze Biblical principles of "stewardship" in the care of natural resources.</li> </ul>	Choosing Wellness Chapters 22	Review Exercises Ch 22	Test on Chapter 22

Unit	Topic	Material	Assignments	Assessment
<b>ENVIRONMENTAL HEALTH Contd.</b> <b>Feb 24<sup>th</sup> to March 3<sup>rd</sup></b>				
7	<b>Conservation of Natural Resources</b> <ul style="list-style-type: none"> <li>• Describe methods for conservation of natural resources.</li> <li>• Identify Sources of pollution: <ul style="list-style-type: none"> <li>○ Air</li> <li>○ Noise</li> <li>○ Water</li> <li>○ Radiation</li> <li>○ Chemical. Littering/ Garbage/Sanitation</li> </ul> </li> <li>• Describe the ways that these pollutants adversely effect our environment and our health, as well as identify solutions for their prevention and their removal.</li> <li>• Describe precautions that should be followed to reduce or control levels of household and industrial chemical pollutants.</li> <li>• Analyze recycling as a feasible method of waste disposal.</li> </ul>	Choosing Wellness Chapters 22	Review Exercises Ch 22	Test on Chapter 22

### Grading System:

The Following System of marking and recording Grades will be used , Numerical equivalents are also indicated.

Letter	Percentage	Honor Points
A	93-100	4.00
A-	89-92	3.66
B+	86-88	3.33
B	83-85	3.00
B-	79-92	2.66
C+	76-78	2.33
C	73-75	2.00
C-	69-72	1.66
D+	66-68	1.33
D	63-65	1.00
F	62 or less	0.00



Please Refer to the 2005-2006 Bulletin re Attendance policy, dress code, computer policy .

God's Richest Blessing to you in all your scholastic endeavors for the academic year.

*Class and School Theme –I can Do all Thing through Christ...*