

Name: _____



Grading:

- _____ Class Participation (10 points)
 - _____ Quiz #1 (5 points)
 - _____ Quiz #2 (5 points)
 - _____ Quiz #3 (5 points)
 - _____ Quiz #4 (5 points)
 - _____ Quiz #5 (5 points)
 - _____ Quiz #6 (5 points)
 - _____ Body System Group Project (20 points)
 - _____ Risky Behavior (10 points)
 - _____ Final Exam (30 points)
- _____ 100 total points possible

CLASS # 3: WELLNESS

Brainstorm:

What is Health anyway? (p. 4)-**combination of physical, mental and social wellness**



Physical Health (p. 4)-**body**

Mental/Emotional Health (p. 4)-**thoughts, feelings and emotions**



Social Health (p. 4)-**the way you relate to others**

Personal Inventory: How healthy are you?

Physical

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Mental

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Social

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



CLASS #4: GROWTH AND DEVELOPMENT

Brainstorm:

Adolescence (p. 146)-When you change from a child to an adult, 12 yrs.-25yrs.

Hormones (p. 146)-Chemicals that cause changes to happen in the body

Pituitary Gland-pea size gland in the brain that secretes the growth hormone

Thyroid Gland-in your neck--controls your metabolism, is how your body uses food for energy

Give 3 examples of physical growth a teen goes through during adolescence. (p. 146)

- 1.
- 2.
- 3.



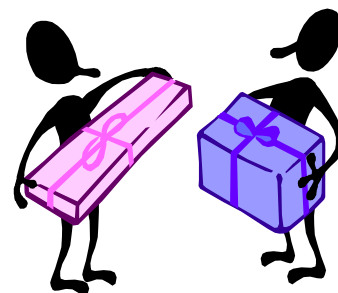
Give 3 examples of mental or emotional growth teens go through during adolescence. (p. 147)

1. Mood swings
2. Better decisions-think of consequences
3. Develop your own set of values



Give 3 examples of social growth teens go through during adolescence (p. 148)

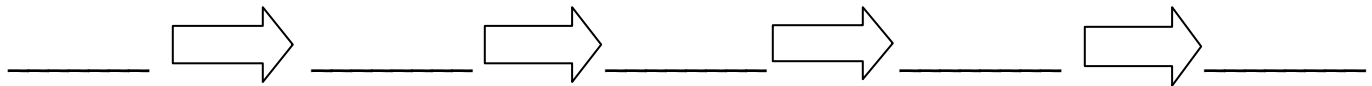
1. Care for others-responsible
2. More friends based on your values
3. Have more adult conversations



CLASS #5: BODY SYSTEMS

Brainstorm:

Interrelated (p. 159)-the body systems work together to help the body perform well



The 9 Body Systems We Will Be Talking About:

1. Nervous System (p. 162, 296)-Brain-body's control and communication system
2. Skeletal System (p. 179, 311)-Bones-shape, support, protection and structure
3. Muscular System (p. 179, 315)-Muscles-movement
4. Circulatory System (p. 167, 303)-Heart-transportes nutrients and oxygen to all body cells, plus takes away wastes
5. Respiratory System (p. 174, 307)-Lungs-delivers oxygen to the blood and gets rid of carbon dioxide
6. Digestive System (p. 185, 323)-Stomach-breaks down food into nutrients so the body can use it
7. Urinary System (p. 188)-kidney-cleans the blood and gets rid of liquid waste
8. Endocrine System- System of glands that produce hormones
9. Reproductive System-Produces offspring

CLASS #12: NERVOUS SYSTEM:



What does the nervous system do for the body? (p. 162)-

Control and communication system, sends and receives messages

Brain (p. 162)-body's computer, mass of nerve cells inside the skull

Spinal cord (p. 164)-nerve tissue that extends from the brain down through most of the backbone

Neuron (p. 163)-nerve cell

Central Nervous System (p. 164)- CNS brain and spinal cord

Peripheral Nervous System (p. 164)-PNS-nerves that branch off of the central nervous system, CNS

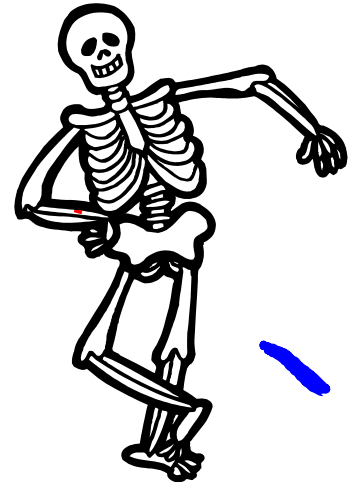
List 4 ways to take care of your nervous system (p. 165-166)

1. Get enough sleep
2. DDSS-Don't do stupid stuff
3. Avoid the misuse and abuse of drugs
4. Wear a helmet

CLASS # 13: SKELETAL SYSTEM: 206 bones that make up the skeleton

Name 5 jobs bones have in a healthy body: (p. 179)

1. gives the body shape and support
2. movement
3. protection
4. makes red and white blood cells
5. stores minerals



Joint (p. 181)- where 2 or more bones meet

Radius- bone in the lower arm (math-1/2 diameter of a circle)

List and describe 3 types of connective tissue. (p. 181)-

1. cartilage-cushion between the bones
2. ligaments-connect bone to bone
3. tendons-connect muscle to bone

List 3 Ways to Take Care of your Skeletal System (p.183)

1. exercise safely
2. eat calcium
3. have good posture



MUSCULAR SYSTEM:

What does the muscular system do for the body? (p. 179)-
600 muscles that move the body



Voluntary Muscles (p. 182)-you choose to move-

Involuntary Muscles (p. 182)-controlled by the brain-heart, lining of stomach

Name 3 Types of Muscle Tissue. (p. 182)

1. Skeletal-muscles that are connected to the bones-V
2. Cardiac muscle-heart muscle-I
3. Smooth muscles-lining of organs-I

How do skeletal muscles work? (p. 183)
1. Brain impulse
2. Pull bones
3. work in pairs

What does contract and extend mean? (p. 183)shorten and lengthen

List 4 ways to keep your muscular system healthy. (p. 183)

1. Protein to build muscle and carbohydrates for energy
2. Exercise safely
3. Rest
4. Have good posture



DAY # 14: CIRCULATORY SYSTEM

What does the circulatory system do to keep the body working well? (p. 167)

Transports nutrients and oxygen to all body cells and takes away wastes



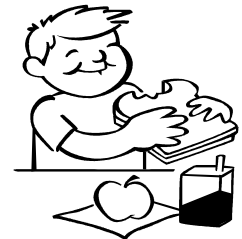
Name 3 parts of the circulatory system and their parts and purposes.

1. Heart (p. 167)-**pumps the blood**
2. Blood (p. 170)-
 - a. **red blood cells-carry the oxygen**
 - b. **white blood cells-fight germs**
 - c. **platelets-help blood to clot**
 - d. **plasma-liquid in blood**
3. Blood vessels (p. 167, 169)-**tubes through which blood flows**
 - a. **artery-carries oxygen and nutrient rich blood away from the heart**
 - b. **veins-carry carbon dioxide and waste products back to the heart**
 - c. **capillaries- connect arteries to veins and is where nutrient and waste exchange takes place**

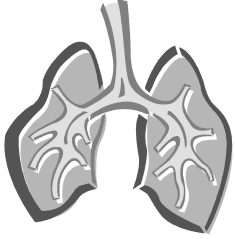
What is your pulse? **heartbeat**

List 5 ways to take care of your circulatory system. (p. 171)

1. **Don't smoke**
2. **Exercise**
3. **Learn to deal with stress**
4. **Eat a balanced diet**
5. **Try to maintain ideal weight**



RESPIRATORY SYSTEM



What is the respiratory system's job in keeping the body healthy? (p. 174)

Delivers oxygen to the blood and gets rid of carbon dioxide

How many times do you breathe in a minute?

Mouth and Nose (p. 175)-holes in our head that air goes through and also cleans and warms the air

Epiglottis (p. 175)-trap door that covers the trachea so food won't go down

Trachea (p. 174)-windpipe

Bronchi (p. 174)-2 branches off of the trachea

Lungs (p. 174)-sponge-like organs

Alveoli (p. 176)-tiny air sacs where oxygen enters the blood through capillary action and carbon dioxide comes out of blood so you can exhale it

Diaphragm (p. 176)-muscle that controls breathing

List 4 ways to keep your respiratory system healthy. (p. 178)

1. Don't smoke
2. Have good posture
3. Take deep breaths
4. Exercise



DAY # 15: DIGESTIVE SYSTEM



What is the purpose of the digestive system? (p. 185)

Breaks down food in a form that the body can use and gets rid of solid waste

Mouth and Teeth (p. 186)-chew food and break into smaller pieces

Salivary Glands (p. 186)-makes saliva or spit to moisten food

Esophagus (p. 186)-food tube to the stomach

Stomach (p. 186, 187)-breaks food down into a soup or to its smallest form with acids and enzymes

Liver (p. 186)-largest internal organ that filters poisons and helps digest fats

Small Intestine (p. 186)-20 feet long, nutrients enter the blood or where digestion takes place

Large Intestine or Colon (p. 188)-9 ft, indigestible food enters and the water gets squeezed out and forms solid waste

List 4 ways to keep your digestive system healthy. (p. 189)

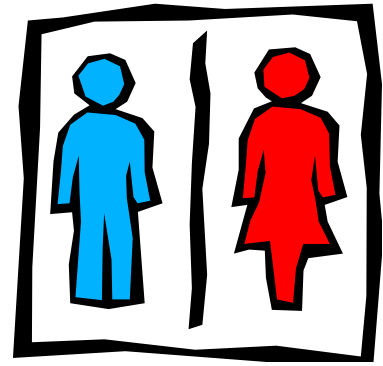
1. eat balanced meals
2. chew food well
3. drink plenty of water
4. eat regular meals at regular times

URINARY SYSTEM (p. 188)-gets rid of liquid waste

Kidneys- clean the blood from excess water and wastes

Urine- liquid waste

Bladder- stores the urine



ENDOCRINE SYSTEM-system of glands that make hormones

Hormones- chemicals that make things happen in the body

Pituitary Gland-master gland

Adrenal Gland-stress gland

Thyroid Gland-controls metabolism

Pancreas-secretes insulin to help digest carbohydrates

REPRODUCTIVE SYSTEM-creates offspring



- 1. Only system different for males and females
- 2. Only system you can live without

CLASS # 19: REFUSAL SKILLS



Risky Behaviors: Name as many things you can think of that you would want to refuse to do because they are illegal, unhealthy, against your parent or school rules, or against your values.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

CLASS # 20: Refusal Skills to Risky Behaviors

W A S A P with that?

Why me? Why am I in this situation?

Ask your friend 3 questions to make sure you know what they are asking you to do:

- 1.
- 2.
- 3.

State 3 consequences that could result if you did the "Risky Behavior."

- 1.
- 2.
- 3.

Alternative-What could be a healthier alternative you could use to lure your friend away from trouble?

Pack and leave? *or* **P**ay the consequences?

My packing words: