



2012 Curriculum Catalog

Health Quest

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We are excited that you are including Ignitia® as part of your program of instruction, and we look forward to serving you and your students.

Ignitia comes complete with a full, multimedia-rich curriculum for grades 3-12 in five core subjects and electives.

Thanks for choosing us!
Glynlyon Curriculum Development Team

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Table of Contents

Course Overview.....	1
UNIT 1: MY EDUCATIONAL FUTURE	1
UNIT 2: CHOOSING A COLLEGE	1
UNIT 3: ENTRANCE EXAMS AND APPLICATIONS.....	1
UNIT 4: PAYING FOR COLLEGE.....	2
UNIT 5: NON-COLLEGE OPTIONS.....	2

Course Overview

Health Quest is a health science elective course for upper elementary and junior high students. The curriculum introduces students to the concepts of what good health is, why good health is important, and what students should do in order to achieve good health.

Upon completion of the course, students should be able to do the following:

- Demonstrate an awareness of health as it applies to their own bodies, minds, and emotions.
- Demonstrate an awareness of health as it applies to their living environments.
- Identify the components of a healthy lifestyle and set reasonable goals to achieve a lifestyle of wellness.
- Understand that incorporating sound health practices creates a lifestyle of moderation and wellness.
- Understand the responsibility of properly stewarding the bodies God has given them as directed in the Bible.
- Describe health as it applies to broader society, the world, and their own responsibility to stimulate good health around them.

Additional Resources

Included at the end of the last unit is an optional lesson on sexually transmitted diseases, thoughtfully and discerningly presented by a Christian physician. This topic, ever present in today's society, may be added to the course at the discretion of the teacher.

UNIT 1: YOUR BODY	
Assignment Titles	
1. Course Overview	11. Quiz 2: Your Body's Systems
2. Your Body's Building Blocks and Framework	12. Growth and Development
3. Experiment: Calcium	13. Adolescence
4. Experiment: Exercise	14. Adulthood
5. Quiz 1: Building Blocks and Framework	15. Special Project
6. Circulatory and Respiratory Systems	16. Quiz 3: Your Body's Growth and Development
7. Experiment: The Heart	17. Test
8. Digestive and Excretory Systems	18. Alternate Test
9. Nervous and Endocrine Systems	19. Reference
10. Report: Animal Body Systems	

UNIT 2: HEALTH	
Assignment Titles	
1. Mental and Emotional Health	9. Personal Hygiene
2. Learning and Making Choices	10. Teeth, Eyes, and Ears
3. Project: Physical Play	11. Quiz 3: Personal Hygiene
4. Quiz 1: Mental and Emotional Health	12. Special Project
5. Social Health	13. Test
6. Family	14. Alternate Test
7. Friends	15. Reference
8. Quiz 2: Social Health	

UNIT 3: NUTRITION AND FITNESS	
Assignment Titles	
1. Nutrition	11. Quiz 2: Basic Food Groups
2. Nutrients	12. Physical Fitness
3. Project: Nutrients	13. Top Condition
4. Project: Junk Food	14. Project: Fitness Program
5. Activity: Advertisement	15. Activity: Improvements
6. Quiz 1: Nutrition	16. Quiz 3: Physical Fitness
7. Basic Food Groups	17. Special Project
8. Good Eating	18. Test
9. Activity: My Plate	19. Alternate Test
10. Project: Menu Planner	20. Reference

UNIT 4: HEALTH MAINTENANCE
Assignment Titles

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| 1. Safety | 12. Project: First Aid Kit |
| 2. Safety in the Home | 13. Quiz 2: Emergency Care |
| 3. Project: Fire Escape | 14. Disease and Prevention |
| 4. Other Dangers in the Home | 15. Project: Immunizations |
| 5. Project: Safety Check | 16. Infectious Diseases |
| 6. Pedestrian Safety | 17. Special Project |
| 7. Natural Disasters | 18. Quiz 3: Disease and Prevention |
| 8. Quiz 1: Safety | 19. Test |
| 9. Emergency Care: Part 1 | 20. Alternate Test |
| 10. Project: Heimlich Maneuver | 21. Reference |
| 11. Emergency Care: Part 2 | |

UNIT 5: STEWARDSHIP
Assignment Titles

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|------------------------------------------|-----------------------------------------------------------|
| 1. Stewardship of God's Creation | 11. Quiz 2: Stewardship of Your Body: Drugs |
| 2. Pollution | 12. Stewardship of Your Body: Alcohol |
| 3. Project: Pollutants | 13. Stewardship of Your Body: Tobacco |
| 4. Project: Recycle | 14. Project: Letter |
| 5. Project: Conserve | 15. Sexually Transmitted Diseases |
| 6. Quiz 1: Stewardship of God's Creation | 16. Special Project |
| 7. Stewardship of Your Body: Drugs | 17. Quiz 3: Stewardship of Your Body: Alcohol and Tobacco |
| 8. Project: Poison Control | 18. Test |
| 9. Types of Drugs | 19. Alternate Test |
| 10. Project: Expiration Dates | 20. Reference |