



# 2012 Curriculum Catalog

High School Health

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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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### Course Overview

High School Health is a health science elective course that introduces students to 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 a lesson on sexually transmitted diseases, thoughtfully and discerningly presented by a Christian physician.

<b>UNIT 1: BODY ESSENTIALS</b>	
<b>Assignment Titles</b>	
1. Course Overview	12. Activity: Fetal Development
2. The Head and Crown of Creation	13. Childhood Development
3. Anatomy and Physiology	14. Adolescence
4. Quiz 1: Building Blocks of the Body	15. Adulthood
5. Nervous System and Circulatory System	16. Activity: Interviewing an Older Person
6. Activity: Your Adaptive Heart	17. Quiz 3: Stages of Development
7. Respiratory, Skeletal, and Muscular System	18. Special Project
8. Digestive, Excretory, Endocrine, and Integumentary System	19. Test
9. Immune, Lymphatic, and Reproductive System	20. Alternate Test
10. Quiz 2: Body Systems	21. Reference
11. Growth and Development	

<b>UNIT 2: PHYSICAL HEALTH</b>	
<b>Assignment Titles</b>	
1. Benefits of Proper Nutrition	12. Exercise and Physical Fitness
2. Carbohydrates	13. Activity: Heart Rate
3. Vitamins	14. Muscular Endurance and Strength
4. Activity: Your Favorite Foods	15. Exercise Program
5. Quiz 1: Essentials of Nutrition	16. Activity: How Fit Are You?
6. Developing Proper Eating Habits	17. Quiz 3: Exercise and Physical Fitness
7. Dairy Group and Protein Group	18. Special Project
8. Activity: Got Calcium?	19. Test
9. Food, God's Tasty Gift	20. Alternate Test
10. Healthy Eating Habits	21. Reference
11. Quiz 2: Eating the Right Foods	

**UNIT 3: SOCIAL AND MENTAL HEALTH**
**Assignment Titles**

- |   |                                  |
|---|----------------------------------|
| 1. Aspects of Health                            | 10. Personal Hygiene             |
| 2. Love   | 11. Teeth, Mouth, Eyes, and Ears |
| 3. Activity: Examine Yourself                   | 12. Activity: Hygiene Habits     |
| 4. Mental and Emotional Health                  | 13. Quiz 3: Personal Hygiene     |
| 5. Quiz 1: Mental, Social, and Emotional Health | 14. Special Project              |
| 6. Social Health                                | 15. Test                         |
| 7. Friends                                      | 16. Alternate Test               |
| 8. Speaking in Love                             | 17. Reference                    |
| 9. Quiz 2: Social Interaction                   |                                  |

**UNIT 4: PREVENTATIVE HEALTH CARE AND FIRST AID**
**Assignment Titles**

- |   |                                 |
|---|---------------------------------|
| 1. Safety                                       | 13. First Aid                   |
| 2. Home Safety                                  | 14. Activity: First Aid Kit     |
| 3. Home Safety II                               | 15. Evaluating the Scene        |
| 4. Home Safety III                              | 16. Wounds and Bleeding         |
| 5. Activity: Home Safety                        | 17. Burns and Other Emergencies |
| 6. Quiz 1: Home Safety                          | 18. Activity: Making a Splint   |
| 7. Safety Guidelines                            | 19. Hypothermia and Frostbite   |
| 8. Personal Safety                              | 20. Quiz 3: First Aid           |
| 9. Activity: Moving Violations                  | 21. Special Project             |
| 10. Water Safety                                | 22. Test                        |
| 11. Weather Safety                              | 23. Alternate Test              |
| 12. Quiz 2: Personal Safety and the Environment | 24. Reference                   |

**UNIT 5: RESPONSIBLE LIVING**
**Assignment Titles**

- |  |  |
|--|--|
| 1. Disease and Prevention              | 13. Tobacco  |
| 2. Childhood Immunizations             | 14. Activity: Smoking, A Wise Choice?              |
| 3. Activity: Your Shots                | 15. Quiz 2: Substance Abuse                        |
| 4. Non-Infectious Diseases             | 16. Health and the Environment                     |
| 5. Activity: Major Diseases            | 17. Activity: Mother Earth                         |
| 6. Health Care                         | 18. Water Essentials                               |
| 7. Activity: Visit the Sick            | 19. Sexually Transmitted Diseases                  |
| 8. Quiz 1: Diseases and Health Care    | 20. Quiz 3: Health, Pollution, and the Environment |
| 9. Drug Use and Abuse                  | 21. Special Project                                |
| 10. Drug Use and Abuse 2               | 22. Test   |
| 11. Alcohol                            | 23. Alternate Test                                 |
| 12. Activity: Interview on Alcohol Use | 24. Reference                                      |