

# HEALTH

**COURSE DESCRIPTION:** This course teaches the importance of personal hygiene, and attempts to stimulate the student to practice good health. It also teaches the wonder of God's creation of the human body.

**TEXTBOOKS:**

*Developing Good Health*

**GOALS & OBJECTIVES:**

**Goal 1: To appreciate the body God made**

- 1.1 The student will identify many bones.
- 1.2 The student will build strong bones.
- 1.3 The student will practice correct posture: standing, sitting, walking, bending, and lifting.
- 1.4 The student will identify many skeletal muscles.
- 1.5 The student will identify involuntary muscles.
- 1.6 The student will describe the benefits of exercise for endurance.
- 1.7 The student will describe the process of external respiration.
- 1.8 The student will identify parts of the respiratory system.
- 1.9 The student will practice aerobic exercise and good sportsmanship.

**Goal 2: To learn about the personal hygiene of the body**

- 2.1 The student will describe the structure of a tooth.
- 2.2 The student will describe effective plaque control (brushing, flossing, and check-ups).
- 2.3 The student will describe how to keep teeth strong and healthy.
- 2.4 The student will describe how to take care of injured teeth.
- 2.5 The student will describe the three layers of skin.
- 2.6 The student will describe the signs of infection.
- 2.7 The student will describe the structure of their hair.
- 2.8 The student will describe burns and how to treat them.
- 2.9 The student will describe the function of skin and proper skin care.
- 2.10 The student will explain good hygiene for hair and skin.
- 2.11 The student will describe how to keep clothes clean, dressing appropriately.

**Goal 3: To learn that the thoughts and feeling affect many functions of the body, and thus, affect physical health**

- 3.1 The student will explain everlasting (spiritual) life.
- 3.2 The student will explain how to have a healthy relationship with God.

3.3 The student will describe how to have a healthy relationship with others.

**TEACHING METHODS:** Drill, Games, Lecture, Class participation, Art projects, Video, Discussion, Cooperative Learning