

HEALTH

COURSE DESCRIPTION: the purpose of this course is to introduce the student to body systems, how they work and how to keep healthy, how to have a balanced diet, and a proper exercise plan.

TEXTBOOK: *Enjoying Good Health*

GOAL 1: To become familiar with the body's transportation system

- 1.1 The student will identify the parts of the blood.
- 1.2 The student will demonstrate the hearts parts by labeling it during a group activity.
- 1.3 The student will label the pathway of blood through the body.
- 1.4 The student will discuss ways to accomplish adequate rest.
- 1.5 The student will list ways that a person can protect their heart.

Goal 2: To become familiar with the importance of food

- 2.1 The student will list foods full of energy.
- 2.2 The student will bring food to school to create a balanced diet.
- 2.3 The student will list nutrients that the body needs.
- 2.4 The student will observe the Daily Food Guide and play an interactive internet game.

Goal 3: To become familiar with the body's digestive track

- 3.1 The student will make a model of the digestive system.
- 3.2 The student will write a paper on a digestive disease.
- 3.3 The student will label all the parts of the digestive system.
- 3.4 The student will discuss the absorption and elimination of food in and out of the body.
- 3.5 The student will understand the importance of water in the diet.

Goal 4: To become aware of the importance of physical fitness

- 4.1 The student will perform physical fitness activities.
- 4.2 The student will list fitness factors
- 4.3 The student will demonstrate muscular strength and endurance through class activities.
- 4.4 The student will demonstrate flexibility with their own muscles through demonstration.

Goal 5: To become aware of ones self

- 5.1 The student will discuss the value of friendship
- 5.2 The student will discuss keeping their mind pure
- 5.3 The student will recognize spiritual warfare.