

Women's Health 9

Course Description:

Textbooks: *Health for Christian Schools* (BJU Press)

Goal 1: To understand proper nutrition, good eating habits and wise food choices.

- _____ 1.1 The student will list three ways a Christian can glorify God by the way he eats or drinks.
- _____ 1.2 The student will be able to define nutrition.
- _____ 1.3 The student will explain malnutrition.
- _____ 1.4 The student will differentiate between malnutrition and under nutrition.
- _____ 1.5 The student will explain the importance of obtaining calories for the body.
- _____ 1.6 The student will discuss the relationship between calories and kilocalories.
- _____ 1.7 The student will differentiate between metabolism and basal metabolism.
- _____ 1.8 The student will define factors that determine metabolic rate.
- _____ 1.9 The student will differentiate between the RDA, US RDA, and Daily Values.
- _____ 1.10 The student will explain the importance of water to the body.
- _____ 1.11 The student will identify ways water is lost from the body.
- _____ 1.12 The student will explain the special requirements for hydration of athletes.
- _____ 1.13 The student will explain primary function of carbohydrates for the body.
- _____ 1.14 The student will identify good sources of carbohydrates.
- _____ 1.15 The student will explain the importance of fiber in the diet.
- _____ 1.16 The student will identify the primary function of protein in the body.
- _____ 1.17 The student will identify between complete and incomplete proteins.
- _____ 1.18 The student will list four functions of fat in the body.
- _____ 1.19 The student will explain the importance of reducing fat in a diet.
- _____ 1.20 The student will explain the danger so high levels of cholesterol.
- _____ 1.21 The student will distinguish between fats and unsaturated fats.
- _____ 1.22 The student will identify the five trace minerals.
- _____ 1.23 The student will list the basic food groups and explain the importance of each.
- _____ 1.24 The student will identify two eating disorders that are shown by abnormal eating habits.

Goal 2: To understand exercise as a tool to enhance physical health.

- _____ 2.1 The student will compare the value of bodily exercise to the value of Godliness.
- _____ 2.2 The student will give two reasons why people are not physically fit.
- _____ 2.3 The student will define physical fitness.
- _____ 2.4 The student will list the four basic principles of a training program.

- _____ 2.5 The student will explain the importance of intensity, specificity, duration, and frequency for the success of a training program.
- _____ 2.6 The student will discuss the proper progression rate of a training program.
- _____ 2.7 The student will design a training program.
- _____ 2.8 The student will define cardio respiratory fitness.
- _____ 2.9 The student will identify the most important component of fitness.
- _____ 2.10 The student will calculate their target heart rates.
- _____ 2.11 The student will list the five components of physical fitness.
- _____ 2.12 The student will compare muscular strength to muscular endurance.
- _____ 2.13 The student will identify two benefits of flexibility.
- _____ 2.14 The student will explain differences in isotonic, isometric, isokinetic exercises.
- _____ 2.15 The student will discuss the importance of warm-up and cool-down activities.
- _____ 2.16 The student will discern risks that may occur when exercising.

Goal 3: To recognize the dangers of drugs, alcohol, and tobacco.

- _____ 3.1 The student will classify alcohol and tobacco as drugs.
- _____ 3.2 The student will differentiate between drugs and medicine.
- _____ 3.3 The student will explain the difference between drug misuse and drug abuse.
- _____ 3.4 The student will discern the difference between a drug habit and a drug addiction.
- _____ 3.5 The student will infer the proper uses of medicines.
- _____ 3.6 The student will explain the difference between prescription and non-prescription drugs.
- _____ 3.7 The student will identify alcohol as a depressant drug.
- _____ 3.8 The student will distinguish between alcohol that is used externally and alcohol that is consumed.
- _____ 3.9 The student will describe ways that alcohol produces a danger to others.
- _____ 3.10 The student will list ways to refuse alcohol when placed in a situation encouraging alcohol use.
- _____ 3.11 The student will discuss nicotine as an addictive drug and the harmful effects of tobacco upon the body.
- _____ 3.12 The student will identify harmful substances found in tobacco.
- _____ 3.13 The student will list diseases and health problems associated with the use of tobacco.
- _____ 3.14 The student will describe ways that tobacco produces dangers to others.

Goal 4: To understand the male and female reproductive systems.

- _____ 4.1 The student will define female reproductive organs.
- _____ 4.2 The student will define male reproductive organs.
- _____ 4.3 The student will identify reproductive organs from a diagram.
- _____ 4.4 The student will describe the development of the unborn child.

- _____ 4.5 The student will critique man's rational of legalizing abortion.
- _____ 4.6 The student will describe specific physical changes that occur during puberty.

Goal 5: To understand body systems.

- _____ 5.1 The student will differentiate between the anatomical components: cell, tissue, organs, and body systems.
- _____ 5.2 The student will list four major types of tissue in the human body.
- _____ 5.3 The student will describe the skeletal system.
- _____ 5.4 The student will list two functions of muscles.
- _____ 5.5 The student will identify three types of muscle tissue.
- _____ 5.6 The student will recognize the major components of blood.
- _____ 5.7 The student will trace the route of oxygen through the respiratory system.
- _____ 5.8 The student will explain the organs that aid in the digestion process.
- _____ 5.9 The student will explain the individual functions of the excretory system.
- _____ 5.10 The student will list the names and major components of the central nervous system.
- _____ 5.11 The student will explain the major functions and locations of the endocrine glands.

Goal 6: To render basic first aid and how to be of service in emergency situations.

- _____ 6.1 The student will identify the purposes of first aid.
- _____ 6.2 The student will explain why a person should receive basic first aid training.
- _____ 6.3 The student will list the correct emergency procedures of first aid in the correct order.
- _____ 6.4 The student will understand who to call in emergency situations.
- _____ 6.5 The student will describe symptoms of shock and how to treat a person with these symptoms.
- _____ 6.6 The student will demonstrate the correct procedures for giving rescue breathing.
- _____ 6.7 The student will list the four major types of wounds.
- _____ 6.8 The student will explain ways to control bleeding.
- _____ 6.9 The student will demonstrate correctly how to apply first aid to a wound.