

I. 7.PCH.1.1 - Explain health and academic consequences of inadequate rest and sleep.

A. Pre-Test

- 1. What can happen if you don't get enough sleep?
- 2. List 3 things you can do to improve your sleep.

B. Notes

1. Why is sleep so important?

2. Insufficient sleep is linked to:

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
- g) _____

3. Why is sleep so important?

- a) _____
- b) _____
- c) _____

4. How does not sleeping affect your school work?

- a) _____
- b) _____
- c) _____

5. Secrets to good sleep

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
- g) _____
- h) _____
- i) _____

6. Sleep Smart Tips for Teens

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
- g) _____

II. 7.PCH.1.2 Explain environmental, psychological, and social factors affecting excessive sun exposure

A. Pre-test

- 1. What are the dangers of a sunburn?
- 2. What are UVA and UVB rays?
- 3. List 3 things that you can do to protect yourself from the sun?

B. Notes

1. Get Sun Certified Quiz

- a) It's a cloudy day - but you have soccer practice. Should you skip the sunscreen?
 - (1) No. Clouds can't stop the sun's burning rays
 - (2) Yes. Clouds are natural sunblockers.
 - (3) What's sunscreen.

- b) Years of summer suntans means:
 - (1) A job as a pro body builder
 - (2) A future of wrinkles, age spots and alligator hide
 - (3) A few moles later in life
 - c) Your mom wants to put some SPF 30 on you. You say:
 - (1) "No, thanks mom."
 - (2) "Thanks, Mom. Now I don't have to put any more on the rest of the day."
 - (3) "Thanks Mom. Keep the close so we can reapply it later."
 - d) One bad sunburn with blisters:
 - (1) Is just a pain
 - (2) Can double your risk of certain types of skin cancer later in life
 - (3) Is the quickest way to a tan
 - e) You will be spending the day at a park. What will you wear to protect yourself?
 - (1) A wide brimmed hat, sunglasses and sunscreen
 - (2) Sunglasses
 - (3) In-line skates
 - f) You want to be at the movies during solar noon to get away from the sun's burning rays. What time is solar noon?
 - (1) Between 4 & 5 pm
 - (2) Between 9 & 10 am
 - (3) Between 11 am & 1 pm
 - g) When you go to the beach, bring a sunscreen that:
 - (1) Deflects, scatters, and absorbs UV rays
 - (2) Has SPF 4
 - (3) Magnifies UV rays
 - h) You want to shoot hoops with your friend, but the UV index is very high. What should you do?
 - (1) SPF 30 sunscreen
 - (2) SPF 4 sunscreen
 - (3) SPF 45, sunscreen, hat, and sunglasses
2. From the SKIN CANCER AWARENESS video
- a) Over the past 31 years, more people have been diagnosed with skin cancer more that all other cancers _____.
 - b) How many people will be diagnosed with skin cancer this year? _____
 - c) 1 in _____ Americans will in diagnosed with skin cancer during the course of a lifetime.
3. How is the sun helpful?
- a) _____ 4. _____
 - b) _____ 5. _____
 - c) _____ 6. _____
4. How is the sun harmful?
- a) _____ 4. _____
 - b) _____ 5. _____
 - c) _____ 6. _____
5. The burning facts...
- a) UVA rays – _____
 - b) UVB rays – _____
 - c) Skin type affects the degree some people burn.
 - d) Use Sunscreen with SPF of _____ or more.
 - e) SPF 30 is _____ twice as protective as SPF 15.
6. Sun Safety Action Steps
- a) _____
 - b) _____
 - c) _____

- d) _____
- e) _____
- f) _____
- g) _____
- h) _____

III. 7.PCH.2.1 Analyze the immune system in terms of the organs, their functions, and their interrelationships.

A. Pre-Test

1. How does the immune system protect our bodies from germs?
2. What are leukocytes and why are they so important?
3. Why do some people have different immunities from germs?
4. How do people develop immunity to germs and diseases?
5. What happens when our immune system fails? What diseases or disorders result from this?
6. What can you do to help your immune system keep you healthy? How do these things keep away illnesses?

B. Notes

1. Major Organs of the Immune System - Matching: draw a line from the organ to its definition.
 2. Skin *A small organ in the upper chest, it produces mature T cells.
 3. Thymus *Found in the upper left part of the body under the ribcage, it filters the flood and looks for foreign cells.
 3. Spleen *A spongy tissue found inside the bones, it produces red and white blood cells.
 4. Lymph nodes *The primary barrier between germs and the body.
 5. Bone marrow *Found throughout the body, they serve as filters and trigger the immune response
4. Video: KidsHealth: How the Body Works, the Immune System
 - a) Directions: As you watch the video, fill in the blank spaces about the immune system and the major players.
 - (1) What does the immune system do?
 - (2) Fights invaders, commonly:
 - (3)

1.	ex)
2.	ex)
3.	ex)
4.	ex)

- b) What is a leukocyte? _____
- c) What pathogen invades Nate's body? _____
- d) They will use Nate's cells to: _____
- e) Immune System Counter-attack
 - (1) Identify the Invaders
 - (a) Macrophage
 - (b) Mission: _____
 - (c) Special features: _____
 - (d) What does the flag do? _____
 - (2) Call for Help
 - (a) Helper T Cells
 - (b) Mission: _____
 - (c) Special features: _____
 - (3) Tag the Invaders
 - (a) B Cells
 - (b) Mission: _____
 - (c) Special features: _____
 - (d) What are the Y's? _____
 - (4) Destroy the Invaders
 - (a) K Cells
 - (b) Mission: _____
 - (c) Special features: _____
 - (d) Cytotoxic T Cell
 - (e) Mission: _____

- (f) Special Features:
- (5) Remember the Invaders
 - (a) Memory Cells
 - (b) Mission: _____
 - (c) Special features: _____

- (6) What are some ways Nate can stay healthy?
- (7) What are additional ways that you can keep your immune system healthy?

IV. 7.PCH.3.1 Recognize health quackery as a false claim for a cure and the ploys quacks use to promote unproven products and services

A. Pre-test

- 1. What is health and medical quackery?
- 2. Why does quackery work?

B. Notes

1. QUACKERY: A FALSE CLAIM FOR A CURE

a) Quack: _____

b) Four Reasons Quackery Seems To Work

- (1) _____
- (a) _____
- (2) _____
- (a) _____
- (3) _____
- (a) _____
- (4) _____
- (a) _____

c) Most Common Type of Quackery

- (1) _____
- (a) _____
- (2) _____
- (a) _____
- (3) _____
- (a) _____

d) 4 Most Vulnerable Consumers

- (1) _____
- (a) _____
- (2) _____
- (a) _____
- (3) _____
- (a) _____
- (4) _____
- (a) _____

e) 3 Characteristics of Quackery

- (1) _____
- (a) _____
- (2) _____
- (a) _____
- (3) _____
- (a) _____
- (4) _____
- (a) _____

V. 7.PCH.3.2 Critique misconceptions about health and the efficacy of health products and services.

A. Pre-Test

- 1. What is a Health Fraud Scam?
- 2. How can you avoid a Health Scam?

B. Notes

1. What is a Health Fraud Scam?

- a) _____
- b) _____

- c) _____
2. **Avoid Health Fraud Scams**
- a) **BE** _____
- (1) _____
- (2) **Who do they target?** _____
- b) **BE** _____
- (1) _____
- (2) **What are some red flags?**
- (a) _____
- (b) _____
- (3) **Know the risks**
- (a) _____
- (b) _____
- c) **BE** _____
- (1) _____
- (2) **Don't be** _____
- (a) _____
- (3) **Protect your** _____
- (a) _____

VI. **PCH.4.1 Deconstruct how the interaction of individual behaviors, the environment, and other factors cause or prevent injuries.**

A. **Pre-Test**

1. What health skills can lower the incidence of high-risk behaviors?
2. How can injuries be prevented?

B. **Notes**

1. **True or False**

- a) _____ Injuries are the leading cause of death for people ages 1 - 44.
- b) _____ There are different types of injuries.
- (1) _____
- (2) _____
- c) _____ Accidents happen. People can't prevent an accident.
- (1) How can you prevent them? _____
- d) _____ Cyber-bullying (through texts, instant messaging or FB) is considered to be an act of violence or aggression.
- (1) _____
- (2) _____
- (3) _____
- e) _____ Alcohol and other drugs contribute to the likelihood of all injuries.
- f) _____ In North Carolina middle schools, most students report wearing sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day.
- (1) How many report wearing sunscreen? _____
- g) _____ Kids who wear helmets or other protective gear are wimps.
- h) _____ In North Carolina middle schools, most students (boys and girls) play on one or more sports teams.
- i) _____ It's okay to take a friend's medication...a doctor prescribed it, right?
- (1) _____
- j) _____ It is illegal to carry a weapon into a North Carolina school.
- k) _____ I heard that seatbelts don't really work...you might get trapped in the car!
- l) _____ In North Carolina middle schools, most students report that they have ridden in a car or other vehicle driven by someone who had been recklessly speeding.
- m) _____ People my age don't commit suicide.
- (1) _____
- n) _____ In North Carolina middle schools, most students have seen other students being bullied in their school.
- (1) _____
- (2) **Upstander:** _____
- o) **Unintentional Injuries** is _____
- p) **Intentional Injuries** are the _____

VII. 7.PCH.4.2 Demonstrate techniques for basic first aid and procedures for treating injuries and emergencies.

VIII. Essential Questions

- A. What are basic first aid techniques and how do you properly treat injuries?
- B. What should be in a first aid kit?

IX. Notes

- A. When should you call 911? _____
- B. List 10 things that should be in a first aid kit.

1. _____

C. What are the basic precautions about providing first aid?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

D. American Red Cross Emergency Test Video Questions

- 1. You smell smoke in the bedroom, what do you do first?
 - a) drop down to the floor
 - b) open the nearest window
 - c) feel the door and see if it is hot
 - d) run to wake the other members of your household
- 2. Your clothes catch on fire, what should you do first?
 - a) run to get help
 - b) find a garden hose to extinguish the flames
 - c) drop to the ground and try to extinguish the flames
 - d) try to take off the burning clothes
- 3. After a fall you can't locate the pain, what should you do?
 - a) carry him to the nearest sofa and let him sit down
 - b) ask him to move his arms and legs to locate the injury
 - c) get him back to his feet right away
 - d) make him comfortable without moving him
- 4. List hazards
 - a) _____
- 5. Child swallows furniture cleaner, what should you do first?
 - a) Give her syrup of ipecac to induce vomiting
 - b) Call your local poison control center
 - c) have her drink a glass of milk to coat her stomach
 - d) make her lie down immediately
- 6. When someone is being electrocuted, you should first pull the person off the wires? T or F
- 7. It is possible to get third degree burns from tap water. T or F
- 8. When experiencing an earthquake, what should you do?
 - a) run outside immediately
 - b) crouch under a table
 - c) call emergency services
 - d) brace yourself against a piece of heavy furniture or large appliance
- 9. A hurricane is about to hit, what is the best thing to do?
 - a) call emergency services
 - b) immediately get out of the house
 - c) go to the lowest point in the house, preferably a basement
 - d) Go to the center of the house
- 10. A tornado is approaching, what should you not do?
 - a) stay away from all windows
 - b) go to the basement or storm cellar

- c) get in your car and drive away from the tornado
d) protect yourself from getting under something sturdy
11. In a severe thunderstorm, which of the following is safe
a) talk on the phone
b) wash dishes
c) watch television
d) if you are in a car, stay in it and continue driving
12. Your car stalls in a flash flood, what should you do?
a) stay inside the car and roll up the windows
b) get on the roof of your car
c) abandon your car and get to higher ground
d) try to push your car out of the path of the flood
13. A person is drowning, what should you not do?
a) reach out to pull the person in with your arm or leg
b) jump on the water immediately for a quick rescue
c) extend an oar or a pole out to the person
d) throw out a flotation device
14. Intense leg pain, what should you do?
a) keep him in the same position he fell
b) apply hot compress
c) elevate the injured limb for better circulation
d) immediately apply an emergency splint
15. When someone appears to be overheated, you should have her drink as much liquid as possible. T or F
16. If you think someone has frostbite, the first thing that you should do is rub her feet vigorously to restore circulation. T or F
17. A victim is unconscious and bleeding, what should you do?
a) shake him and try to get them to respond
b) move him off the hard pavement and try to get them to respond
c) find a nearby water source and try to clean the wounds
d) call for an ambulance
18. A victim is choking and coughing loudly, what should you do?
a) use abdominal thrusts
b) make him drink a glass of water
c) hit him forcefully on the back 4 times
d) encourage him to keep coughing
19. Name 5 signs of a heart attack.
a) _____

20. When you recognize the signs of a heart attack what should you do?
a) perform CPR
b) have your partner rest in a comfortable position
c) immediately call for medical help
d) wait 10 minutes to see if the symptoms continue
21. How do you treat severe bleeding?
a) run the cut under water
b) apply a tourniquet or tight bandage 3 inches above the cut
c) put first aid cream all over the wound
d) apply direct pressure to the wound
22. After a car accident, you should pull the victim out of the car. T or F
- E. In times of emergencies, how effective are you?
1. What should you do to control bleeding from a wound?
a) _____
2. The best place to check a child or adult's pulse in an emergency is at the:
a) _____
3. What is a sign that a person has experienced a stroke?
a) _____
4. After an accident, there is no sign of blood. The victim has cold, moist skin and feels pain and tenderness in the abdomen. The victim probably is experiencing:
a) _____

5. If you find a tick on your body:
 - a) _____
6. Proper first aid for a first degree burn is:
 - a) _____
7. What kinds of wounds should be washed?
 - a) _____
8. If a compress becomes soaked with blood:
 - a) _____
9. In preventing shock, which is correct?
 - a) _____
10. After you have checked the scene and determined that there has been a poisoning, what is the next step for a conscious victim?
 - a) _____

X. 7.PCH.4.2 Demonstrate techniques for basic first aid and procedures for treating injuries and emergencies. (Part 2)

1. Essential Questions

- a. What are basic first aid techniques and how do you properly treat injuries?
- b. What should be in a first aid kit?
- c. What is first aid?

2. Notes

a. Bleeding:

i. What is the treatment for Small Cuts:

1. _____
2. _____

ii. What is the treatment for deeper cuts:

1. _____
2. _____

iii. What is the treatment for arterial bleeding?

1. What is it? _____
2. What do you do?
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
 - g. _____

b. Burns

i. What is treatment for a thermal, chemical, or contact burns?

1. _____
2. _____
3. _____

ii. What is a 1st degree burn?

1. _____

iii. What is the treatment for 1st degree burns?

1. _____
2. _____

iv. What is a 2nd degree burn?

1. _____

v. What is the treatment for a 2nd degree burn?

1. _____
2. _____

vi. What is a 3rd degree burn?

1. _____

vii. What is the treatment for a 3rd degree burn?

1. _____
2. _____

c. Rule of Thumb

- i. Do not move victim, and call for emergency care if:

-
- 1. _____
 - 2. _____
 - d. **Knocked Out Tooth**
 - i. **What is the treatment for a knocked out tooth?**
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
 - ii. **How do you Keep the tooth from drying out until you see the dentist by:**
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
 - e. **Nosebleeds**
 - i. **How do you limit the bleeding of a nosebleed?**
 - 1. _____
 - 2. _____
 - 3. _____
 - f. **Poisoning or Overdose**
 - i. **How do you treat a person that has been poisoned?**
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
 - ii. **What is the National Poison Control Center phone number?** _____
 - g. **Shock and Fainting**
 - i. **What is shock and fainting?**
 - 1. _____
 - 2. _____
 - ii. **When can shock occur?**
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
 - 5. _____
 - iii. **What are symptoms of shock?**
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
 - 5. _____
 - 6. _____
 - iv. **What to do if someone is in shock or has fainted?**
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
 - 5. _____
 - h. **Injuries to Muscle and Bone**
 - i. **When should you suspect a serious injury?**
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
 - 5. _____
 - 6. _____
 - ii. **What should you do?**
 - 1. _____

- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____

i. Sprains and Strains

- i. Sprain: _____
- ii. Strain: _____
- iii. What is the general care
 - 1. R: _____
 - 2. I: _____
 - 3. C: _____
 - 4. E: _____

XI. 7.PCH.4.3 Design plans that reduce the risk of fire-related injuries at home, in school, and in the community at large.

A. Pre-Test

- 1. How do you extinguish fires correctly?
- 2. How would your family respond to a fire in your home?

B. Notes

- 1. In a fire, smoke will:
 - a) settle near the floor
 - b) rise to the ceiling
 - c) stay near the fire
- 2. What are the four components of fire?
- 3. Name four fire and burn hazards found in the home
- 4. If your first and second exits are blocked and you must escape through a smoky area, you should:
 - a) cover your nose and run quickly to your exit
 - b) roll quickly to your exit
 - c) crawl low under the smoke to your exit
- 5. When entering a building other than your home, you should:
 - a) locate exits and stairways to use in case of fire
 - b) locate the elevators to use in case of fire
 - c) go directly to the top floor
- 6. If you cannot escape from a burning building, you should:
 - a) open doors to let the smoke spread evenly throughout the area, then call the Fire Department to let them know where you are
 - b) close doors between you and the smoke, seal cracks with duct tape or towels, and call the fire department to let them know where you are
 - c) hold your breath and run quickly through the smoke to the stairwell

XII. 7.PCH.4.4 Create a plan to reduce the risk of water-related injuries.

A. Pre-Test

- 1. List 5 general water safety rules.

B. Notes

- 1. What are the most common causes of drowning?
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
 - f) _____
 - g) _____
 - h) _____
 - i) _____
 - j) _____

2. Safety while in the water

a) Diving

- (1) _____
- (2) _____
- (3) _____
- (4) _____
- (5) _____
- (6) _____

b) Pools and Spas

- (1) _____
- (2) _____
- (3) _____
- (4) _____
- (5) _____
- (6) _____

c) Personal Water Craft (Jet Ski)

- (1) _____
- (2) _____
- (3) _____
- (4) _____
- (5) _____
- (6) _____

d) Ocean Current

- (1) _____
- (2) _____
- (3) _____
- (4) _____

e) Beach and Surf

- (1) _____
- (2) _____
- (3) _____
- (4) _____
- (5) _____
- (6) _____

f) River Current

- (1) _____
- (2) _____
- (3) _____
- (4) _____
- (5) _____

g) Boating

- (1) _____
- (2) _____
- (3) _____
- (4) _____

h) General Water Safety Tips

- (1) _____
- (2) _____
- (3) _____
- (4) _____
- (5) _____
- (6) _____
- (7) _____
- (8) _____
- (9) _____
- (10) _____