

I. 8.PCH.1.1 - Classify the risk factors (based on risk behaviors) begun in childhood and adolescence associated with leading and premature causes of death.

A. Pre-test

1. What are some risk factors for disease?

B. Notes

1. _____ is one habit we need for good self-management.

2. Risk factor for a disease:

3. What is the leading causes of death for adults? _____

4. What is the single most preventable cause of disease? _____

5. Walt Disney developed habits that gave him the persistence to bring a dream to life – a dream that is thriving 50 years after his death.

a) What does it take to develop that type of persistence?

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(a) The lion in the wild does not attack a herd of antelope; she focuses on one and sticks with it.

(6) _____

(7) He had to learn from successes and failures.

6. Steps to Goal Setting

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

7. List risk factors for disease

a) _____

b) _____

c) _____

d) _____

II. 8.PCH.1.2 – EXPLAIN BEHAVIORAL AND ENVIRONMENTAL FACTORS THAT CONTRIBUTE TO MAJOR CHRONIC DISEASES AND THE METHODS FOR REDUCING THE PROBLEMS ASSOCIATED WITH COMMON CONDITION (ASTHMA, ALLERGIES, DIABETES, AND EPILEPSY).

A. Pre-Test

1. What is chronic?

2. What is acute?

3.

B. Notes

1. Asthma and Diabetes Quiz

a) People with asthma have what is called a chronic, or continuing problem with their airways, which can get swollen and full of mucus. This problem is made worse by asthma triggers. Which of the following may be a trigger for Asthma?

(1) Coming into contact with freshly cut grass and leaf piles

(2) Windy weather conditions

(3) Running

- (4) Exposure to air pollution
 - (5) All of the above
 - b) T or F - People who have certain kinds of allergies are more likely to have asthma.
 - c) T or F - Asthma cannot be cured, but it can be managed.
 - d) Which of the following would not be appropriate when coping with Asthma?
 - (1) Watch the forecast for pollen and mold counts as well as weather that might affect your asthma.
 - (2) Wear a scarf over your mouth and nose outside during very cold weather.
 - (3) Keep your window closed at night. If it is hot outside, use air conditioning, which cleans, cools, and dries the air.
 - (4) Use cigarettes in moderation to help you relax.
 - (5) Keep your rescue medication with you all the time.
 - e) Diabetes causes our
 - (1) Blood glucose to be too low
 - (2) Blood glucose to be too high
 - (3) Body to stop making blood glucose
 - f) T or F - Teens can have different types of diabetes?
 - g) You can keep your blood glucose close to your target range if you
 - (1) Make healthy food choices and are active every day
 - (2) Stay at a healthy weight
 - (3) Take your medicine if needed
 - (4) Check your blood glucose
 - (5) All of the above
 - h) Foods that contain the following nutrients help keep your blood glucose close to your target range
 - (1) Carbs
 - (2) Protein
 - (3) Fat
 - (4) All of the above
 - i) T or F - Teens with diabetes can eat sugar, sweets, and desserts.
 - j) If you are overweight, you can get to a healthy weight by
 - (1) Going on a fad diet
 - (2) Cutting to 1,000 calories a day
 - (3) Being more active, cutting some calories, and eating smaller portions of food
 - (4) Buying your own gym equipment
 - k) A type of fat that can be healthy for your heart comes from
 - (1) Chicken skin
 - (2) Whole milk
 - (3) Nuts and avocado
 - (4) Butter
 - l) Teens may get type 2 diabetes because
 - (1) They have certain genes
 - (2) They are overweight
 - (3) They have a family member who has diabetes
 - (4) They are American Indian, Alaska Native, African American, Hispanic/Latino, Asian American, or Pacific Islander
 - (5) All of the Above
2. List 4 CHRONIC (persistent, recurring, or long-lasting) diseases...
- a) _____
 - b) _____
 - c) _____
 - d) _____

3. List 4 ACUTE -(severe, intense, and of short duration) diseases...

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

III. 8.PCH.1.3 - Interpret health appraisal data to assess personal risks for preventable disease

A. Pre-Test

1. What is a Health Appraisal?

B. Notes

1. Dimensions of Health

- a) Health Behaviors
- b) Emotional
- c) Social
- d) Physical
- e) Mental/Moral
 - (1) _____ Participates in regular physical exercise
 - (2) _____ Has a positive self-esteem
 - (3) _____ Has a strong system of values
 - (4) _____ Is open-minded
 - (5) _____ Has a positive attitude
 - (6) _____ Manages stress in positive ways
 - (7) _____ Is safety conscious
 - (8) _____ Makes healthy food choices
 - (9) _____ Is a lifelong learner
 - (10) _____ Asks questions
 - (11) _____ Can be independent
 - (12) _____ Is involved in the community
 - (13) _____ Practices self examinations
 - (14) _____ Enjoys learning from others
 - (15) _____ Is nurturing toward others

IV. 8.PCH.2.1 - Critique medical information resources in terms of reliability, unreliability, accuracy, and significance.

A. Pre-Test

1. How can you tell if a Health Claim is real?

B. Notes

1. Figuring Out Health News (Article from KidsHealth)

a) Questions to Consider when thinking about Health News

- (1) Was the study done _____
- (2) Who was _____
- (3) How _____
 - (a) Retrospective studies: _____
 - (b) Prospective studies: _____
 - (c) randomized, controlled clinical trials
 - (d) placebo: _____
 - (e) Double Blind: _____

(4) Where do reporters get their stories (that are reliable)

(a) _____

(5) On commercial websites (sites with URLs that end in

.com),_____. If it does, it may be_____ in favor of the advertiser. Of course, having advertising on a site doesn't necessarily mean it is biased. But if you're going to be a good " _____," you need to take that possibility into account.

- (6) Also check to see whether a _____ has reviewed the information you're reading, and whether the date on the information is recent.
- (7) The websites of government health agencies — such as the _____, the Centers for Disease Control and Prevention (CDC), and the U.S. _____ — usually give accurate and unbiased information. Established medical organizations, such as the American Academy of Pediatrics (AAP), and associations, such as the American Psychiatric Association (APA), are other good sources.

V. 8.PCH.2.2 - Judge the effects of popular fads on health (tattooing, piercing, artificial fingernails)

A. Pre-Test

- 1. What should you know about tattooing? body piercing? artificial nails?

B. Notes

1. Crossword Puzzle Questions

a) Across

- (1) 5. the skin regulates body _____
- (2) 6. the thick inner layer of skin - _____
- (3) 8. the thin outer layer of skin - _____

b) Down

- (1) 1. the skin serves as a _____ covering
- (2) 2. your skin uses ultraviolet light to product this nutrient - _____
- (3) 3. the skin protects against their invasion - _____
- (4) 4. the doctor who treats the skin and its diseases - _____
- (5) 7. the largest organ of the body - _____

2. Body art includes: _____

3. A tattoo: _____

4. a piercing: _____

5. artificial nails: _____

6. From Kids Health Tattoo Article

a) What is a tattoo?

b) What is the one thing that you should think about when thinking about getting a tattoo?

c) You should be up to date on your: _____

- d) When trying to avoid infection, what are some things that you should look for?
 - (1) _____
 - (2) _____
 - (3) _____
 - (4) _____

- e) What are some risks of getting a tattoo?
 - (1) _____
 - (2) _____
 - (3) _____

7. From Kids Health Body Piercing

a) What is body piercing? _____

b) Where are common areas of infection when getting a body part pierced?

c) What should you do if you are thinking about getting a body part pierced?

- (1) _____
- (2) _____

- d) When thinking about getting a piercing, what should you think about the shop that you are going to go to?
 - (1) _____
 - (2) _____
 - (3) _____
 - (4) _____
 - (5) _____

- (6) _____
- (7) _____
- (8) _____

e) What can go wrong when getting a piercing?

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

8. Questions

1. Which of the following is the disease most often transmitted by non-sterile equipment in regards to body art?
 - A. AIDS
 - B. Cancer
 - C. Epilepsy
 - D. Hepatitis B
2. Which of the following is the most obvious sign of infection in regards to body art?
 - A. Discoloration
 - B. Burning
 - C. Pus coming out of decorated part
 - D. None of the above
3. Which of the following is the only way to sterilize body art equipment properly?
 - A. Scarification
 - B. Soaking in Alcohol
 - C. Autoclaving
 - D. Soap and Hot Water
4. Which of the following explains why a professional tattooist should pour ink into small, individual, and disposable cups so that each client has their own?
 - A. To prevent the spread of germs and disease.
 - B. To prevent the colors from mixing.
 - C. Because Mrs. Babson tells them to do so.
 - D. None of the above.
5. Which of the following choices may cause a body art procedure to be more dangerous and may cause regret later.
 - A. Using tobacco
 - B. Consuming alcohol
 - C. Autoclaving
 - D. Both B and C

VI. 8.PCH.3.1 - Outline the potential health consequences of global environmental problems. (Watch all clips from this section)

A. Pre-Test

1. What are the main causes of Environment Health concerns?
2. What can you do to help prevent these concerns?

B. Notes

1. Environmental Health Issues

a) Acid Rain (Discovery Ed video)

(1) What causes acid rain?

(2) The main pollutants from acid rain come from?

(a) _____

(b) _____

(c) _____

b) Land Degradation (Discovery Ed video)

(1) What can cause LAND DEGRADATION?

(a) _____

(b) _____

(c) _____

(2) What does farming cause?

(a) _____

(b) _____

(3) What is overgrazing?

(a) _____

(b) _____

c) Greenhouse Effect

(1) _____

(2) _____

d) Depletion of the Ozone Layer

(1) Humans are more susceptible to what when the ozone layer is depleted?

e) Overpopulation

(1) _____

f) Water Pollution

(1) What are the 3 main categories of water pollution? define each one

(a) _____

(b) _____

(c) _____

2. Environmental Health and Decision Making

a) Overpopulation

(1) Positive: _____

(2) Negative: _____

b) Land Degradation

(1) Positive: _____

(2) Negative: _____

c) Acid Rain

(1) Positive: _____

(2) Negative: _____

d) Depletion of the Ozone Layer

(1) Positive: _____

(2) Negative: _____

e) The Greenhouse Effect

(1) Positive: _____

(2) Negative: _____

f) Water Pollution

(1) Positive: _____

(2) Negative: _____

VII. 8.PCH.3.2 Explain the impact of personal behaviors on the environment, both positively and negatively.

A. Pre-Test

1. Why is it important to conserve our resources?

B. Notes

1. What is waste?

2. What are the forms of waste?

3. Though Americans represent only _____% of the world's population, we produce _____% of the world's trash.

4. At the present rate, how many new landfills will be needed each year? _____

5. What are some opportunities to conserve resources?

a) _____

b) _____

c) _____

d) _____

e) _____

VIII. 8.PCH.4.1 Execute the Heimlich maneuver on a mannequin

A. Essential Questions

1. How do you know if a person is choking?

2. What is the universal choking sign?

3. What are the steps to airway obstruction removal on a conscious victim?

4. What are the steps to airway obstruction removal on an unconscious victim?

B. Notes

1. What is the Good Samaritan Law?

2. *How do you know if a person is choking or having difficulty breathing?*

3. *What is the universal choking sign?*

4. *What happens if the airway is obstructed for a long period of time?*

5. What is first aid for someone that is conscious and choking?

a) _____

b) _____

c) _____

d) _____

e) _____

6. When do you stop abdominal thrusts on a conscious victim?

a) _____

b) _____

- c) _____
- 7. What is first aid for someone that is unconscious and choking?
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
- 8. How do you recognize a choking victim?
 - a) _____
 - b) _____
 - c) _____
 - d) _____

C. Extra Notes

- 1. _____
- _____
- _____
- _____
- _____

IX. 8.PCH.4.2 Demonstrate basic CPR techniques and procedures on a mannequin and pass a Red Cross or American Heart Association approved test of CPR skills.

A. Essential Questions

- 1. What does CPR stand for?
- 2. What is cardiac arrest?
- 3. What is an AED?
- 4. What are the steps to hands only Cardiopulmonary Resuscitation?

B. Notes

- 1. What is Cardiopulmonary Resuscitation? _____
- 2. What is Hands-Only CPR? _____
- 3. What is a cardiac arrest? _____
- 4. What are the steps to Hands-Only CPR?
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - (1) _____
 - (2) _____
 - e) _____
- 5. What beat should you keep your compressions? _____
- 6. What is an AED? _____
- 7. What are the steps to using an AED?
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
 - f) _____

C. Extra Notes

- 1. _____
- _____
- _____
- _____
- _____
