

COURSE OVERVIEW

Health Quest is a health science elective course for upper elementary and junior high students. The curriculum introduces students to the concepts of what good health is, why good health is important, and what students should do to achieve good health.

- **Your Body:** This unit introduces the different systems in the human body, showing how the body develops from birth through childhood, during adolescence, and in adulthood.
- **Health:** This unit demonstrates to students how they may develop good practices as they promote proper mental, emotional, physical, and social health.
- **Nutrition and Fitness:** This unit teaches how to establish healthy eating practices and proper fitness routines.
- **Health Maintenance:** This unit focuses on safety, emergency care, and disease prevention.
- **Responsible Living:** This unit discusses how students may apply the principles of responsible living, covering topics such as pollution, drugs, alcohol, tobacco, and sexually transmitted diseases and pregnancy.

Curriculum Content and Skills Focus

UNIT 1: YOUR BODY

- Recognize that cells are the fundamental structural unit of the human body.
- Understand and list the organization of cells to systems.
- Describe and name major parts of the skeletal and muscular systems.
- Discuss and describe the functions of the left and right sides of the heart.
- Differentiate between the three types of blood vessels.
- Know the different components of blood.
- Understand the main function of the respiratory system.
- List and identify the major and accessory organs of the respiratory system.
- Describe the digestion process from the mouth to the bowels.
- Explain the main ways waste is removed from the body.
- State the function of the nervous system.
- Distinguish between the two divisions of the nervous system and the organs associated with each.
- Differentiate between the three major parts of the brain.
- Describe the functions of the different organs of the endocrine system.

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- Explain fertilization and conception.
- Recognize that one-half of a person's genetic material comes from their father and one-half from their mother.
- Summarize the changes that occur from conception to childhood.
- Define adolescence.
- Discuss the physical, emotional, social, intellectual, and spiritual changes that take place during adolescence.
- Summarize the physical, mental, and spiritual indicators that will help a person lead a productive healthy life.

UNIT 2: HEALTH

- Differentiate between physical, mental and emotional health.
- Discuss and describe diseases and disorders of the mind.
- Discuss and describe emotional disorders.
- Understand the importance of seeking and gaining wisdom.
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- Understand the importance of seeking and gaining wisdom.
- Define social health.
- List factors that affect a person's social health.
- Understand how individual personality types impact others.
- Summarize your responsibility as a part of a family.
- Define agape.
- Recognize the importance of friends.
- Differentiate between the healthy and unhealthy aspects of friendships.
- Explain how respect and listening can impact relationships.
- Understand the positive effects of good personal hygiene.
- Explain the effects of healthy behaviors on skin, hair, and nails.
- List the duties one should perform to maintain good personal hygiene.
- Explain the effects of healthy behaviors on eyes, ears, and teeth.
- Know the parts of the eyes, ears, and teeth.

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UNIT 3: NUTRITION AND FITNESS

- Understand that good nutrition supplies the body with calories and nutrients needed for maximum energy and wellness.
- Recognize that nutrients are classified into six groups ---carbohydrates, proteins, fats, vitamins, minerals, and water.
- Describe the functions of the six basic nutrients.
- Identify nutrients in a variety of foods.
- Explain the relationship between good nutrition and disease prevention.
- Utilize My Plate visual to identify the five different food groups and the amounts needed for healthy living.
- List the five different food groups and the importance of each.
- Understand how to read food labels.
- Recognize the importance of developing good eating habits early in life.
- Define physical fitness.
- Describe the four components of physical fitness.
- Differentiate between fat mass and lean mass.
- Discuss what a good exercise program includes.

UNIT 4: HEALTH MAINTENANCE

- Name strategies for preventing accidents.
- Learn strategies for preventing accidents in the home to provide a safe environment.
- Recognize other sources of danger in the home.
- Name strategies to minimize these dangers.
- List basic rules of personal safety.
- Know the rules to provide a safe pedestrian experience.
- Explain safety precautions for bicyclists.
- Name the number one rule for being a passenger in a car or truck.
- List guidelines for swimming safety.
- Recognize that natural disasters do occur and where they occur.
- Identify ways to be generally prepared for such disasters.
- Summarize the American Red Cross "Check - Call - Care" policy.
- Understand the importance of first aid.
- Discuss the actions to take in different emergency situations.

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- Be familiar with the actions to take in the emergency situations listed in this section.
- Define disease.
- Understand that diseases fall into several categories by similarity or cause.
- Distinguish between the major categories of diseases.
- Explain the role of doctors in treating disease.
- Identify the types of pathogens that cause infectious diseases.
- Evaluate the relationship between healthful behaviors and the way that infectious diseases are spread.
- Understand how the body protects itself against pathogens.
- Explain how immunizations protect against pathogens.
- Identify several types of infectious disease and the symptoms of each.

UNIT 5: RESPONSIBLE LIVING

- Recognize how the environment influences the health of the community.
- Differentiate between the layers of the atmosphere.
- Understand the importance of water and land.
- Describe how water and land are cleansed naturally.
- Identify the sources of air, land and water pollution.
- Examine strategies for reducing air, land and water pollution.
- Report strategies for conserving water.
- Discuss how prevention of pollution is everyone's responsibility.
- Distinguish between proper and improper usage of drugs.
- Describe the four categories of drugs and the effects of drug use.
- Discuss the perspectives on drug use and addictions.
- Describe the effect that alcohol has on the body.
- Explain that alcoholism is an addiction and very harmful on the body
- Understand the perspectives of alcohol use and abuse.
- Describe the harmful effects that tobacco has on users and those around them.

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Additional Resources

Unit	Assignment Title	Supply List
1	Experiment: Calcium	Two clean, dry chicken leg bones Household vinegar and a cola soft drink Two bowls large enough to lay the bone flat in the bottom of the container
1	Experiment: Exercise	Access to a car to measure a mile
1	Experiment: The Heart	Timer or clock
3	Project: Nutrients	Labels of these different types of food: breakfast cereal, ice cream, candy bar, canned or frozen fruit, soda
3	Project: Ingredients	Labels of canned food
3	Project: Menu Planner	Cookbooks
4	Project: Immunizations	Encyclopedia Reference health book
5	Project: Pollutants	At home activity: Air filter
5	Project: Recycle	Recyclable items at home
5	Project: Poison Control	Telephone book or Internet search engine
5	Project: Expiration Dates	Aspirin/acetaminophen Cold medication Stomach medication Vitamin and mineral supplements Prescriptions
5	Sexually Transmitted Diseases and Pregnancy	Please review this lesson before discussing with students