

Freshman Health

Textbook: Glencoe Health

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Course Description:

This course is designed to give the students a basic understanding of how the body works, how the parts interact with other parts and how outside influences can cause problems. This will provide the students with the ability to actively make choices about their present and future health.

Course Goals:

1. Develop an understanding of the basic workings in the systems of the human body.
2. Develop outline note taking skills.
3. Examine how we interact and are affected by our environment.
4. Examine how our behavior and choices affect our long term health.
5. Perform selected science labs and develop lab report writing skills

Course Objectives:

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1. To understand the basic parts of these systems: nervous, digestive, skeletal, muscular, immune, respiratory, circulatory and reproductive.
2. To improve the students ability to order information through outline note taking.
3. To understand healthy and unhealthy behavior and choices including: lifestyle factors, risk behaviors, alcohol and tobacco use, eating disorders, lack of exercise, food choices and the spread of disease.
4. To describe various human body processes, including breathing, blood flow, menstrual cycle, oxygen debt, digestion, infectious diseases and blood typing process.
5. To demonstrate an understanding of various mental problems and physical injuries and methods for help and treatment.
6. To develop basic science lab skills and lab report writing skills
7. To challenge students to use their values as related to classroom topics.

What You Need:

- Textbook
- A three ring binder or folder for handouts

- A notebook
- Blue or black pen, red pen, and pencil
- Access to the internet

Course Sequence:

First Semester

Aug. 17- Sept. 5	Overview of human body systems, communication and health factors
Sept. 7- Oct. 16	Nervous System, brain anatomy and vision
Oct. 19- Oct. 30	Neurological disorders, drug, alcohol and tobacco concerns
Nov. 2 - Nov. 13	Nutrition
Nov. 16 – Dec. 4	Digestive System and enzymes
Dec. 7- Dec. 15	Urinary System

Second Semester

Jan.4- Jan. 15	Skeletal System
Jan. 18- Jan. 29	Muscular System
Feb. 1- Feb. 19	Respiratory System and Asthma
Feb. 22- Mar. 11	Circulatory System and Cardiovascular fitness
Mar. 14- Ap. 8	Immune System
Apr. 11- Apr. 22	Infectious Diseases
Apr. 25- May 6	Importance of genetics and environment to health
May 9-May 24	Reproductive System

Evaluation:

Homework and quizzes will be assigned for each chapter, and tests will be given at the end of each unit. Other assignments include projects, lab reports and papers.

A Semester exam over the entire first semester material occurs in Dec. and a Final exam over second semesters materials and general terms used throughout the year occurs in May.