

Health

Video Manual

Health

Video Manual

One Semester



Pensacola, FL 32523-9100
an affiliate of PENSACOLA CHRISTIAN COLLEGE®

Textbooks & Materials



... Student Materials ...

Text

174157 • *Health in Christian Perspective (HCP)*

Quizzes / Tests

174173 • *Health in Christian Perspective Quizzes / Tests*

Supplies (may be purchased from a local vendor)

- Assignment notebook
- Spiral notebook

... Teacher Materials ...

Teacher Keys

175129 • *Health in Christian Perspective Answer Key*

174181 • *Health in Christian Perspective Quiz / Test Key*

Optional Text (may be purchased from Abeka)

174157 • *Health in Christian Perspective*

Health Video Manual

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Video Teacher

Miss Lynlee Burns

- M.S., Educational Leadership
- B.S., History Education
- 5 years teaching experience

Introduction



This course is distinctive in its Christian perspective of health. The students will gain a deeper knowledge of the anatomy and physiology of the body that God has given each of them. They will be encouraged to reach out to others and to live a happy, healthy life. Students will be challenged to maintain a consistent walk with the Lord.

Students learn how to maintain physical health through good nutrition and fitness with an emphasis on cardiorespiratory and musculoskeletal health. A study of the nervous system in light of biblical principles encourages students to maintain good mental and emotional health. Practical aspects of safety and first aid are included in the middle of the course. Finally, students learn how the immune system works to prevent disease, how to avoid drug abuse, and how to pursue a right relationship with God and others.

Each video lesson is about 45 minutes in length and will best fit into a 50-minute class period. Five minutes is allotted for you to check homework. You will need to give quizzes and tests personally.

Icons have been used throughout to highlight key items. A check mark (✓) indicates when an item (quiz or test) needs to be graded. The note symbol (📌) is used when additional information is given, and a book symbol (📖) indicates the daily homework assignment.

Establish accountability on the part of each student. Let your students know that you expect them to listen, learn, and participate actively with the video class.

When a student has been absent, check the Daily Guides for the days he missed to see what needs to be made up. He may need to watch video lessons he missed or be helped by another student or yourself to catch up with the rest of the class. There may also be classwork and homework to be completed for his benefit.

📌 Since the length of a school semester may vary, lessons have been recorded for fewer than 90 days. The extra days are allotted for the scheduling of field trips or special school events. Time could also be allotted for standardized testing available through Abeka Testing (1-877-223-5226).

... General Information ...

The course materials have been carefully outlined so that you, as the on-site teacher, can easily supervise your students' learning. Your main responsibilities are to ensure that the lessons are completed daily, to review material from the book for reinforcement, and to administer and supervise all quizzes and tests. In many ways, you are the key to your students' progress in their courses. Your concern and diligence in helping

them complete their work according to proper procedures will let them know you are determined to help them succeed.

Plan a definite time and an environment conducive to learning for your students to complete their work each day. The video lessons are most beneficial when students participate with the class in all oral work.

... Equipment and Supplies ...

Before the first day of class, you should have the following items:

1. computer or DVD player
2. computer monitor or television
3. desks and chairs
4. video manuals
5. student textbooks
6. teacher materials
7. DVDs (if applicable)
8. additional supplies listed on p. T2

... Responsibilities of the Classroom Teacher ...

1. **Check Equipment**—Check the equipment each day to make sure it is running properly. Be ready to start on the right lesson.
2. **Follow the Daily Guides**—Check the Daily Guides each day to determine specific responsibilities for that day.

- 3. Check Homework**—Check daily at the beginning of class that each student has completed his homework. Spot-check the homework quickly (using *Health in Christian Perspective Answer Key*) to see whether students are completing the homework questions accurately. It is not necessary to grade the homework, unless the Daily Guides instruct otherwise.
- 4. Assign an Activity for Homework Check**—Each lesson of the Daily Guides has an activity for students to do while you check the homework assignment.
- 5. Give Quizzes, Tests, and Exams**—Three types of instruments are used to evaluate your students' learning: quizzes, tests, and exams. Quizzes occur weekly and are important for evaluating mastery of recent material. Tests are given at the end of a

unit (about every three weeks). Exams are given at the end of a quarter (nine-week period) and are cumulative for all material studied in the course.

You will be giving quizzes and tests as they occur in the lessons. Reading quizzes will be dictated by you (from the Appendix in the back of this video manual), and printed review quizzes will be distributed (from *Health in Christian Perspective Quizzes / Tests*). Plan to remain in the classroom during any quiz or test. Grade quizzes in class with your students for immediate feedback and grade tests after school for feedback within a day or two of the test. The tests are found in *Health in Christian Perspective Quizzes / Tests*. Further quizzing and testing information is provided in the Giving / Grading Quizzes and Tests section on p. T6 of this video manual.

...Class Schedule...

The following is a typical class schedule for Health with suggested times for students to participate.

- 1. Pre-Video Activities**—Check homework and give any quizzes before turning on the video for the day's lesson, unless the Daily Guides instruct otherwise.
 - a. Homework Check.** Begin each day with homework check. The written homework usually consists of text questions from *Health in Christian Perspective* (that students answer in complete sentences). You may wish to have students do homework in a spiral notebook so that they can keep it as a study tool. While students complete the homework check activity you assigned from the Daily Guides, walk around the room and check that each student has completed his homework; spot-check for accuracy. (Although students may not completely understand a question, they should attempt to answer every question.) The assignment should require no more than 25–35 minutes to complete. Suggest efficient study methods to students who consistently take longer than the recommended time. Five minutes is allotted for this check.
 - b. Quizzes and Tests.** You will be giving quizzes and tests as they occur in the lessons. Quizzes are usually given after the homework check. The Daily Guides or video will indicate when to give the quiz. The reading quizzes and answers are located in the Appendix in the back of this video manual. A suggested grading scale is also included on p. A3 of the Appendix. The printed review quizzes are from *Health in Christian Perspective Quizzes / Tests* with answers and suggested point values for each quiz in the *Health in Christian Perspective Quiz / Test Key*. Tests are from *Health in Christian Perspective Quizzes / Tests* with answers and suggested point values

for each test in *Health in Christian Perspective Quiz / Test Key*. Further quizzing and testing information is provided in the Giving / Grading Quizzes and Tests section on p. T6 of this video manual.

☞ Frequently remind students to review material each night as well as read and study the new assignment. The printed review quizzes and the reading quizzes are usually unannounced.

2. Video Activities—

- a. Homework Presentation.** After these preliminary procedures, turn on the video for the homework presentation. Most of the lessons begin with a discussion of the homework questions and answers. Students should follow the homework discussions carefully.
- b. Review and Lesson.** After homework has been discussed, the video teacher reviews important principles and presents new material. Students follow the lesson as they are instructed on the video. It is vital that your students pay close attention, use their books, and follow the question-and-answer exchange given on the video. Tell students to answer the teacher's questions in their minds (or aloud) and to follow closely the answers given by the video students. Paying close attention to this portion of the video lesson will help students to learn and retain the facts and principles they need to know.
- c. Homework Assignment.** The video teacher gives the homework assignment at the conclusion of each lesson. Students should copy this assignment into their assignment notebooks. The homework assignment is listed at the end of each lesson in the Daily Guides.
- d. Breaks.** Allow for at least a five-minute break between classes.

Giving / Grading Quizzes and Tests



--- Procedure for Giving Reading Quizzes ---

Reading quizzes, unannounced quizzes over the reading homework, are given before the video is turned on.

1. Students clear their desks and take out two clean sheets of paper, a pen, and a pencil. Students will use one clean sheet of paper for the quiz and one for a cover sheet. Students should take quizzes in pen and grade them in pencil.

2. After each student writes his name at the top of his paper, dictate the quiz, reading each question twice. (The quizzes and answers are located in the Appendix in the back of this video manual.) Students should move their cover sheets down to cover their answers as they take the quiz.
3. The quiz should take approximately 5 minutes.

--- Procedure for Giving Printed Review Quizzes ---

1. Students clear their desks and take out one clean sheet of paper for a cover sheet, a pen, and a pencil. Students should take quizzes in pen and grade them in pencil.
2. Distribute the quizzes. (Quizzes are located in *Health in Christian Perspective Quizzes / Tests*.)

Each student should write his name at the top of his quiz before beginning the quiz. Students should move their cover sheets down to cover their answers as they take the quiz.

3. The quiz should take approximately 10 minutes.

--- Procedure for Grading All Quizzes ---

1. Instruct students to put their pens away (off their desks) and to grade in pencil.
2. Tell students how you want them to exchange papers. If you have a large class, vary the pattern from day to day (pass them forward one seat, back one seat, across, to the left, etc.).
3. Have each student sign his name (in pencil) on the paper he grades.
4. Give instructions for grading—how many points to deduct for each wrong answer and how to mark the papers. (Having students grade the papers in a uniform manner saves time when you go through the papers later.) Answers and suggested point values for printed review quizzes are given in *Health in Christian Perspective Quiz / Test Key*. A suggested grading scale for reading quizzes is provided on p. A3 of the Appendix (located in the back of this video manual). On all graded items subtract 1 point for each misspelled answer; do not subtract more than 5 total points.

5. Give correct answers.
6. Students figure the final grade by subtracting from 100 the total number of points missed. The grade should be written in the space provided.
7. If a student has a question about the paper he is grading, have him place a question mark by both the number in question and the grade at the top.
8. Instruct students to return papers to the owners, who should check them briefly and pass them to the front.
9. Go through the quizzes later, checking for question marks and misspelled answers. Record the grades. You may find it helpful to distinguish between quiz and test grades by recording all quiz grades in blue or black ink in your grade book.

--- Procedure for Giving/Grading Tests ---

1. Students clear their desks of everything (except one clean sheet of paper for a cover sheet) and two pens.
2. Distribute the tests. (Tests are located in *Health in Christian Perspective Quizzes/Tests*.) Each student should write his name at the top of his test.
3. Explain any special directions. Students should finish during the time allotted. Also, tell students what is to be done when they finish the test (where to turn in their tests, what to study, etc.).
4. Students take the test in pen, writing the answers directly on the test paper. Students should move their cover sheets down to cover their answers as they take the test.
5. Always watch students until all the tests have been turned in.
6. Check that all tests have been collected. Grade these tests yourself. Do not grade tests in class. Answers and suggested point values are given in *Health in Christian Perspective Quiz/Test Key*. On graded tests, subtract 1 point for each misspelled answer; do not subtract more than 5 total points. It is best not to record grades in your grade book until after going over the test in class.
7. Have all tests graded and ready to return in the next lesson.

--- Procedure for Going over Graded Tests ---

1. Students clear their desks of everything except a pencil. Distribute graded tests.
2. To go over a test, ask if a student has all answers correct in the first section. Choose a student to read the answers in that section. Continue this procedure until all answers have been given. Answer any questions your students may have about a particular test question.
3. Watch students carefully while you are going over a test. They should not have any pens out while they have graded tests.
4. If students find a question that has been graded incorrectly, they should write (in pencil) the number of the incorrectly graded question with a question mark at the top of the first page.
5. Collect tests, check any question marks, and record grades. You may find it helpful to distinguish between quiz and test grades by recording all test grades in red ink in your grade book.

Averaging Grades

Grades should be averaged at the end of each quarter (nine weeks). In your grade book, you may find it helpful to distinguish between quiz and test grades by recording the quiz grades in blue or black ink and the test grades in red ink. At the end of the quarter, follow this procedure:

1. Average all **quiz grades**. This average will count as **one-third** of the quarter grade.
2. Average the **test grades** for the quarter, except for the final test of the quarter. This average will count as **one-third** of the quarter grade.
3. The **final one-third** of the quarter grade is the **Quarter or Final Exam**.
4. Figure a **semester grade** by averaging the first quarter grade with the second quarter grade.

First Quarter Grade

$\frac{1}{3}$ Quiz average

$\frac{1}{3}$ Test average

$\frac{1}{3}$ Test 3 (Cumulative Quarter Exam)

Example:

Quiz average:	96
Test average:	94
Cumulative exam:	<u>+92</u>
Total:	$282 \div 3 = 94$

Second Quarter Grade

$\frac{1}{3}$ Quiz average

$\frac{1}{3}$ Test average

$\frac{1}{3}$ Test 6 (Cumulative Semester Exam)

Example:

Quiz average:	90
Test average:	93
Cumulative exam:	<u>+93</u>
Total:	$276 \div 3 = 92$

Semester Grade

First quarter grade

Second quarter grade

Example:


First quarter grade:	94
Second quarter grade:	<u>+92</u>
Total:	$186 \div 2 = 93$ (Semester grade)



Health
Daily Guides

.....

Before you begin . . .



The introductory material of this manual along with the Daily Guides provides the assistance needed for a successful school year. The following reminders will help you get off to a great start.

••• Students' daily supplies:

- pens
- pencils
- notebook paper
- notebook (for homework assignments)
- spiral notebook

••• Daily Guides information:

- Pages Taught — what material is covered daily
- Materials Needed — what things to have ready daily
- Teacher Instructions — what to do daily

••• Helpful tips:

- Preview the first few lessons and other lessons as noted in the Daily Guides to familiarize yourself with the video teacher's procedures.
- Remember that your own quiet, orderly routines will be an important part of your learning environment.
- If particular procedures or activities used in the video classroom are not ideal for your unique situation, you should feel free to adjust to your needs. These may or may not be specifically mentioned in the Daily Guides.
- Mastery of key concepts as well as successful comprehension and retention naturally result from training your students to mentally participate and respond with the video class during reviews, drills, and questions.

We trust that these Daily Guides will be a great help as you begin an exciting new school year!

Pages Taught

Health in Christian Perspective (HCP) pp. 1–4, to Adolescence to adulthood, section (sect.) 1.1

Materials Needed

Health in Christian Perspective (HCP) (optional—to show students)

Teacher Instructions

1. Prepare a seating chart. Assign seats before starting the video.
 2. Explain school procedures / rules for your classroom.
 3. Check that each student has a copy of *Health in Christian Perspective (HCP)*.
 4. Turn on the video. (You may wish to watch this first video lesson with the class to become familiar with classroom procedures.)
 5. If time remains after each video lesson, allow students to begin their homework.
- ☞ Read *Health in Christian Perspective (HCP)* pp. 4–8. Answer p. 8, questions 1–7 and Think 1–2.

Pages Taught

Health in Christian Perspective (HCP) pp. 4–8, section (sect.) 1.1 (cont.)

Materials Needed

Health in Christian Perspective (HCP) Answer Key (needed daily)

Teacher Instructions

1. Homework Check. Instruct students to have homework on their desks for you to check when class begins. (Refer to the guidelines for checking homework in the front of this video manual.) Check homework for completeness. It is not necessary for you to grade the homework, but check that the answers are neat and in complete sentences. The video teacher goes over the answers on video. Occasionally, spot-check your students' answers for accuracy, using the Answer Key.
(During Homework [HW] check, students do Personal Checkup on p. 5.)
2. Turn on the video.

- ☞ Read *Health in Christian Perspective (HCP)* pp. 9–12. Answer pp. 11–12, Apply It and p. 22, question 1. Study pp. 1–8 for quiz.
☞ In the future, most written review quizzes will be unannounced.

Pages Taught

Health in Christian Perspective (HCP) pp. 9–12, section (sect.) 1.2

Materials Needed

Quiz 1 (one for each student; located in *Health in Christian Perspective [HCP]* Quizzes / Tests)
Teacher Key for Quiz 1 (from *Health in Christian Perspective [HCP]* Quiz / Test Key)

Teacher Instructions

1. Homework Check. Instruct students to have homework on their desks for you to check when class begins. (Refer to the guidelines for checking homework in the front of this video manual.) Check homework for completeness. It is not necessary for you to grade the homework, but check that the answers are neat and in complete sentences. The video teacher goes over the answers on video. Occasionally, spot-check your students' answers for accuracy, using the Answer Key. Follow this procedure for the remainder of the course.
(During Homework [HW] check, students review pp. 1–8.)
 2. Students clear their desks and take out quiz materials (one clean sheet of paper for a cover sheet, a pen, and a pencil) before quizzes are distributed.
 3. Students will take **Quiz 1**. You will be giving all quizzes. Refer to the Giving / Grading Quizzes and Tests section in the front of this video manual for detailed instructions for giving / grading quizzes.
 - ✓ 4. Collect quizzes and record grades. (See the *HCP* Quiz / Test Key for answers and suggested point values; subtract from 100 the total number of points missed.)
☞ Subtract 1 point for each misspelled answer; do not subtract more than 5 total points.
 5. Turn on the video.
- ☞ Read *HCP* pp. 13–16. Answer p. 22, questions 2–3.

Pages Taught

HCP pp. 13–16, section (sect.) 1.2 (cont.)

Teacher Instructions

1. Homework Check.
(During Homework [HW] check, students do pp. 13 and 15–16, Apply It.)
 2. Turn on the video.
- 📖 Read *HCP* pp. 17–19 to Inorganic nutrients. Answer p. 19, Increase Your Knowledge 1–5.
- 📖 Beginning in lesson (les.) 5, “pop” reading quizzes will be given over homework reading. These unannounced quizzes keep students accountable for reading homework.

Pages Taught

HCP pp. 17–19, to Inorganic nutrients, section (sect.) 1.2 (cont.)

Materials Needed

Reading Quiz A and Answers (located in Appendix in the back of this video manual)

Teacher Instructions

1. Homework Check.
(During Homework [HW] check, students do p. 19, Apply It.)
2. Students clear their desks and take out quiz materials (two clean sheets of paper, a pen, and a pencil) before quiz is dictated.
3. Students will take **Reading Quiz A**. You will be dictating all reading quizzes. Refer to the Giving / Grading Quizzes and Tests section in the front of this video manual for detailed instructions for giving / grading quizzes.
- ✓ 4. Collect quizzes and record grades. For all reading quizzes, use the following suggested grading scale (also found on p. A3 of Appendix):

<i>Number Missed</i>	<i>Score</i>
1	90
2	80
3	70
4	60
5	0

📖 Subtract 1 point for each misspelled answer; do not subtract more than 5 total points.

5. Turn on the video.

- 📖 Read *HCP* pp. 19–23. Do p. 22, question 4 and Identify 1–5.

Pages Taught

HCP pp. 19–23, section (sect.) 1.2 (cont.)

Teacher Instructions

1. Homework Check.
(During Homework [HW] check, students do pp. 20 and 22, Apply It.)
 2. Turn on the video.
- 📖 Read *HCP* pp. 24–28 to A nutritional balance. Do p. 27, Increase Your Awareness.

Pages Taught

HCP pp. 24–28, to A nutritional balance, section (sect.) 1.3

Materials Needed

Quiz 2 (one for each student; located in *HCP* Quizzes / Tests)
Teacher Key for Quiz 2 (from *HCP* Quiz / Test Key)

Teacher Instructions

1. Homework Check.
(During Homework [HW] check, students review pp. 9–22.)
 2. Students clear their desks and take out quiz materials (one clean sheet of paper for a cover sheet, a pen, and a pencil) before quizzes are distributed.
 3. Students will take **Quiz 2**. Refer to the Giving / Grading Quizzes and Tests section in the front of this manual for detailed instructions for giving / grading quizzes.
 - ✓ 4. Collect quizzes and record grades. (See the *HCP* Quiz / Test Key for answers and suggested point values; subtract from 100 the total number of points missed.)
📖 Subtract 1 point for each misspelled answer; do not subtract more than 5 total points.
 5. Turn on the video.
- 📖 Read *HCP* pp. 28–32. Answer p. 33, questions 1–4 and Think.

Pages Taught

HCP pp. 28–32, section (sect.) 1.3 (cont.)

Teacher Instructions

1. Homework Check.
(*During Homework [HW] check, students do p. 28, Increase Your Awareness.*)
 2. Turn on the video.
- ✔ Answer *HCP* p. 33, Define 1–15.

Pages Taught

Review of *HCP* Chapter (Ch.) 1

Teacher Instructions

1. Homework Check.
(*During Homework [HW] check, students do p. 33, Label 1–9.*)
 2. Turn on the video.
- ✔ Study *HCP* Chapter (Ch.) 1 for Test 1 in next lesson.

Materials Needed

Test 1 (one for each student; located in *HCP* Quizzes/Tests)
Teacher Key for Test 1 (from *HCP* Quiz/Test Key)

Teacher Instructions

1. There is no written homework to check.
2. There is no video today.
3. Announce the homework assignment.
4. Students clear their desks and take out test materials (one clean sheet of paper for a cover sheet and two pens) before tests are distributed.
5. Give **Test 1** over Chapter (Ch.) 1. You will be giving all tests. Refer to the Giving/Grading Quizzes and Tests section in the front of this manual for detailed instructions for giving/grading tests.
- ✔ 6. Collect and grade tests. (See the *HCP* Quiz/Test Key for answers and suggested point values; subtract from 100 the total number of points missed.)
✔ Subtract 1 point for each misspelled answer; do not subtract more than 5 total points.
7. Plan to return graded Test 1 in lesson (les. 11).

- ✔ Read *HCP* pp. 34–37. Answer p. 39, questions 1–3 and Label 1–5.

Pages Taught

HCP pp. 34–37, section (sect.) 2.1

Materials Needed

Graded Test 1 (return to students)
Teacher Quiz/Test Key

Teacher Instructions

1. Homework Check.
(*During Homework [HW] check, students do p. 39, Think 1–2.*)
 2. Hand back and go over graded Test 1. Refer to the Giving/Grading Quizzes and Tests section in the front of this manual for detailed instructions for going over graded tests. Collect tests and record grades.
 3. Turn on the video.
- ✔ Read *HCP* pp. 38–39. Answer p. 39, questions 4–5 and Identify 1–4.

Pages Taught

HCP pp. 38–39, section (sect.) 2.1 (cont.)

Materials Needed

Reading Quiz B and Answers (located in Appendix in the back of this manual)

Teacher Instructions

1. Homework Check.
(*During Homework [HW] check, students do p. 39, Apply It.*)
 2. Students clear their desks and take out quiz materials (two clean sheets of paper, a pen, and a pencil) before quiz is dictated.
 3. Students will take **Reading Quiz B**. Refer to the Giving/Grading Quizzes and Tests section in the front of this manual for detailed instructions for giving/grading quizzes.
 - ✔ 4. Collect quizzes and record grades.
✔ Subtract 1 point for each misspelled answer; do not subtract more than 5 total points.
 5. Turn on the video.
- ✔ Read *HCP* pp. 40–43 to Myology. Answer p. 46, questions 1–4.

Pages Taught

HCP pp. 40–43, to Myology, sect. 2.2

Materials Needed

Quiz 3 (one for each student; located in HCP Quizzes / Tests)
Teacher Key for Quiz 3 (from HCP Quiz / Test Key)

Teacher Instructions

1. Homework Check.
(During HW check, students review pp. 34–39.)
 2. Students clear their desks and take out quiz materials (one clean sheet of paper for a cover sheet, a pen, and a pencil) before quizzes are distributed.
 3. Students will take **Quiz 3**. Refer to the Giving / Grading Quizzes and Tests section in the front of this manual for detailed instructions for giving / grading quizzes.
 - ✓ 4. Collect quizzes and record grades. (See the HCP Quiz / Test Key for answers and suggested point values; subtract from 100 the total number of points missed.)
✎ Subtract 1 point for each misspelled answer; do not subtract more than 5 total points.
 5. Turn on the video.
- ✎ Read HCP pp. 43–46 to Exercise and Fitness. Answer p. 46, questions 5–6 and Think 1–2.

Pages Taught

HCP pp. 43–46, to Exercise and Fitness, sect. 2.2 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 46, Label 1–15.)
 2. Turn on the video.
- ✎ Read HCP pp. 46–50 to A total workout. Answer p. 55, questions 1–2 and assess your physical fitness using pp. 48–50.

Pages Taught

HCP pp. 46–50, to A total workout, sect. 2.3

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 55, Think.)
 2. Turn on the video.
- ✎ Read HCP pp. 50–54. Answer p. 55, questions 3–5.

Pages Taught

HCP pp. 50–54, sect. 2.3 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 52, Apply It.)
 2. Turn on the video.
- ✎ Read HCP pp. 55–58 to Clean, healthy nails. Answer p. 61, question 1 and Think.

Pages Taught

HCP pp. 55–58, to Clean, healthy nails, sect. 2.4

Materials Needed

Quiz 4 (one for each student; located in HCP Quizzes / Tests)
Teacher Key for Quiz 4 (from HCP Quiz / Test Key)


Teacher Instructions

1. Homework Check.
(During HW check, students review pp. 40–54.)
 2. Students clear their desks and take out quiz materials (one clean sheet of paper for a cover sheet, a pen, and a pencil) before quizzes are distributed.
 3. Students will take **Quiz 4**. Refer to the Giving / Grading Quizzes and Tests section in the front of this manual for detailed instructions for giving / grading quizzes.
 - ✓ 4. Collect quizzes and record grades. (See the HCP Quiz / Test Key for answers and suggested point values; subtract from 100 the total number of points missed.)
✎ Subtract 1 point for each misspelled answer; do not subtract more than 5 total points.
 5. Turn on the video.
- ✎ Read HCP pp. 58–59 to Additional protection. Answer p. 61, questions 2–3.

Pages Taught

HCP pp. 58–59, to Additional protection, sect. 2.4 (cont.)


Teacher Instructions

- Homework Check.
(*During HW check, students do p. 58, Personal Checkup.*)
 - Turn on the video.
-  Read *HCP* pp. 59–61. Do p. 61, questions 4–5.

Pages Taught

HCP pp. 59–61, sect. 2.4 (cont.)


Teacher Instructions

- Homework Check.
(*During HW check, students do p. 60, Apply It.*)
 - Turn on the video.
-  Do *HCP* p. 62, Think 1–2.

Pages Taught

Review of *HCP* Chapter (Ch.) 2

Teacher Instructions

- Homework Check.
(*During HW check, students do p. 61, Define 1–11.*)
 - Turn on the video.
-  Study *HCP* Chapter (Ch.) 2 for Test 2 in next lesson.



Materials Needed

Test 2 (one for each student; located in *HCP* Quizzes / Tests)
Teacher Key for Test 2 (from *HCP* Quiz / Test Key)

Teacher Instructions

- There is no written homework to check.
- There is no video today.

- Announce the homework assignment.

- Students clear their desks and take out test materials (one clean sheet of paper for a cover sheet and two pens) before tests are distributed.
 - Give **Test 2** over Chapter (Ch.) 2. Refer to the Giving / Grading Quizzes and Tests section in the front of this manual for detailed instructions for giving / grading tests. Follow this procedure for the remainder of the course.
 - Collect and grade tests. (See the *HCP* Quiz / Test Key for answers and suggested point values; subtract from 100 the total number of points missed.)
 Subtract 1 point for each misspelled answer; do not subtract more than 5 total points.
 - Plan to return graded Test 2 in lesson (les.) 22.
-  Read *HCP* pp. 63–66. Answer p. 74, questions 1–3.


Pages Taught

HCP pp. 63–66, sect. 3.1

Materials Needed

Graded Test 2 (return to students)
Teacher Quiz / Test Key

Teacher Instructions

- Homework Check.
(*During HW check, students do p. 74, Analyze 1–6.*)
 - Hand back and go over graded Test 2. Refer to the Giving / Grading Quizzes and Tests section in the front of this manual for detailed instructions for going over graded tests. Follow this procedure for the remainder of the course. Collect tests and record grades.
 - Turn on the video.
-  Read *HCP* pp. 67–70 to Sense of hearing. Answer p. 74, question 5 and Label 1–7.

Pages Taught

HCP pp. 67–70, to Sense of hearing, sect. 3.1 (cont.)

Materials Needed

Reading Quiz C and Answers (located in Appendix in the back of this manual)

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 74, Think 1–2.)
 2. Students clear their desks and take out quiz materials (two clean sheets of paper, a pen, and a pencil) before quiz is dictated.
 3. Students will take **Reading Quiz C**. Refer to the Giving / Grading Quizzes and Tests section in the front of this manual for detailed instructions for giving / grading quizzes.
 - ✓ 4. Collect quizzes and record grades.
✎ Subtract 1 point for each misspelled answer; do not subtract more than 5 total points.
 5. Turn on the video.
- ✎ Read HCP pp. 70–73. Answer p. 74, question 6 and Identify 1–4.

Lesson 24

Pages Taught

HCP pp. 70–73, sect. 3.1 (cont.)

Materials Needed

Quiz 5 (one for each student; located in HCP Quizzes / Tests)
Teacher Key for Quiz 5 (from HCP Quiz / Test Key)

Teacher Instructions

1. Homework Check.
(During HW check, students review pp. 63–70.)
 2. Students clear their desks and take out quiz materials (one clean sheet of paper for a cover sheet, a pen, and a pencil) before quizzes are distributed.
 3. Students will take **Quiz 5**. Refer to the Giving / Grading Quizzes and Tests section in the front of this manual for detailed instructions for giving / grading quizzes. Follow this procedure for the remainder of the course.
 - ✓ 4. Collect quizzes and record grades. (See the HCP Quiz / Test Key for answers and suggested point values; subtract from 100 the total number of points missed.)
✎ Subtract 1 point for each misspelled answer; do not subtract more than 5 total points.
 5. Turn on the video.
- ✎ Read HCP pp. 74–76. Answer p. 77, questions 1–3.

Lesson 25

Pages Taught

HCP pp. 74–76, sect. 3.2

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 77, Think.)
 2. Turn on the video.
- ✎ Read HCP pp. 77–79. Answer p. 80, questions 1–5.

Lesson 26

Pages Taught

HCP pp. 77–79, sect. 3.3

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 80, Think 1–2.)
 2. Turn on the video.
- ✎ Read HCP pp. 80–83. Answer p. 83, Think 1–2.

Lesson 27

Pages Taught

HCP pp. 80–83, sect. 3.4

Materials Needed

Quiz 6
Teacher Quiz / Test Key

Teacher Instructions

1. Homework Check.
(During HW check, students review pp. 70–79.)
 - ✓ 2. Give, grade, and collect **Quiz 6**.
 3. Turn on the video.
- ✎ Answer HCP p. 83, Identify 1–11.

Lesson 28

Pages Taught

Review of HCP Chapters (Ch.) 1–3

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 83, Define 1–9.)
 2. Turn on the video.
- 📖 Read HCP pp. 84–86. Answer p. 92, questions 1–3.

Lesson 29

Pages Taught

HCP pp. 84–86, sect. 4.1

Teacher Instructions

1. Homework Check.
(During HW check, students do pp. 85–86, Apply It.)
 2. Turn on the video.
- 📖 Read HCP pp. 87–89 to Poisoning. Answer p. 92, questions 4–6.

Lesson 30

Pages Taught

HCP pp. 87–89, to Poisoning, sect. 4.1 (cont.)

Materials Needed

Reading Quiz D and Answers (located in Appendix in the back of this manual)

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 88, Apply It.)
 2. Students clear their desks and take out quiz materials (two clean sheets of paper, a pen, and a pencil) before quiz is dictated.
 3. Students will take **Reading Quiz D**. Refer to the Giving / Grading Quizzes and Tests section in the front of this manual for detailed instructions for giving / grading quizzes.
 - ✓ 4. Collect quizzes and record grades.
📖 Subtract 1 point for each misspelled answer; do not subtract more than 5 total points.
 5. Turn on the video.
- 📖 Read HCP pp. 89–91. Answer p. 92, question 7 and Think 1–2.

Lesson 31

Pages Taught

HCP pp. 89–91, sect. 4.1 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 90, Personal Checkup.)
 2. Turn on the video.
- 📖 Read HCP pp. 92–94 to Ocean current survival. Answer p. 102, questions 1–2.

Lesson 32

Pages Taught

HCP pp. 92–94, to Ocean current survival, sect. 4.2

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 102, Think 1.)
 2. Turn on the video.
- 📖 Read HCP pp. 94–97 to Wilderness recreation. Answer p. 102, question 3, and p. 97, Apply It.

Lesson 33

Pages Taught

HCP pp. 94–97, to Wilderness recreation, sect. 4.2 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 95, Personal Checkup.)
 2. Turn on the video.
- 📖 Read HCP pp. 97–100 to Winter sports. Do p. 102, questions 4–5.

Lesson 34

Pages Taught

HCP pp. 97–100, to Winter sports, sect. 4.2 (cont.)

Materials Needed

Quiz 7
Teacher Quiz/Test Key

Teacher Instructions

1. Homework Check.
(During HW check, students review pp. 84–97.)
- ✓ 2. Give, grade, and collect **Quiz 7**.
3. Turn on the video.

📖 Read *HCP* pp. 100–102. Answer p. 102, Think 2–4.

Lesson 35

Pages Taught

HCP pp. 100–102, sect. 4.2 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students do pp. 101–102, Apply It.)
 2. Turn on the video.
- 📖 Read *HCP* pp. 103–105 to Motor vehicle safety. Answer p. 108, questions 1–3.

Lesson 36

Pages Taught

HCP pp. 103–105, to Motor vehicle safety, sect. 4.3

Materials Needed

Reading Quiz E and Answers (located in Appendix in the back of this manual)

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 104, Apply It.)
2. Students clear their desks and take out quiz materials (two clean sheets of paper, a pen, and a pencil) before quiz is dictated.
3. Students will take **Reading Quiz E**. Refer to the Giving/Grading Quizzes and Tests section in the front of this manual for detailed instructions for giving/grading quizzes. Follow this procedure for the remainder of the course.
- ✓ 4. Collect quizzes and record grades.
📖 Subtract 1 point for each misspelled answer; do not subtract more than 5 total points.
5. Turn on the video.

📖 Read *HCP* pp. 105–108. Answer p. 108, questions 4–6.

Lesson 37

Pages Taught

HCP pp. 105–108, sect. 4.3 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 108, Think.)
 2. Turn on the video.
- 📖 Read *HCP* pp. 109–111 to Environmental hazards. Answer p. 114, questions 1–3.

Lesson 38

Pages Taught

HCP pp. 109–111, to Environmental hazards, sect. 4.4

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 114, Think 1.)
 2. Turn on the video.
- 📖 Read *HCP* pp. 111–115. Answer p. 114, Think 2.

Lesson 39

Pages Taught

HCP pp. 111–115, sect. 4.4 (cont.)

Materials Needed

Quiz 8
Teacher Quiz/Test Key

Teacher Instructions

1. Homework Check.
(During HW check, students review pp. 97–111.)
 - ✓ 2. Give, grade, and collect **Quiz 8**.
 3. Turn on the video.
- 📖 Do *HCP* p. 115, Explain 1–5. Study section reviews in Chapters (Ch.) 3–4, for Test 3 (Quarter/Nine-Weeks Exam) in lesson (les.) 41 over Chapters (Ch.) 1–4.

Pages Taught

Review of *HCP* Chapters (Ch.) 1–4

Teacher Instructions

1. Homework Check.
(During *HW* check, students do p. 115, Define 1–8.)
 2. Turn on the video.
- 📖 Study *HCP* Ch. 1–4 for Test 3 (Quarter / Nine-Weeks Exam) in next lesson.

Materials Needed

Test 3 (Quarter / Nine-Weeks Exam)
Teacher Quiz/Test Key

Teacher Instructions

1. There is no written homework to check.
 2. There is no video today.
 3. Announce the homework assignment.
 4. Students clear their desks and take out test materials (one clean sheet of paper for a cover sheet and two pens) before tests are distributed.
 - ✓ 5. Give **Test 3** (Quarter / Nine-Weeks Exam) over Ch. 1–4. Collect and grade tests.
 6. Plan to return graded Test 3 in lesson (les.) 42.
- 📖 Read *HCP* pp. 116–118. Answer p. 126, Analyze.

Pages Taught

HCP pp. 116–118, sect. 5.1

Materials Needed

Graded Test 3 (return to students)
Teacher Quiz/Test Key

Teacher Instructions

1. Homework Check.
(During *HW* check, students reread pp. 116–118.)
 2. Hand back and go over graded Test 3. Collect tests and record grades.
 3. Turn on the video.
- 📖 Read *HCP* pp. 119–121 to Drowning. Answer p. 126, question 1.

Pages Taught

HCP pp. 119–121, to Drowning, sect. 5.1 (cont.)

Teacher Instructions

1. Homework Check.
(During *HW* check, students do p. 120, Apply It.)
 2. Turn on the video.
- 📖 Read *HCP* pp. 121–123. Write out the steps of administering CPR.

Pages Taught

HCP pp. 121–123, sect. 5.1 (cont.)

Materials Needed

Quiz 9
Teacher Quiz/Test Key

Teacher Instructions

1. Homework Check.
(During *HW* check, students review pp. 116–121.)
 - ✓ 2. Give, grade, and collect **Quiz 9**.
 3. Turn on the video.
- 📖 Read *HCP* pp. 124–125. Answer p. 126, questions 2–3 and Think.

Pages Taught

HCP pp. 124–125, sect. 5.1 (cont.)

Materials Needed

Reading Quiz F and Answers

Teacher Instructions

1. Homework Check.
(During *HW* check, students do p. 125, Apply It.)
 - ✓ 2. Give, grade, and collect **Reading Quiz F**.
 3. Turn on the video.
- 📖 Read *HCP* pp. 126–129 to Fainting. Answer p. 141, Section Review 5.2 Think.

Lesson **46**

Pages Taught

HCP pp. 126–129, to Fainting, sect. 5.2

Teacher Instructions

1. Homework Check.
(During HW check, students reread pp. 126–129, to Fainting.)
 2. Turn on the video.
- 📖 Read HCP pp. 129–131 to Frostbite. Answer p. 141, Section Review 5.2 Explain 1.

Lesson **47**

Pages Taught

HCP pp. 129–131, to Frostbite, sect. 5.2 (cont.)

Materials Needed

Quiz 10
Teacher Quiz/Test Key

Teacher Instructions

1. Homework Check.
(During HW check, students review pp. 121–129.)
 - ✓ 2. Give, grade, and collect **Quiz 10**.
 3. Turn on the video.
- 📖 Read HCP pp. 131–134. Answer p. 132, Apply It.

Lesson **48**

Pages Taught

HCP pp. 131–134, sect. 5.2 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 141, Define 1–2.)
 2. Turn on the video.
- 📖 Read HCP pp. 135–138 to Strains and sprains. Answer p. 141, questions 1–2.

Lesson **49**

Pages Taught

HCP pp. 135–138, to Strains and sprains, sect. 5.2 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 137, Apply It.)
 2. Turn on the video.
- 📖 Read HCP pp. 138–140. Answer p. 141, Section Review 5.2 Identify 1–7 and Explain 2.

Lesson **50**

Pages Taught

HCP pp. 138–140, sect. 5.2 (cont.)

Materials Needed

Reading Quiz G and Answers

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 139, Apply It.)
 - ✓ 2. Give, grade, and collect **Reading Quiz G**.
 3. Turn on the video.
- 📖 Answer HCP p. 141, Think 1–2. Study for Test 4 in lesson (les.) 52 over Ch. 5.

Lesson **51**

Pages Taught

Review of HCP Ch. 5

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 141, Chapter 5 Review Identify 1–9.)
 2. Turn on the video.
- 📖 Study HCP Ch. 5 for Test 4 in next lesson.

Lesson **52**

Materials Needed

Test 4
Teacher Quiz/Test Key

Teacher Instructions

1. There is no written homework to check.
2. There is no video today.
3. Announce the homework assignment.

4. Students clear their desks and take out test materials (one clean sheet of paper for a cover sheet and two pens) before tests are distributed.
 - ✓ 5. Give **Test 4** over Ch. 5. Collect and grade tests.
 6. Plan to return graded Test 4 in lesson (les.) 53.
- ☞ Read *HCP* pp. 142–145 to Other lymph organs. Answer p. 147, questions 1–2.

Lesson 53

Pages Taught

HCP pp. 142–145, to Other lymph organs, sect. 6.1

Materials Needed

Graded Test 4 (return to students)
Teacher Quiz/Test Key

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 144, Apply It.)
 2. Hand back and go over graded Test 4. Collect tests and record grades.
 3. Turn on the video.
- ☞ Read *HCP* pp. 145–147. Do p. 147, questions 3–5 and Think.

Lesson 54

Pages Taught

HCP pp. 145–147, sect. 6.1 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 147, Label 1–7.)
 2. Turn on the video.
- ☞ Read *HCP* pp. 148–150. Answer p. 153, questions 1–2 and Identify 1–3.

Lesson 55

Pages Taught

HCP pp. 148–150, sect. 6.2

Materials Needed

Quiz 11
Teacher Quiz/Test Key

Teacher Instructions

1. Homework Check.
(During HW check, students review pp. 142–147.)
 - ✓ 2. Give, grade, and collect **Quiz 11**.
 3. Turn on the video.
- ☞ Read *HCP* pp. 151–152. Answer p. 153, questions 3–4 and Analyze 1–6.

Lesson 56

Pages Taught

HCP pp. 151–152, sect. 6.2 (cont.)

Materials Needed

Reading Quiz H and Answers

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 153, Think.)
 - ✓ 2. Give, grade, and collect **Reading Quiz H**.
 3. Turn on the video.
- ☞ Read *HCP* pp. 153–155. Answer p. 154, Apply It.

Lesson 57

Pages Taught

HCP pp. 153–155, sect. 6.3

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 189, Define 1–10.)
 2. Turn on the video.
- ☞ Read *HCP* pp. 156–157. Answer p. 165, question 1.

Lesson 58

Pages Taught

HCP pp. 156–157, sect. 6.3 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students write out the Steps to Biblical Discernment.)
 2. Turn on the video.
- ☞ Read *HCP* pp. 158–159. Answer p. 165, Analyze 1–8.

Pages Taught

HCP pp. 158–159, sect. 6.3 (cont.)

Materials Needed

Quiz 12
Teacher Quiz/Test Key

Teacher Instructions

1. Homework Check.
(During HW check, students review pp. 148–157.)
 - ✓ 2. Give, grade, and collect **Quiz 12**.
 3. Turn on the video.
- 📖 Read HCP pp. 160–162 to Disabilities. Answer p. 165, questions 2–4.

Pages Taught

HCP pp. 160–162, to Disabilities, sect. 6.3 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students list the warning signs of cancer from p. 160.)
 2. Turn on the video.
- 📖 Read HCP pp. 162–164. Answer pp. 163–164, Apply It.

Pages Taught

HCP pp. 162–164, sect. 6.3 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 165, Think.)
 2. Turn on the video.
- 📖 Read HCP pp. 165–168 to Stroke. Answer p. 185, questions 1–2.

Pages Taught

HCP pp. 165–168, to Stroke, sect. 6.4

Materials Needed

Reading Quiz I and Answers

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 167, Apply It.)
 - ✓ 2. Give, grade, and collect **Reading Quiz I**.
 3. Turn on the video.
- 📖 Read HCP pp. 168–171 to Endocrinopathy. Answer p. 185, questions 3–6.

Pages Taught

HCP pp. 168–171, to Endocrinopathy, sect. 6.4 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students do pp. 169–170, Apply It.)
 2. Turn on the video.
- 📖 Read HCP pp. 171–174 to Food-borne illnesses. Answer p. 185, Think 1, and pp. 171 and 174, Apply It.

Pages Taught

HCP pp. 171–174, to Food-borne illnesses, sect. 6.4 (cont.)

Materials Needed

Quiz 13
Teacher Quiz/Test Key

Teacher Instructions

1. Homework Check.
(During HW check, students review pp. 158–171.)
 - ✓ 2. Give, grade, and collect **Quiz 13**.
 3. Turn on the video.
- 📖 Read HCP pp. 174–176 to Hemopathy. Answer p. 185, question 8.

Lesson **65**

Pages Taught

HCP pp. 174–176, to Hemopathy, sect. 6.4 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students list Medical Specialists from pp. 142–176.)
 2. Turn on the video.
- ☞ Read HCP pp. 176–179. Answer p. 189, Define 11–18.

Lesson **66**

Pages Taught

HCP pp. 176–179, sect. 6.4 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 189, Identify 1–3.)
 2. Turn on the video.
- ☞ Read HCP pp. 180–182 to Pneumopathy. Answer p. 185, question 7 and Think 2.

Lesson **67**

Pages Taught

HCP pp. 180–182, to Pneumopathy, sect. 6.4 (cont.)

Materials Needed

Quiz 14
Teacher Quiz/Test Key

Teacher Instructions

1. Homework Check.
(During HW check, students review pp. 171–179.)
 - ✓ 2. Give, grade, and collect **Quiz 14**.
 3. Turn on the video.
- ☞ Read HCP pp. 182–184. Answer p. 189, Chapter 6 Review, Think 1–3.

Lesson **68**

Pages Taught

HCP pp. 182–184, sect. 6.4 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 189, Classify 1–6.)
 2. Turn on the video.
- ☞ Read HCP pp. 185–188. Answer p. 189, questions 1–3.

Lesson **69**

Pages Taught

HCP pp. 185–188, sect. 6.5

Materials Needed

Reading Quiz J and Answers

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 189, Section Review 6.5, Think 1–2.)
 - ✓ 2. Give, grade, and collect **Reading Quiz J**.
 3. Turn on the video.
- ☞ Answer HCP p. 189, Explain 1–3.

Lesson **70**

Pages Taught

Review of HCP Ch. 6

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 189, Analyze 1–11.)
 2. Turn on the video.
- ☞ Study HCP Ch. 6 for Test 5 in next lesson.

Materials Needed

Test 5
Teacher Quiz/Test Key

Teacher Instructions

1. There is no written homework to check.
 2. There is no video today.
 3. Announce the homework assignment.
 4. Students clear their desks and take out test materials (one clean sheet of paper for a cover sheet and two pens) before tests are distributed.
 - ✓ 5. Give **Test 5** over Ch. 6. Collect and grade tests.
 6. Plan to return graded Test 5 in lesson (les.) 72.
- ☞ Read *HCP* pp. 190–193 to Using medicines responsibly. Answer p. 194, questions 1–2 and Think.

Pages Taught

HCP pp. 190–193, to Using medicines responsibly, sect. 7.1

Materials Needed

Graded Test 5
Teacher Quiz/Test Key

Teacher Instructions

1. Homework Check.
(During *HW check*, students do p. 192, *Apply It.*)
 2. Hand back and go over graded Test 5. Collect tests and record grades.
 3. Turn on the video.
- ☞ Read *HCP* pp. 193–196 to Narcotics. Answer p. 203, question 1, and pp. 194–195, *Apply It.*

Pages Taught

HCP pp. 193–196, to Narcotics, sect. 7.1 (cont.)–7.2

Teacher Instructions

1. Homework Check.
(During *HW check*, students do p. 203, *Think 1–2.*)
 2. Turn on the video.
- ☞ Read *HCP* pp. 196–198 to Stimulants. Answer p. 212, Define 1–11.

Pages Taught

HCP pp. 196–198, to Stimulants, sect. 7.2 (cont.)

Materials Needed

Quiz 15
Teacher Quiz/Test Key

Teacher Instructions

1. Homework Check.
(During *HW check*, students review pp. 190–196.)
 - ✓ 2. Give, grade, and collect **Quiz 15**.
 3. Turn on the video.
- ☞ Read *HCP* pp. 198–200 to Marijuana and related drugs. Answer p. 212, Explain 1–2.

Pages Taught

HCP pp. 198–200, to Marijuana and related drugs, sect. 7.2 (cont.)

Teacher Instructions

1. Homework Check.
(During *HW check*, students do p. 199, *Apply It.*)
 2. Turn on the video.
- ☞ Read *HCP* pp. 200–202. Answer p. 203, question 2 and Analyze 1–5.

Pages Taught

HCP pp. 200–202, sect. 7.2 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 202, Apply It.)
 2. Turn on the video.
- ☞ Read *HCP* pp. 203–206 to Alcohol and society. Answer p. 209, questions 1–6.

Lesson 77

Pages Taught

HCP pp. 203–206, to Alcohol and society, sect. 7.3

Materials Needed

Reading Quiz K and Answers

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 205, Apply It.)
 - ✓ 2. Give, grade, and collect **Reading Quiz K**.
 3. Turn on the video.
- ☞ Read *HCP* pp. 206–208. Answer p. 209, Think 1–3.

Lesson 78

Pages Taught

HCP pp. 206–208, sect. 7.3 (cont.)

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 208, Apply It.)
 2. Turn on the video.
- ☞ Read *HCP* pp. 209–211. Answer p. 211, questions 1–4 and Think.

Lesson 79

Pages Taught

HCP pp. 209–211, sect. 7.4

Materials Needed

Quiz 16
Teacher Quiz/Test Key

Teacher Instructions

1. Homework Check.
(During HW check, students review pp. 196–208.)
 - ✓ 2. Give, grade, and collect **Quiz 16**.
 3. Turn on the video.
- ☞ Read *HCP* p. 212. Answer p. 212, Think 1–2.

Lesson 80

Pages Taught

Review of *HCP* Ch. 7

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 212, Define 12–14 and Identify 1–5.)
 2. Turn on the video.
☞ Students will take Test 6 (Final Exam) in lesson (les.) 85. Plan to allow 20–30 minutes extra for this exam. Students should not have more than two major exams in one day.
- ☞ Read *HCP* pp. 213–217 to Thinking of Others. Answer p. 216, Think 1–2.

Lesson 81

Pages Taught

HCP pp. 213–217, sect. 8.1

Teacher Instructions

1. Homework Check.
(During HW check, students do pp. 214 and 216, Apply It and Personal Checkup.)
 2. Turn on the video.
- ☞ Read *HCP* pp. 217–221. Answer p. 222, Section Review 8.2 Think 1–2.

Pages Taught

HCP pp. 217–221, sect. 8.2

Materials Needed

Reading Quiz L and Answers

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 222, Identify 1–2 and Explain 1–3.)
 - ✓ 2. Give, grade, and collect **Reading Quiz L**.
 3. Turn on the video.
- 📖 Study *HCP* Ch. 1–4 for Test 6 (Final Exam) in lesson (les.) 85. Do p. 33, Identify 1–4, and p. 61, List 1–4.

Pages Taught

Review of *HCP* Ch. 1–4

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 83, Label 1–6.)
 2. Turn on the video.
- 📖 Study *HCP* Ch. 5–8 for Test 6 (Final Exam) in les. 85. Do p. 115, Identify 1–7, and p. 141, Analyze 1–8.

Pages Taught

Review of *HCP* Ch. 5–8

Teacher Instructions

1. Homework Check.
(During HW check, students do p. 189, Identify 4–7.)
 2. Turn on the video.
- 📖 Study *HCP* Ch. 1–8 for Test 6 (Final Exam) in next lesson.

Materials Needed

Test 6 (Final Exam)
Teacher Quiz/Test Key

Teacher Instructions

1. There is no written homework to check.
2. There is no video today.
3. Students clear desks and take out test materials (one clean sheet of paper for a cover sheet and two pens) before tests are distributed.
- ✓ 4. Give **Test 6** (Final Exam) over Ch. 1–8. Collect and grade tests.
📖 Students will take the Final Exam. Plan to allow 20–30 minutes extra for this exam. Students should not have more than two major exams in one day.



Health **Appendix**

... Reading Quizzes ...

Appendix

Quizzes

Suggested Grading Scale (for all Reading Quizzes)

Number Missed	Score
1	90
2	80
3	70
4	60
5	0

Reading Quiz A

Health in Christian Perspective

Lesson 5

pp. 17–19

QUESTIONS

1. Name one of the vitamins that functions as an antioxidant.
2. List the water-soluble vitamins.
3. List two of the four fat-soluble vitamins.
4. What type of disease is caused by a lack of some nutrient in the diet?
5. True/False: Consuming too many vitamin supplements could result in hypervitaminosis.

ANSWERS

1. *vitamin C, vitamin E*
2. *vitamin C, B complex vitamins*
3. *vitamins A, D, E, K*
4. *deficiency disease*
5. *true*

Reading Quiz B

Health in Christian Perspective

Lesson 12

pp. 38–39

QUESTIONS

1. True/False: The term *pneumo-* refers to the heart.
2. The term *pharynx* is the anatomical name for the _____.
3. The term *trachea* refers to what body part?
4. The term *thoracic* refers to what body part?
5. The thick sheet of muscle separating the thoracic cavity from the abdominal cavity is the _____.

ANSWERS

1. *false (lungs)*
2. *throat*
3. *windpipe*
4. *chest*
5. *diaphragm*

Reading Quiz C

Health in Christian Perspective

Lesson 23

pp. 67–70

QUESTIONS

1. The initials PNS refer to the _____.
2. The nerves that branch directly from the brain are known as _____ nerves.
3. True/False: Sensory receptors that are responsible for sensations of smell and taste are called thermoreceptors.
4. True/False: The white of the eye is called the retina.
5. Nerve impulses from the eyes to the brain are carried by the _____ nerve.

ANSWERS

1. *peripheral nervous system*
2. *cranial*
3. *false*
4. *false*
5. *optic*

Reading Quiz D

Health in Christian Perspective

Lesson 30

pp. 87–89

QUESTIONS

1. On what two kinds of fire should you never use water?
2. List two ways to smother a grease fire on top of a stove.
3. True / False: In the event of a fire, you should touch the doorknob to test the door's temperature.
4. Once you are outside a burning building you should never _____.
5. What immediate action should you take if your clothing catches on fire?

ANSWERS

1. *flammable liquids (grease), electrical*
2. *Use a kitchen (type B) fire extinguisher; cover the pan with a lid; smother the fire with salt; smother the fire with baking soda*
3. *false*
4. *go back inside*
5. *stop, drop, and roll*

Reading Quiz E

Health in Christian Perspective

Lesson 36

pp. 103–105

QUESTIONS

1. True / False: Most collisions between bicycles and motor vehicles are caused by motor vehicle drivers who disregard traffic laws.
2. Most fatal bicycle accidents involve _____ injuries.
3. Name the most important protective gear that you can wear while riding a bicycle, motorcycle, ATV, or snowmobile.
4. A rider who reduces the risk of accidents by recognizing a potential accident and avoiding it is said to use _____.
5. The most important skill that a biker can develop is _____.

ANSWERS

1. *false*
2. *head*
3. *helmet*
4. *good judgment*
5. *defensive riding*

Reading Quiz F

Health in Christian Perspective

Lesson 45

pp. 124–125

QUESTIONS

1. What is another term for severe bleeding?
2. In most injuries, bleeding can be controlled by _____.
3. True / False: If bleeding cannot be controlled, you should take off the bandage to apply a new one.
4. What condition is caused if a person's blood pressure drops to a critical low?
5. True / False: If you must leave an unconscious victim, you should place his body in a face-up position.

ANSWERS

1. *hemorrhage*
2. *direct pressure*
3. *false*
4. *shock*
5. *false*

Reading Quiz G

Health in Christian Perspective

Lesson 50

pp. 138–140

QUESTIONS

1. What type of injury results when a ligament is stretched or torn?
2. True/False: As long as an injury is still swelling, you should periodically apply heat.
3. True/False: Any injury to the skin or the fat and muscle beneath the skin is called a wound.
4. Which of the following types of injury is caused by damage to tissues under the skin's surface?
(a) abrasion (c) puncture
(b) contusion (d) strain
5. What is the medical term for a jagged-edged cut?

ANSWERS

1. *sprain*
2. *false* (cold compresses)
3. *true*
4. *(b) contusion*
5. *laceration*

Reading Quiz H

Health in Christian Perspective

Lesson 56

pp. 151–152

QUESTIONS

1. A condition of resistance to a particular disease or pathogen is called a(n) _____.
2. Immunity that results from circulating antibodies or memory cells in the bloodstream is called _____.
3. The type of immunity that helps protect newborns and infants from infections is called _____ immunity.
4. True/False: A substance that stimulates the immune system to develop an acquired immunity is called a vaccine.
5. True/False: Antibodies are substances produced by bacteria, mold, and other organisms that stop the growth of bacteria.

ANSWERS

1. *immunity*
2. *acquired*
3. *inborn*
4. *true*
5. *false* (antibiotics)

Reading Quiz I

Health in Christian Perspective

Lesson 62

pp. 165–168

QUESTIONS

1. What is the leading cause of death in the United States?
2. What is the medical term for high blood pressure?
3. A gradual degeneration of the artery walls that causes them to become stiff and hard is known as _____.
4. The common name for myocardial infarction is _____.
5. True/False: Any condition in which the normal rhythm of the heart is impaired is referred to as cardiac arrest.

ANSWERS

1. *cardiovascular diseases*
2. *hypertension*
3. *arteriosclerosis, atherosclerosis, or "hardening of the arteries"*
4. *heart attack*
5. *false* (arrhythmia)

Reading Quiz J

Health in Christian Perspective

Lesson 69

pp. 185–188

QUESTIONS

1. What medical specialist provides primary care to people of all ages?
2. True / False: The best way to fight diseases is to prevent them.
3. What is one of the simplest and most effective ways to stop the spread of diseases?
4. True / False: Scripture emphasizes that attitude is an important factor in good health.
5. The Bible teaches that the body of a Christian is the _____.

ANSWERS

1. *family practitioner*
2. *true*
3. *frequent hand washing (washing hands)*
4. *true*
5. *temple of the Holy Spirit*

Reading Quiz K

Health in Christian Perspective

Lesson 77

pp. 203–206

QUESTIONS

1. True / False: The drug that is possibly the most widely abused in the world today is alcohol.
2. Alcohol acts as a _____ of the CNS.
3. The only organ able to break down alcohol in the body is the _____.
4. Alcohol addicts are called _____.
5. The syndrome of withdrawal symptoms that occurs when a heavy alcohol user abstains from alcohol is called _____.

ANSWERS

1. *true*
2. *depressant*
3. *liver*
4. *alcoholics*
5. *delirium tremens (DTs)*

Reading Quiz L

Health in Christian Perspective

Lesson 82

pp. 217–221

QUESTIONS

1. Nonverbal communication (gestures, posture, or facial expressions) that conveys a positive or a negative message to others is known as _____.
2. Positive family relationships do not just happen; they are developed through _____.
3. How should you react to your parents' authority?
4. List 2 of the 5 qualities that according to the text should make up every close friendship.
5. One of the strongest potentially negative influences on a teenager's attitudes and actions during adolescence is known as _____.

ANSWERS

1. *body language*
2. *work (labor/effect)*
3. *Answers may vary: with love, respect, obedience, and/or honor; with a good attitude; by maintaining healthy communications with them*
4. *trust, reliability, loyalty, honesty, empathy*
5. *peer pressure*