

Odysseyware®

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SUPPLY LIST

HEALTH EDUCATION



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UNIT 1: BODY ESSENTIALS

Assignment	Summary	Video Demo	Supplies
Experiment: Your Adaptive Hear	In this activity, you will record and chart your heart rate during a variety of activities.	No	<ul style="list-style-type: none"> a stopwatch or a clock with a second hand a place to lie down a chair
Project: Fetal Development	In this activity, you will draw the stages of fetal development to scale ("to scale" means to its exact size)	No	<ul style="list-style-type: none"> a few sheets of white paper colored pencils a ruler tape

UNIT 2: PHYSICAL HEALTH

Assignment	Summary	Video Demo	Supplies
Project: Monitoring Weight and Food Consumption in Your Family	For this project, we're going to look at weight and BMI in your family to determine if obesity is a factor in your family. The you will write a paper of at least 250 words that summarizes your findings as your recommendations.	No	<ul style="list-style-type: none"> BMI for each member of your family Track your families eating habits for a week Online BMI calculator FDA's nutrition guidelines Spreadsheet such as Excel®
Project: How Fit Are You?	<p>In this activity, you will measure three areas of physical fitness-- cardiorespiratory endurance, muscular strength and endurance, and flexibility.</p> <p>WARNING: Do not take this fitness test if you have a heart condition or have had a serious illness in the last 6 months. Consult with a doctor or fitness professional if you are in doubt.</p>	No	<ul style="list-style-type: none"> a safe place to run a mile the aid of a parent or teacher a stopwatch

UNIT 3: SOCIAL AND MENTAL HEALTH

Assignment	Summary	Video Demo	Supplies
Project: Physical Activity and Emotional Health	In the essay section of this assignment make a list of 5 of your favorite physical activities. Try to do each one at least one time this week for a duration of at least 30 minutes. Observe and document how you feel.	No	<ul style="list-style-type: none"> 5 physical activities to participate in
Project: Family of Healthy Living	Healthy living requires a combination of many things: Good nutrition, exercise, good mental and emotional health and healthy relationships with friends and family. For this project, you will need to think about how all these aspects can work together, and how you can make sure you are in balance in every area. Write a 250-word paragraph, answering each question as completely as you can.	No	N/A

UNIT 4: PREVENTIVE HEALTH CARE AND FIRST AID

Assignment	Summary	Video Demo	Supplies
Project: Home Safety	In this activity, you will check your house for safety hazards and take the appropriate actions to correct them.	No	<ul style="list-style-type: none"> Your house
Project: First Aid Kit	In this activity, you will assemble a first aid kit that will supply you with items that will help you deal with most emergency situations discussed in this section.	No	<ul style="list-style-type: none"> a sturdy container (mark "First Aid Kit" on it) Gauze bandages (sterile) Aspirin or aspirin substitute Foil blanket Triangular bandage Scissors Tweezers Calamine lotion Roll of cotton gauze (sterile) Assorted adhesive bandages Adhesive tape Disposable rubber gloves Antiseptic hand wipes Safety pins Antiseptic ointment Flashlight

- Rubbing alcohol in a plastic container

UNIT 5: RESPONSIBLE LIVING

Assignment	Summary	Video Demo	Supplies
Project: Preventive Health	<p>Part 1: Compare the health services you can access to the care available in other parts of the world. Research medical care in a third-world country.</p> <p>Part 2: In a minimum of 250 words, describe the different situations requiring professional health services for people of all ages such as primary, preventive, and emergency care.</p>	No	<ul style="list-style-type: none"> Research resources
Project: Health Issues	<p>Part 1: In this portion of this project you will explore methods of addressing critical-health issues, such as substance abuse, eating disorders, cancer, or other critical-health issues.</p> <p>Part 2: Choose a personal health concern that someone may have, such as acne, an eating disorder, a critical disease, like diabetes, an immune disorder, or a substance abuse problem. Research information about the concern, using at least three to five sources. Evaluate the validity of the sources and their information, then write a 250- to 300-word essay stating the health concern, the information you discovered, and how you evaluated its accuracy and the integrity of the sources.</p>	No	<ul style="list-style-type: none"> Research resources
Project: Risky Behaviors	In this activity, you will need to analyze the reasons that people give for smoking and the reasons they give for drinking alcohol. You will also need to analyze the negative effects of alcohol and of smoking.	No	<ul style="list-style-type: none"> Research resources
Project: Air Pollution	In this project, you will design an educational flyer on air pollution in order to present to your peers.	No	<ul style="list-style-type: none"> Software to create a flyer
Project: Long-term Personal Health Plan	For this project, you will formulate an effective long-term personal health plan.	No	<ul style="list-style-type: none"> Research resources