Overview

Good mental and physical health positively affects every aspect of your life. Whether you are an athlete or executive, homemaker or student, good health enhances your performance. The goal of this series is to provide the information you need to make informed choices about your personal health and well-being. “Health I: A Guide to Wellness” provides basic information on mental and physical health. “Health II: A Guide to Wellness” applies that knowledge to various aspects of health promotion.

This course provides the information you need to (re)integrate good health habits into your daily life. The information needed to achieve this goal is presented in the textbook entitled, *Glencoe Health: A Guide to Wellness* (fifth edition) and this Assignment Manual. The textbook, written by Mary Bronson Merki, Ph.D., and Don Merki, Ph.D., was published by Glencoe in 1996. It presents the information needed to achieve and maintain optimum mental and physical health. The Assignment Manual, written by staff at The Hadley School for the Blind, includes selected chapter review questions designed to measure your understanding of the material.

This course covers the first seven units in the textbook. “Health II” covers the last five. Each of the seven units is divided into chapters. Each chapter is divided into lessons. The first unit, You and Your Health, explains why your health is your responsibility. It examines the impact of self-esteem and decision making on your health. Unit 2, Mental Health, defines mental health, describes mental
disorders, and examines the impact of stress on your mental health and well-being. Unit 3, Family and Social Health, examines family dynamics, relationships with others, marriage, and parenthood. Unit 4, The Life Cycle, describes human growth and development from conception to death. Unit 5, Body Systems, describes the organs and their functions within the body’s eleven major systems. Unit 6, Personal Health and Physical Fitness, explains why integrating fitness into your lifestyle optimizes good mental and physical health. Unit 7, Nutrition, suggests ways to make responsible food choices and to avoid problems with foods.

No prerequisite courses are needed before starting this course. However, this course is a prerequisite to “Health II.” To complete either course, you will need the materials that The Hadley School for the Blind has provided as well as writing materials in the medium of your choice. If you are taking the audiocassette version of this course, you will also need your own tape recorder. For your convenience, each chapter in the textbook is double toned, each lesson is single toned, and each page is announced. However, each chapter in the Assignment Manual is only single toned.

As you peruse the textbook, you will notice that each chapter includes sections entitled, “Lesson Review,” “Self-Inventory,” “Building Decision-Making Skills,” and “Chapter Review.” These sections are for your personal development only, so do not mail them to your Hadley instructor.

You are required to submit seven assignments, however. These assignments, which are found in this
Assignment Manual, include review questions from each chapter in the textbook. Complete these assignments in the medium of your choice.

As you complete each assignment, mail it to your instructor at The Hadley School for the Blind, 700 Elm Street, Winnetka, IL 60093. If you are blind or visually impaired, assignments in braille or large print, on audio-cassette or computer disk can be mailed as Free Matter for the Blind. If you prefer to fax your assignment, use the cover page included with the cover letter. If you would rather send your assignment electronically, contact your instructor for an e-mail address.
Assignment 4

The Life Cycle

Assignment 4 is based on the Chapter Review questions from Chapters 8, 9, and 10 of Glencoe Health: A Guide to Wellness.

Complete the following assignment on a separate sheet of paper, cassette, or computer disk. Begin by stating your full name, student ID, address, and phone number. Also mention the name of this course, Assignment 4, your instructor’s name, and the date you plan to mail this assignment to the Hadley School.

You may submit your answers in large print or braille, on audiocassette or computer disk. Directions for sending your assignments are included in the Overview to this Assignment Manual.

Chapter 8

Using Health Terms

Write the term that best matches each definition. Each question is worth 1 point.

Chapter 8, Lesson 1

1. Thin membrane that forms around an embryo that insulates the embryo from temperature changes.
2. Doctor who specializes in the care of a female and her developing baby.
3. The process that occurs when an ovum and a sperm cell unite.
Chapter 8, Lesson 2

4. The passing on of characteristics from parents to offspring.
5. Tiny protein molecules that control the passing on of characteristics from parents to offspring.
6. Two infants that develop at the same time in the same female from two different fertilized ova.

Chapter 8, Lesson 3

7. The confidence that one can control one’s self and environment.
8. The ability to start something on one’s own.

Recalling the Facts

Briefly answer the following questions. Each question is worth 2 points.

Chapter 8, Lesson 1

9. What do the three layers of tissue that form in an embryo develop into?
10. What does each cell in the human body, except those that make up the nervous system, have the ability to do?
11. What is the function of the placenta?
12. How do a female’s health choices affect the health of her developing baby?
13. Describe the three stages of birth.
14. What are some problems an infant suffering from fetal alcohol syndrome might experience?

Chapter 8, Lesson 2

15. How does the male determine the sex of the baby?
16. What is the relationship between dominant and recessive genes?
17. List seven genetic disorders.

Chapter 8, Lesson 3

18. What causes an infant to learn mistrust?

Thinking Critically

Answer the following questions. Each question is worth 3 points.

Chapter 8, Lesson 1

19. What advice might you give a pregnant female who says that smoking calms her worries over giving birth?
Applying Health Knowledge

Answer the following questions. Each question is worth 3 points.

Chapter 8, Lesson 1

20. Immediately after a baby is born, he or she is given an Apgar score. What might you say about a baby with a score of 8?

Chapter 8, Lesson 2

21. Sometimes DNA testing is done to identify persons accused of crimes. What is it about DNA that would make this possible?

Chapter 9

Using Health Terms

Write the term that best matches each definition. Each question is worth 1 point.

Chapter 9, Lesson 1

22. The period of time between childhood and adulthood.
23. Traits such as body hair, breasts in a female, and muscles in a male.
24. Chemical substances in the body that stimulate growth, such as testosterone, estrogen, and progesterone.
Recalling the Facts

Briefly answer the following questions. Each question is worth 2 points.

Chapter 9, Lesson 1
25. Why do some teens feel awkward and clumsy during the early stages of puberty?
26. What two questions can you ask yourself in order to learn from your mistakes?

Chapter 9, Lesson 2
27. How can having goals help you in life?
28. List three factors that may contribute to suicide among young people.

Thinking Critically

Answer the following question worth 3 points.

Chapter 9, Lesson 1
29. Here are several physical changes that occur during puberty. Select two and analyze the impact on one’s self-esteem.
   a. acne
   b. growth spurt
   c. appearance of facial hair
   d. development of breasts
   e. increase in perspiration
   f. widening of the hips
g. narrowing of the waistline
h. broadening of the shoulders

Chapter 10

Using Health Terms

Write the term that best matches each definition. Each question is worth 1 point.

Chapter 10, Lesson 1
30. Preparation for a career.
31. Realization that one has developed in all ways to one’s fullest.
32. Need to be accomplished in order for one to become a healthy, mature adult.

Chapter 10, Lesson 2
33. The stages that may begin as early as age 17.
34. A stage experienced by adults about 40 to 50 years old.
35. A change caused by children leaving home and entering adulthood.

Chapter 10, Lesson 3
36. People who study aging.
37. The number of years one has lived.
Chapter 10, Lesson 4
38. Type of death that occurs when one’s heart stops beating.

Recalling the Facts
Briefly answer the following questions. Each question is worth 2 points.

Chapter 10, Lesson 1
39. Before a young person leaves home, on what is his or her identity usually based?

Chapter 10, Lesson 2
40. What stage of development did Erikson identify as occurring in young adulthood?
41. What are two changes that may occur in middle adulthood? Describe this stage.
42. Name at least two circumstances that might cause a person in middle adulthood to begin to feel that life is coming to an end.

Chapter 10, Lesson 3
43. What type of aging is determined by the functioning of body parts?
44. List at least three factors that affect a person’s ability to adjust to aging.
45. What is social age?
46. How might one’s biological aging process be slowed down?

Chapter 10, Lesson 4

47. List in order and explain the five stages of dying as identified by Elisabeth Kübler-Ross.

48. How do the stages of dying differ for the person dying and his or her loved ones?

49. What is needed for survivors to be able to work through their grief and mourning?

Thinking Critically

Answer the following questions. Each question is worth 3 points.

Chapter 10, Lesson 1

50. Self-esteem increases as one experiences success. What are some successes you have had in your life?

Chapter 10, Lesson 2

51. Compare concerns one might have in young adulthood to concerns in middle adulthood.

52. What advice would you give to someone who is suffering from the empty-nest syndrome? What advice would you give someone experiencing the cluttered-nest syndrome?
Chapter 10, Lesson 3

53. What needs do all age groups share?

Chapter 10, Lesson 4

54. Think about how you and your family deal with the issue of dying. What factors affect the way you view death in your family?

Applying Health Knowledge

Answer the following question, which is worth 3 points.

Chapter 10, Lesson 1

55. Being unable to successfully complete developmental tasks can lead to difficulty in later stages in life. Discuss what might get in the way of an adolescent being able to complete developmental tasks.