

## HEALTH II

The following are the required assignments for completing Health II. You may print out and turn in assignments to my staff mail box or you may send them to me e-mail. Please turn them in when you have completed a unit. Do not turn in partial units. Answers should be in detail, in your own words and not just copied and pasted. There should be NO one sentence answers. The due dates for each assignment are listed next to the unit title. Cite your sources used for each unit at the end of the assignment.

### **BIRTH/CHILD DEVELOPMENT Due 1-15-16**

List the important milestones of development for each time period.

0-3 months	10-12 months
4-6 months	13-18 months
7-9 months	19-24 months
3 years	4 years

There should be at least six milestones for each one. Respond in list format. There are three trimesters during a pregnancy. Research each one and list four changes to the pregnant woman and four changes to the developing fetus during each trimester.

### **PARENTING Due 1-22-16**

Research and give details (definition, pros/cons) on the different types of parenting styles:

- Instinctive
- Passive
- Permissive
- Helicopter
- Authoritative

Based on your findings, what parenting styles do you think would be best for you? (down the road when you have kids)

Do you think you will raise your kids differently than you were raised? Explain. Respond in complete sentence format.

### **AGING Due 1-29-16**

As the population ages, the number of retirement homes are increasing. When looking at a retirement facility either for your self or an elderly relative, there are many things to consider. Research the cost of the following retirement facilities:

- Rogue Valley Manor
- Another one of your choice

Include the cost of full care and assisted living. List the amenities included and any additional charges. Also, include the social activities for a month. Respond in list format. View video "Inside the Living Body" on YouTube (1:29) and answer questions included. You can either put completed worksheet in my mailbox or email me answers.

## **DEATH & DYING Due 2-5-16**

Research the cost of a funeral. Compare the alternatives of

- Burial
- Cremation
- Mausoleum
- Gems

Explain what each one is and list the expenses in detail and what it includes for each. You may respond in list format.

## **EATING DISORDERS Due 2-12-16**

Bulimia/Anorexia

Research both of these eating disorders and answer the following questions.

1. What is the definition of an eating disorder?
2. What are the signs or symptoms of an eating disorder?
3. What can be the underlying causes of these disorders?
4. What are the treatments for it? Cost of these treatments?
5. How many people does this affect? Number of men vs. women?
6. What do you think you could do to help if you had a friend with an eating disorder?

Respond in complete sentence format.

## **DATING/ABUSIVE RELATIONSHIPS Due 2-19-16**

What are signs of a healthy relationship?

What is the cycle of abuse? Show an example and explain each step.

What are the red flags that a relationship might be abusive?

What are some tips to escape an abusive relationship?

Respond in complete sentence format.

## **SEXUAL ASSAULT Due 2-19-16**

Research SART (Sexual Assault Response Team) Explain what it is and list ten facts that you learned from your research. Put in list form.

## **HEALTH/WELLNESS Due 2-26-16**

What is the health triangle? Define mental, social and physical health.

Why is it important that the triangle is in balance?

Define wellness.

What is the difference between health and wellness?

List five things you could do to help improve your health.

What is a health continuum and why is it used?

**BRAIN Due 3-5-16 Turn in to my mailbox in staff room**

Complete the 3-D Brain Diagram (worksheet included). The website to use is listed on the first page of worksheet.

**MENTAL ILLNESS PRESENTATION Due by 3-5-16**

You will do research, create a power point presentation and give an oral presentation about a health topic relevant to this course which meets Oregon educational standards. You will choose a topic from the list of mental health issues. Requirements are as follows:

- 3-4 page research report, typed, double spaced 60 pts
- Power point presentation (7-10 slides) 60 pts
- 5 minute oral presentation 60 pts
- Bibliography(cite at least 3 sources) 20 pts

You can either set up a time to present to me in person or you can video tape it and send it to me. The scoring rubric for the power point presentation and research paper is included in your packet. You must cite your sources in your research paper. Please e-mail your topic choice to me as soon as you decide on one.

Topics to cover in your research and presentation:

- Definition of your topic
- Signs and/or symptoms
- Statistics—how many people does it affect, women vs men, adults vs kids etc.
- Prevention/Treatments/Is it curable?
- Costs of treatment or care
- Causes
- Where to get help/treatment/care

**HEALTH II TOPIC CHOICES**

- |                                     |                             |
|-------------------------------------|-----------------------------|
| Bi-Polar Disorder                   | Body Image                  |
| Aging                               | Marriage                    |
| Pregnancy/Prenatal Care             | Social Media/Online Dangers |
| Domestic Abuse                      | Anorexia                    |
| Death and Dying                     | Bulimia Nervosa             |
| Schizophrenia                       | Anxiety                     |
| Obsessive Compulsive Disorder (OCD) | Suicide                     |
| Date Rape Drugs                     |                             |
| Depression                          |                             |