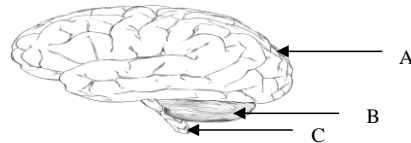


First and Last Name: _____ Hour _____

Nervous System

Identify the parts.



- 1 _____ Brain Stem
- 2 _____ Cerebrum
- 3 _____ Cerebellum
- 4 _____ For today's test you will be using the part of the brain that is responsible for memory which is the...

5 Matching of the Lobes

Identify what each of the four lobes do in the Cerebrum.

Frontal: _____

Parietal: _____

Occipital: _____

Temporal: _____

6 Fitness

Gary fell while he was running through the yard and hurt the ligaments in his ankle. The doctor told him he _____ his ankle.

7 Explain how ice will help Gary immediately after an injury.

Fitness

Dawn is age 16 and wants to get in shape because she is afraid of having heart disease like her father and she has not been feeling good about her health. Dawn is 5'5" and weighs 185 pounds and would like to lose 20 pounds.

8 Which type of exercise should she do to strengthen her heart and burn the excess fat?

9 By doing the above exercise Dawn is hoping to decrease her _____ body weight. There are two types of body fat. One is essential(necessary) the other one is what she wants to reduce.

10 Dawn is also going to begin to lift weights because her lower back and her shoulders have been hurting. Dawn would like to **increase her strength** in her legs and in her arms. How many sets and reps will she need to do? _____

11 After two weeks of lifting weights Dawn's muscles will **increase** in size and in strength. This is called... _____

12 After Dawn is done lifting she completes the following stretch:



Which muscles are being stretched?

Word Bank: gastrocnemius quadriceps
triceps gluteus hamstrings

Posterior Side

- 13 Triceps _____
- 14 Latissimus Dorsi _____
- 15 Hamstrings _____
- 16 Gluteus Maximus _____
- 17 Gastrocnemius _____

Anterior Side

- 18 Pectoralis Major _____
- 19 Abdominals _____
- 20 Biceps _____
- 21 Quadriceps _____

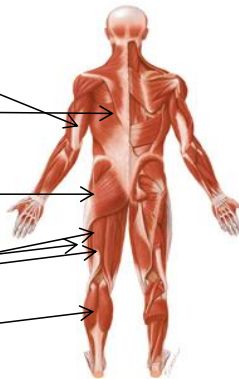
D extends arm

E pulls elbows down

F helps to stand

H flexes the leg

i raises the heels up

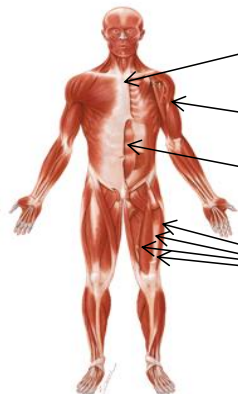


J. pulls arms across body

K. flexes arm

L. helps to sit up

M. extends the leg



22 Dawn's Father has had By-Pass surgery on his heart because he had one heart vessel 90% blocked with **plaque**. Dawn's Father had ...

23 If Dawn's Father would not have had by-pass he could have had a heart attack which is when a _____ blocks blood and oxygen to the heart. (Which type of blood clot?)

24 Dawn's Father also has Type 2 Diabetes which is when the _____

Nutrition

Dawn wants to lose weight. She is exercising but now she is going to change her diet. First, Dawn is going to reduce the amount of added sugar and saturated fats in her diet.

25 Which types of food should she limit for her daily food choices? _____

26 Carbohydrates, proteins, vitamins and minerals are four of the six essential nutrients. Identify foods from the above list that will be more nutrient dense choices versus foods that are high in fat and sugar with low nutrient density. List two for each of the four nutrients.

27 Dawn would like to reduce her risk for heart disease. Dawn needs to reduce her bad cholesterol level. Which cholesterol is she going to lower. _____

Dawn has not been sleeping well and is tired during the day. Dawn has been drinking Caffeinated drinks to keep her awake during school.

Dawn should avoid having more than 400 mg of caffeine per day.

- 28 She also does not realize that the half life for caffeine is _____ hours.
- 29 Dawn has realized that the reason she gained the extra weight is because every year she has gained close to 6 pounds every year for the last 5 years. Dawn has experienced a gradual weight gain which is referred to as...

(This is from the demonstration when one student had to hold Health books while stepping onto the exercise step)

The Driver

It's finally Friday and some friends have invited you to a bonfire. You tell your parents you need a ride to your friend's house to study. After they drop you off, your friend's brother picks up you and your friend and you all head to a bonfire. He is drinking a beer when you get in the car.

- 29 List three of the reactions that the driver of the car will experience from drinking the beer.

Greg's new girlfriend

Your best friend Greg just started to date Sarah. You know Sarah is into smoking marijuana and frequently goes to parties. Sarah also has tested positive for drug use since the THC stays in the body for a month. Greg never used to be interested in parties and was against smoking pot but since he has been dating Sarah, Greg has not been friendly and is starting to ignore his classes and he is more negative about everything.

- 30 List four short or long term outcomes Greg will experience if he begins to smoke pot.

Anne's Uncle

Anne's uncle Gary who is 22 has been behaving strange lately. He always seems jittery, and he also looks thin, undernourished, and tired. Anne saw his teeth which look brown and his lips are dry and cracked. She also noticed he has scabs on his arm which seems from deep scratches. He has been having angry outbursts and he has been in several fights in the last few weeks. He also was fired from his job since he has not been showing up to work.

- 31 Based on the symptoms Anne has observed which drug would you suspect her uncle Gary to be using?

32 This drug that uncle Gary is using is made from...

33 Uncle Gary may be becoming **addicted** to this drug which means...

Deception

Tracy was out with her friends and they decided to go to a "guy friend's" house. They all watched a movie and then ate some pizza and drank some soda. The next morning Tracy woke up at the same house feeling drogy and had a headache. She noticed her clothes were torn and her shirt was unbuttoned. It was obvious someone had taken advantage of her and she did not remember anything after eating the pizza and drinking the soda.

34 Based on the information which drug does it seem like she was given?

35 If Tracy believes she has been raped what should she do?

Please explain two actions she should take.

Joe's Friend

Joe is at a friends house when his friend Greg begins to smoke a cigarette. Joe is surprised to see this and asks Greg when he started smoking. Greg tells Joe he started last year and it is getting tough to make it through the school day because he feels he needs a cigarette every two hours or he gets the shakes and very anxious. He also tells Joe he has been coughing a lot more and feels like he can't breathe.

36 Joe proceeds to inform Greg of the dangers of smoking. What are five of them?



_____ Tracy wants to spend all her time with her boyfriend Pat and does not spend time with her girl friends. Whenever Pat wants to see his guy friends, Tracy finds reasons why he should spend time with her and not his friends. Tracy is on which "wheel"?

_____ Which would best describe Tracy and Pat's relationship?

_____ The only method of prevention that is 100% effective against STD's, pregnancy, guilt, and worry.

_____ For most STD's many people with an STD will...

_____ The definition for "emotional maturity" is...

_____ When a person chooses to change their behavior to fit in with a group's harmful choices we call this the _____ effect.

Label the Cycle of Abuse

Words to use: honeymoon - incident - escalation -apology

