

STUDENTS

STUDENTS: If you are not born-again, please refer to the Salvation message at the beginning of your Course Commentary.

Be sure to read the Commentary thoroughly at least twice.

Please write your name on each homework sheet, each quiz, each exam, and on any other work that you submit.

Be sure to check grammar, spelling and sentence structure on all work you submit. Grading is based on homework, quizzes, exams, grammar, spelling, attendance, participation, etc.

COURSE REQUIREMENTS

READ: { The Bible as pertaining to the course and look up the
{ Scriptures referred to in the commentary.
{ Commentary and text books if required for the course.

COMPLETE: { Homework, which can be done open note. Answers to homework
{ questions are found in the course commentary and/or Bible.
{ Quizzes and exams are to be done by closed notes.
{ Essay/term paper, if applicable, according to the
{ requirements of the study level of the student.

1. Good health has nothing to do with freedoms and activities in our country.

True False

2. Losing good health will lead to a change in our daily lives.

True False

3. Good health is an inconvenience to our family.

True False

4. We run the risk of giving the disease to those who take care of us when we are sick.

True False

List the six (6) basic rules for good health:

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. Teenagers can do well with less than seven (7) hours of rest.

True False

12. Exercise will strengthen the heart, cause a better supply of oxygen to the lungs, create a better appetite, and bring about better digestion.

True False

13. Scientists and physicians have always recognized the importance of cleanliness.

True False

14. A famous teaching hospital in Vienna had one (1) out of every six (6) women in the maternity ward dying in the 1840's.

True False

15. Ignaz Semmelweis was the young doctor who suspected the high death rate was due to doctors not washing their hands before examining patients.

True False

16. When our skin does not look dirty we do not have germs there.

True False

17. Decay acids start forming inside of one (1) minute after eating.

True False

Describe how all tooth surfaces should be brushed:

18. _____

19. _____

20. Brushing our teeth should not be followed by rinsing with water.

True False

21. Crooked or irregular teeth positions can be corrected by orthodontic treatment.

True False

22. A salt water gargle will usually help when we have a sore throat.

True False

23. Nearly ____ of all people have defective hearing.

- A. 5%
- B. 10%
- C. 15%
- D. 20%

24. Hair in the nose has no practical use.

True False

In the care of our eyes, list what we should do:

- 25. _____
- _____
- 26. _____
- _____
- 27. _____
- _____
- 28. _____
- _____

29. If we wear contact lenses, we should be careful to guard against the danger of corneal scratches or possible infection.

True False

What can repeated exposure to the sun or tanning beds results?

- 30. _____
- _____
- 31. _____
- _____

32. God gave laws concerning the prevention, detection, and treatment of diseases in the Old Testament.

True False

33. George Washington died because doctors failed to let his blood.

True False

Name the two (2) types or classifications of diseases:

- 34. _____
- 35. _____

36. Pathogens are everywhere except in the air we breathe.

True False

Name the five (5) types of organisms that cause infectious disease:

- 37. _____
- 38. _____
- 39. _____
- 40. _____
- 41. _____

List the diseases protozoan are behind:

- 42. _____
- 43. _____
- 44. _____

Name six (6) kinds of diseases caused by bacteria that are listed in the course.

- 45. _____
- 46. _____
- 47. _____
- 48. _____
- 49. _____
- 50. _____

List from the commentary the viral-caused diseases:

- 51. _____
- 52. _____
- 53. _____
- 54. _____
- 55. _____
- 56. _____
- 57. _____
- 58. _____
- 59. _____

60. Incorrect amounts of hormones cause glandular diseases.

True False

61. Over secretion of the pituitary gland produces giantism while an under secretion produces dwarfism.

True False

62. Under secretion from the thyroid gland tends to produce an abnormal enlargement of the thyroid gland called goiter. True False

List the “deficiency diseases” from the commentary:

- 63. _____
- 64. _____
- 65. _____
- 66. _____
- 67. _____
- 68. _____
- 69. _____

70. God created man in a way that his body has many defenses against disease germs.

True False

71. Infrequent contact with pathogens is a reality.

True False

72. Tears, saliva, hydrochloric acid, and intestinal juices make up the body solutions in our body.

True False

73. White blood cells dissolve pathogens that get in our bloodstream.

True False

74. Antibodies are proteins that we have to take.

True False

75. Natural immunity will safeguard us from all diseases.

True False

List the diseases which children are typically immunized against:

- 76. _____
- 77. _____
- 78. _____
- 79. _____
- 80. _____
- 81. _____
- 82. _____

83. Smallpox has been essentially eradicated except in third-world countries.

True False

List the diseases that children are immunized against but need boosters periodically:

- 84. _____
- 85. _____

86. An influenza vaccine is recommended for adults who have chronic ailments, such as heart or respiratory diseases.

True False

Part I

HMWK II, chp. III-IV

Name _____

Name five (5) factors in treatment of disease:

1. _____
2. _____
3. _____
4. _____
5. _____

6. We can and should always seek God's help through prayer in the times of illness.

True False

7. Fasting is the slowing down of taking food.

True False

8. When we have a chemical imbalance, we become ill.

True False

Name the classes of medicines:

9. _____
10. _____
11. _____
12. _____
13. _____

Match the term with its understanding:

- ____ 14. Enzymes
____ 15. Antibacterial and Antibiotic Drugs
____ 16. Steroids and Painkillers
____ 17. Tranquilizers
____ 18. Herbs

- A. Destroys the ability of a bacteria to reproduce
- B. Sedatives, relieving tension
- C. Chemical compounds that has been split
- D. Many are extracted from living things
- E. Anti-inflammatory agents

19. Physicians but not doctors are trained to diagnose illnesses or injuries.
True False

20. Surgery is not a drastic treatment of disease.

True False

List what should be evaluated about a doctor we might visit:

21. _____
22. _____
23. _____
24. _____
- _____
25. _____
26. _____
- _____
27. _____
28. _____

List the six (6) basic areas where safety needs to be practiced:

29. _____
30. _____
31. _____
32. _____
33. _____
34. _____

35. Nearly _____ of all accidents happen in the home.

- A. One fourth
- B. One third
- C. One half
- D. All

36. Many people die unnecessarily from poisoning.

True False

37. To help avoid accidental poisoning, we should pour liquid medicine from the side of the label.

True False

38. It is not necessary to lock up all poisons.
True False

39. Hot food must remain hot and cold food must remain cold to prevent food poisoning.
True False

40. Most falls occur away from home.
True False

41. Chairs or step stools should be used to reach high places.
True False

42. For safety in the living room, be careful around a burner or open flame to not catch your clothes on fire.
True False

43. For safety in the kitchen, we should buy utensils that have insulated handles to prevent burning of the hands.
True False

44. There are no safety concerns about a fireplace.
True False

List from the commentary things we should be careful of in the bathroom?

45. _____

46. _____

47. _____

48. _____

49. It is wise to not use any electrical appliance near water.
True False

50. Flammable substances should be stored away from heat, but not outside of the house.
True False

Write out the four (4) precautions pedestrians should take:

51. _____

52. _____

53. _____

54. _____

55. Drivers or occupants of a car should only observe traffic toward the left before driving into an intersection.
True False

56. Never hitchhike or pick up a hitchhiker.
True False

57. It is always good to open the door when someone knocks.
True False

58. For personal safety, strangers should not be allowed into our home to make a call.
True False

59. If a person tries to snatch our purse or wallet, fight them off with a sucker punch.
True False

60. Toys are designed for certain age groups.
True False

61. Electrical outlets are not a hazard to children.
True False

62. Schools are so safe to learn at that protective gear is not necessary when playing sports.

True False

List the concerns about on the job safety:

63. _____

64. _____

65. _____

66. _____

Part II- Physical Fitness

Hmwk I – chp. I – II

Name _____

1. Physical fitness involves nothing more than levels of muscular strength and endurance.

True False

2. Teenagers who are not involved in sports are yet automatically physically fit because of their age.

True False

3. Bruce Jenner, an Olympic gold medalist, coauthored a one hundred ninety (190) page fitness guide for senior adults.

True False

List what physical fitness can do for us:

4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

12. We never lack one part of physical fitness when we have the other.

True False

Match the terms with the understanding:

_____ 13. Strength, Endurance, and Energy.

_____ 14. Skill, Agility, and Flexibility

_____ 15. Good Muscle Tone and Posture

_____ 16. Weight Control

_____ 17. Prevention of Disease

A. Causes our body to fall into line

B. More than just the joint and muscles moving

C. New energy for a weary body

D. Diet and exercise required

E. Burn and reduce fatty substances in the blood

18. Hardening of the arteries is only due to deposits of cholesterol, a fatty substance, on the walls of those arteries.

True False

19. A reasonable amount of fatigue is not unusual.

True False

20. Exercises will never seem strenuous and demanding at first.

True False

21. Most exercise programs include _____ types of exercises.

A. Three

B. Four

C. Five

D. Six

Match the exercise with its effort or result:

_____ 22. Warm-up exercises

_____ 23. Cool-down exercises

A. Slow down heart and lung rates.

B. Bending and stretching, knee lifts, side bends, and arm circling.

Name five (5) other activities from the course that satisfy the criteria of good exercise.

- 24. _____
- 25. _____
- 26. _____
- 27. _____
- 28. _____

29. We probably should never go through the entire range of exercises without stopping.

True False

30. A “rebounder” is a large trampoline, square in shape.

True False

List what the exercise “rebounding” can do for us:

- 31. _____
- _____
- 32. _____
- 33. _____
- 34. _____
- _____
- 35. _____
- _____

36. "Aerobic" quite simply means:

- _____ A. “With water”
- _____ B. “With gas”
- _____ C. "with oxygen"
- _____ D. None of the above

Benefit from aerobic exercise include:

- 37. _____
- 38. _____
- 39. _____
- 40. _____

41. Aerobic exercises seldom increase endurance capacity.

True False

42. Which of the following does jogging not do?

- _____ A. Improves general health
- _____ B. Makes our life shorter
- _____ C. Useful in losing weight
- _____ D. Can be a lifelong exercise

Concerning walking what do Doctors include it as?

- 43. _____
- _____
- 44. _____
- _____

Name the four (4) types of walking programs:

- 45. _____
- 46. _____
- 47. _____
- 48. _____

49. Aerobic walking is done with speed, duration, or effort.

True False

50. Who is known as the “father of American walking?”

What did the man in answer above do to earn that name?

- 51. _____
- _____
- _____
- 52. _____
- _____
- _____

Part II
Hmwk II – Chp. III
Name _____

1. What we eat is not what we are.

True False

2. Heredity plays no part in our weight situation.

True False

3. People are different, and so it is in overweight people.

True False

4. Almost _____ of all American households have at least one (1) member of that household on a diet.

_____ A. 50%

_____ B. 60%

_____ C. 70%

_____ D. None of the above

5. Fully twenty percent (20%) of all high school graduates are underweight.

True False

6. A calorie is the amount of energy available from any certain food we might eat.

True False

7. Ten pounds of body fat is equal to three thousand six hundred (3,600) calories.

True False

8. Balancing our diet is simply controlling the number of calories we intake.

True False

Why are some foods not healthy?

9. _____

10. _____

Name the basic food groups:

11. _____

12. _____

13. _____

14. _____

15. _____

16. Which is not a factor in determining how many calories are in our meals?

_____ A. Kinds of food eaten

_____ B. Serving size

_____ C. Size of can

_____ D. Cooking method

17. Food contains carbohydrates, protein, fats, vitamins, minerals, and water.

True False

Match the item with its calorie content :
(answers may be used more than once)

_____ 18. Carbohydrates

_____ 19. Water

_____ 20. Fats

_____ 21. Vitamins

_____ 22. Minerals

_____ 23. Protein

A. Nine per gram

B. None per gram

C. Four per gram

24. Though different foods contain different calorie counts, we do not see a vast difference in second helpings calorie content.

True False

25. Meal time is the time to eat, not In-between meals.

True False

26. Eating raw vegetables will reduce our normal intake of calories.

True False

27. Beverages all have the same quantities of calories and nutrients.

True False

28. Peaches packed in water have more calories than peaches packed in syrup.

True False

29. All disease has a direct correlation to what has or has not entered the body.

True False

30. Nutrition relates to how our bodies assimilate food.

True False

31. Good nutrition has nothing to do with normal growth and development in children.

True False

32. Food is the source of health and well-being.

True False

33. The physical or chemical change in food in our bodies is called metabolism.

True False

Nutrients in food are:

34. _____

35. _____

36. _____

37. _____

38. _____

39. _____

40. Vitamins create energy and build tissue.

True False

Match the food group with its contribution:

_____ 41. Milk group

_____ 42. Meat group

_____ 43. Fruits and vegetables

_____ 44. Breads and cereals group

_____ 45. Fats and sweets

A. High in vitamins A and C

B. B vitamins, protein, iron, and food energy

C. High quality protein, iron, niacin, and other B vitamins.

D. Energy producers

E. Contributes of calcium, protein, and riboflavin

46. Enzymes are actually chemicals which speed up or slow down the flow of energy and materials in bodies, according to the cell's needs.

True False

Match the term with an understanding:

_____ 47. Carbohydrates

_____ 48. Fructose

_____ 49. Blood sugar

_____ 50. Starch

A. Simple sugar found in peaches, apples, apricots

B. Other carbohydrate used by our body

C. Glucose form of sugar

D. Main fuel for our body

51. Eating a breakfast of high sugar content causes a very energetic feeling all day long.

True False

52. Pasta, noodles, breads, and cereals contain high quantities of starch.

True False

53. In the small intestine starches are completely broken down into sugars.

True False

54. Pectin raises the levels of cholesterol in the blood.

True False

55. Carbohydrates are the most abundant kind of organic matter found in nature.

True False

Name the three (3) types of carbohydrates:

56. _____

57. _____

58. _____

59. Fruit contains fructose and is often called "fruit sugar."

True False

60. Protein is always the second most plentiful substance in the body after water.

True False

61. Each cell which has received a quality supply of protein can function normally and maintain a constant state of good repair. True False

62. When the intake of protein is adequate, the enzymes will not be formed in adequate quantities.

True False

63. There are ____ different amino acids that make up protein are known.

_____ A. 18

_____ B. 20

_____ C. 22

_____ D. 24

Name the eight (8) essential amino acids are:

64. _____

65. _____

66. _____

67. _____

68. _____

69. _____

70. _____

71. _____

72. Nuts, brewer's yeast, cottonseed, soybeans, and the germ of cereals contain incomplete proteins.

True False

73. Beans, peas, lentils, and flour or cereals with the germ removed lack some amino acids and are called complete.

True False

74. Fat is not good in the diet for any reason.

True False

Name the good things fat does in our bodies:

75. _____

76. _____

77. _____

78. _____

79. _____

80. Fats are basically of three (3) types True False

81. Saturated fats are only in animal fats, egg yolks, and dairy products. True False

82. Unsaturated fats will become a solid at room temperature.

True False

Match the vitamin with its role:

- _____ 83. Vitamin A
- _____ 84. All B vitamins
- _____ 85. Vitamin B1
- _____ 86. Vitamin B2
- _____ 87. Vitamin B6
- _____ 88. Vitamin B12
- _____ 89. Folic Acid
- _____ 90. Biotin
- _____ 91. Inositol
- _____ 92. Choline
- _____ 93. Pantothenic Acid
- _____ 94. Vitamin C
- _____ 95. Vitamin D
- _____ 96. Vitamin E
- _____ 97. Vitamin K

- A. Normal function of our brain
- B. Severe anemia comes when there is a deficiency
- C. Found basically in animal products.
- D. Come basically from four (4) sources
- E. Plays an important role in eye function
- F. Thiamin
- G. Riboflavin,
- H. Helps prevent the skin infection eczema
- I. Found in liver, brewer's yeast, wheat germ, whole wheat bread, oatmeal, corn, and molasses.
- J. Inositol and Choline form part of the structure of lecithin
- K. Sunshine vitamin
- L. Used to treat muscular rheumatism and nutritional muscular dystrophy
- M. Comes from animal hearts, kidneys, liver, brewer's yeast, bran, wheat germ, whole grain breads and cereal, and green vegetables
- N. Agent in blood clotting
- O. Three-fourths (3/4ths) of the United States' population receive less than the minimum daily allowance

98. Cooked liver is an excellent source of vitamin A.

True False

99. What is important about the B vitamins working together?

100. Some C vitamins are some known as the "anti-stress" vitamins.

True False

101. Deficiently of vitamin B1 can cause tightness around the heart, a rapid heartbeat, and shortness of breath.

True False

102. Symptoms of vitamin K deficiency include a purplish tongue, perpendicular lines on the lips, a sensitivity to light, and bloodshot eyes.

True False

103. A severe deficiency of riboflavin has been shown to bring about perplexity, depression, suspicion, and hostility. True False

104. A vital function of vitamin C is to form and maintain collagen.

True False

List where Vitamin B6 is found:

- 105. _____
- 106. _____
- 107. _____
- 108. _____
- 109. _____
- 110. _____

111. Folic acid is required in the process of the _____ of body _____ and without it there will be no _____ or _____ taking place, including the hair and fingernails.

List from the commentary the sources of choline:

- 112. _____
- 113. _____
- 114. _____
- 115. _____
- 116. _____
- 117. _____

118. Extreme deficiencies of vitamin C can cause a skin disease called:

List two things from the commentary that Vitamin D does:

- 119. _____
- _____
- 120. _____

From the commentary, list what Vitamin E is vital for:

- 121. _____
- _____
- _____
- _____
- 122. _____
- 123. _____
- _____
- 124. _____
- _____
- 125. _____
- _____

Name the two (2) types of minerals:

- 126. _____
- 127. _____

128. What is the most abundant mineral in our bodies?

- _____ A. Calcium
- _____ B. Phosphorus
- _____ C. Magnesium
- _____ D. Sulfur

129. Calcium is readily available in the bones of sardines and salmon.

True False

130. Phosphorus combines with calcium to form crystals on the bones.

True False

131. Magnesium has nothing to do with the nervous system.

True False

List what a person who is deficient in magnesium may become:

- 132. _____
- 133. _____
- 134. _____
- 135. _____
- 136. _____
- 137. _____

138. Sulfur is available through chocolate, nuts, soybeans, seafood, and a host of cooked green leafy vegetables.

True False

139. Sulfur is a major mineral that helps proteins hold their certain shapes.

True False

140. Sodium, chlorine, and potassium do the unusual job of keeping our body fluids neutral.

True False

141. Sodium and potassium come in table salt.

True False

142. Sodium and _____
work together: a surplus of one causes
the other mineral to be _____.

Name five (5) of the trace minerals:

143. _____
144. _____
145. _____
146. _____
147. _____

Match the trace mineral with its attribute:

- ____ 148. Cobalt
____ 149. Copper
____ 150. Zinc
____ 151. Manganese
____ 152. Chromium
____ 153. Iodine
____ 154. Fluoride
____ 155. Selenium and molybdenum
____ 156. Nickel
____ 157. Silicon
____ 158. Tin and vanadium
____ 159. Iron

- A. A part of the many enzyme systems
B. Helps prevent diabetes
C. Works to bring about normal
reproductive functions
D. Helps control a cell's energy usage
E. Needed for good "brain power"
F. Can prevent severe anemia
G. Tooth decay fighter
H. Used in the making of the body's
cells
I. Helps to maintain the health of our
bodies tissues
J. Works in the strengthening of our
bones with calcium
K. Necessary for a bodies proper growth
L. Function as part of several enzymes

160. We can live for several days
without food, but only a very few days
without water.
True False

161. No food products contain "fillers."
True False

162. Preservatives are added to bread
but nothing else.
True False

163. There are products sold in stores
that can contain mild drugs called
stimulants.
True False

164. Raw fruits and vegetables are
more nutritious than when they are
cooked.
True False

165. All flour contains wheat germ.
True False

166. Whole wheat or whole grain bread
is a poorer source of nutrition than the
enriched bread.
True False

167. Brewer's yeast is the same as
baking yeast.
True False

168. Rice polish is a natural fiber, found
in natural, unprocessed brown rice.
True False

169. Seeds are the core of life, with
great nutritional power.
True False

170. A seed poor in nutrition is the
sunflower.
True False

171. Pumpkin and sesame seeds
contain many nutrients.
True False

Part II
Homework III, chp. IV-V

Name _____

1. The Word of God contains the proper spiritual diet for the human being.

True False

2. A “snack or two (2)” on Sundays is enough to keep us energized for daily spiritual battles.

True False

What plays a vital part in our good health?

- 3. _____
- 4. _____
- 5. _____
- 6. _____

List three deceptive advertising messages used in luring young people and adults into the use of tobacco products in the commentary:

- 7. _____
- 8. _____
- 9. _____

List three of the experiences that may come to the majority of tobacco users besides a potential terrible death:

- 10. _____
- 11. _____
- 12. _____

13. What statement did the ten scientists who spent more than a year researching the results of smoking tobacco say?

14. Targets of smokeless tobacco should know that it poses definite health hazards, since it is:

In the following statements, give the backup information:

15. Nicotine is a poison found in tobacco.

16. Tar is condensed solid particles in smoke that affect the lungs.

17. Carbon monoxide, a poison, is in cigarette smoke.

18. What are “lungs?”

19. What happens to the respiratory system due to chemicals in tobacco smoke?

What has/can happen in the abnormal respiratory system due to smoking?

- 20. _____
- _____
- 21. _____
- _____
- 22. _____
- _____
- 23. _____
- _____

24. The tissue that has been affected by emphysema is easily repaired or replaced.

True False

From autopsies performed on the lung tissue of smokers and nonsmokers, what did the doctors learn?

- 25. _____
- _____
- _____
- 26. _____
- _____
- _____

27. When does lung cancer affect the lymphatic system and other organs?

- _____
- _____

28. How does nicotine affect the heart when a person already has coronary artery disease?

- _____

29. In the questions above, what does the nicotine do to the arteries?

- _____
- _____
- _____
- _____

List the possible symptoms of withdrawal for a smoker who receives a lessened quantity of nicotine than normal:

- 30. _____
- 31. _____
- 32. _____
- 33. _____

34. Alcohol is a drug of the _____ class. It simply relaxes the body, giving a _____ sense of happiness and tranquility.

Explain what alcohol consumption causes in the liver and how it does it:

- 35. _____
- _____
- _____
- 36. _____
- _____
- _____

What changes in behavior can take place when alcohol is abused:

- 37. _____
- 38. _____
- _____
- 39. _____
- _____
- 40. _____
- _____

41. Since alcohol is a _____, its usage only magnifies the desire to relieve _____ and stress, escape loneliness, boost _____ - _____, or remove fears.

42. _____ drugs become harmful when they are misused or abused.

List the withdrawal symptoms possible when an addict stops taking the drugs:

- 43. _____
- 44. _____
- 45. _____
- 46. _____
- 47. _____
- 48. _____
- 49. _____
- 50. _____
- 51. _____

Narcotics fall into what categories?

- 52. _____
- 53. _____
- 54. _____
- 55. _____
- 56. _____

57. Narcotic analgesics are like certain natural what?

List the narcotic analgesics that are typically abused:

- 58. _____
- 59. _____
- 60. _____
- 61. _____

62. How does morphine work?

The person who abuses codeine will experience

- 63. _____
- 64. _____
- 65. _____

66. While heroin produces an intense _____ in the addict, it poses _____ dangers to the addict.

67. Opium is a pain reliever, slowing the _____ system and _____ tract and is very addictive.

68. Stimulant drug abuse will cause _____, increased _____ rate, and general excitability.

List what amphetamines can produce in the abuser:

- 69. _____
- 70. _____
- 71. _____
- 72. _____
- 73. _____
- 74. _____
- 75. _____
- 76. _____
- 77. _____

78. Cocaine abusers will appear to be _____ and _____ from the stimulation.

Crack cocaine will cause what?

- 79. _____
- 80. _____
- 81. _____
- 82. _____
- 83. _____
- 84. _____

85. Depressants can cause _____ loss, sluggishness, depression, deep _____, and even death when a person overdoses.

Under the sedative category, list what barbiturates cause:

- 86. _____
- 87. _____
- _____
- 88. _____
- 89. _____

What is the great danger when hallucinogens alter a person's state of consciousness?

- 90. _____
- _____
- _____
- 91. _____
- _____
- _____

92. The marijuana abuser will appear to be like what abuser?

List the problems that can come about in the person who abuses marijuana:

- 93. _____
- _____
- 94. _____
- _____
- _____
- 94. _____
- _____
- 95. _____
- 96. _____
- 97. _____

98. When LSD is abused, it changes the levels of certain _____ in the brain, causes _____ to the genes, and birth _____ in the addict's future children.

99. PCP is a _____, reported to cause mental disorders or death.

100. Anabolic steroids are obtained from the male hormone _____.

101. The Bible tells us accurately that though people are promised _____, they are brought into _____.

102. If there is no true happiness in a pill, an injection, a drink, or a smoke, where is it?

103. Our atmosphere was relatively pure until the nineteenth (19th) century when _____ began to be made.

104. What has caused noise pollution to the ears of farmers in the last four decades?

105. Disease-causing _____ breed freely in water.

Land pollution, coming by misuse of the soil, happens because of what?

- 106. _____
- 107. _____
- 108. _____
- 109. _____
- _____

110. Several pesticides that did their job well are now banned because of the hazards of the _____ and to _____.

111. _____ cores contain radiation that is deadly to man and animals.

Part II

Homework IV, chp. VI

Name _____

List the three most catastrophic diseases we know today and what they are often the result of:

1. _____
2. _____
3. _____

4. **Result of:** _____

5. While God designed our normal cells to only reproduce to replace cells that are dead or to repair worn or damaged tissues, what is the condition with cancerous cells?

Match the four classifications of cancer with what they affect:

- _____ 6. Sarcoma
- _____ 7. Carcinome
- _____ 8. Leukemia
- _____ 9. Lymphoma

- A. an uncontrollable growth and development of white blood cells
- B. the appearance of tumors in the lymphatic tissue
- C. affects the muscle, bone, tissue, or blood vessels
- D. comes about in cells that line the organs and skin cells

What are the three known carcinogenic categories?

10. _____
11. _____
12. _____

List the American Cancer Society checklist warning signs:

13. _____
14. _____
15. _____
16. _____
17. _____
18. _____

List the four (4) accepted ways of treating cancer:

19. _____
20. _____
21. _____
22. _____

23. What is the leading cause of death in the U.S.A.

24. Atherosclerosis is a form of _____.

25. Coronary heart disease is caused by _____ arteries in the heart.

26. In answer to #25, what is the basic cause?

27. Stroke is simply a _____ problem.

28. _____ deposits in the arteries of the brain or neck may block the flow of blood to the _____.

List the signs of a stroke from the commentary;

- 29. _____
- _____
- 30. _____
- 31. _____
- 32. _____
- 33. _____

Give the understanding of systolic and diastolic:

- 34. **Systolic pressure:** _____
- _____
- _____
- 35. **Diastolic pressure:** _____
- _____
- _____

List from the commentary steps to guard against heart disease.

- 36. _____
- _____
- 37. _____
- 38. _____
- _____
- 39. _____
- 40. _____

Name the two types of diabetes and their condition:

- 41. **Name:** _____
- 42. **Condition:** _____
- 43. **Name:** _____
- 44. **Condition:** _____

45. How are STD's spread?

- _____
- _____
- _____

The most common STD's are:

- 46. _____
- 47. _____
- 48. _____
- _____

49. Type two genital herpes will cause _____ on the genital area.

50. What would bring about the eradication of STD's?

- _____
- _____
- _____
- _____

51. AIDS is the acronym for what?

- _____

52. HIV virus enters the blood's T-cells _____ and begins its multiplication process, bringing destruction to these _____ - _____ cells.

53. AIDS is an _____ epidemic.

54. How can AIDS be prevented?

- _____

List from the commentary the suggestions as to how to protect against the HIV virus.

- 55. _____
- _____
- 56. _____
- 57. _____
- 58. _____
- _____
- 59. _____
- _____

60. Since all donated blood is now tested for HIV, all blood transfusions are safe.

True False

61. Explain schizophrenia:

62. Explain neurosis:

Match the new counseling/therapy terms with their understanding:

- ___ 63. Dysfunctional family
- ___ 64. Disorder
- ___ 65. Co-dependency

- A. Refers to mental or emotional problems that need correction.
- B. A person that does not function properly.
- C. Relationship in which two people are dependent upon each other, but in an abnormal fashion.

List from the commentary the symptoms of co-dependency:

- 66. _____
- 67. _____
- 68. _____
- 69. _____
- 70. _____

List 5 of the “Twelve Steps of Alcoholic Anonymous”:

- 71. _____
- _____
- _____
- _____

72. _____

73. _____

74. _____

75. _____

76. What is the fallacy in these “12 steps?”

Mental disorders can be categorized into what 4 groups?

- 77. _____
- 78. _____
- 79. _____
- 80. _____

Name the 4 categories of anxiety disorders:

- 81. _____
- 82. _____
- 83. _____
- 84. _____

85. In the obsessive-compulsive disorder a person feels _____ and controlled by, actually obsessed by a habit or ritual that will become more extreme as time passes.

86. Most people who struggle with obsessive-compulsive disorder do _____ that their _____ is not the norm.

87. Degrees of stress vary individually.
True False

88. Depression is when we are uncertain about the future, while anxiety is the preoccupation we have with our past experiences.
True False

List from the commentary the changes in habits or lifestyle that can bring stress:

- 89. _____
- 90. _____
- 91. _____
- 92. _____

List the coping techniques suggested for stress:

- 93. _____
- 94. _____
- 95. _____
- 96. _____

What are some powerful spiritual technique for reducing stress?

- 97. _____
- 98. _____
- 99. _____

100. What is something that should not be done to relieve stress?

What are the 4 distinct stages people who grieve go through?

- 101. _____
- 102. _____
- 103. _____
- 104. _____

105. A grieving person struggles with sorrow, _____, and emptiness.

106. What is person who is grieving over the loss of a loved one likely to do in the third (3rd) stage?

In the fourth stage of grieving, what is the person's feelings physically, emotionally, and socially?

107. **Physically:** _____

108. **Emotionally:** _____

109. **Socially:** _____

110. Psychosis is:

What are the 7 specific characteristics people who are schizophrenic may have?

111. _____

112. _____

113. _____

114. _____

115. _____

116. _____

117. _____

Match the areas of thought disorders with their understanding:

- _____ 118. Thought control
- _____ 119. Thought elimination
- _____ 120. Thought interjection
- _____ 121. Thought dispersion

- A. Belief that someone is abolishing their thoughts
- B. Certainty that another person is broadcasting their thoughts to the world.
- C. Idea that another person is adding or inserting thoughts into their mind
- D. Conviction that another person is controlling their thoughts

Schizophrenics tend to have hallucinations, such as:

- 122. _____
- _____
- 123. _____
- _____
- 124. _____
- _____
- 125. _____

126. Schizophrenics often have a problem with _____ - _____.

127. Bizarre physical functions, evidence of schizophrenia, may cause their sanity to be questioned by those who notice these functions.

True False

Name the 2 category's of affective disorders:

- 128. _____
- 129. _____

List 5 of the manifestations of depression:

- 130. _____
- 131. _____
- 132. _____
- 133. _____
- 134. _____
- _____

135. No one changes their eating habits to fulfill an emotional need.

True False

Match the eating disorder with the understanding:

- _____ 136. Binge eaters
- _____ 137. Anorexia nervosa
- _____ 138. Bulimia

- A. resistance toward maintaining a steady body weight
- B. consumes large amounts of food in a short period of time.
- C. Incredible urges to binge.

139. Anorexics are actually stuffing themselves to death.

True False

140. Bulimia brings _____ medical effects.

141. Psychiatry is the field of study that deals with the _____, treatment, and prevention of mental and _____ disorders.

What are the three methods typically used in psychotherapy?

- 142. _____
- 143. _____
- 144. _____

145. What is supposedly the third (3rd) part of the mind?

146. What is the second part of a personality according to Carl Rogers?

147. B. F. Skinner said that stimuli from a person's environment causes no responses.

True False

148. _____ is an extreme form of treatment for patients with mental problems.

149. Psychology is the so-called _____ that studies behavior and its relationships to emotions and _____.

List the types of psychology specializations:

150. _____

151. _____

152. _____

153. _____

154. _____

155. _____

156. _____

157. _____

158. _____

159. The discipline of _____

_____ works to discover the cause and effect of certain behavior.

160. Treatment, in the fields of psychiatry and psychology are seldom interrelated.

True False

161. Biblical counseling is not just another _____ technique.

162. What does the counselor seek to do in Biblical counseling?

Part II
Homework V – Chp. V
Name _____

1. The vast majority of illnesses or accidents occur where?

List ten of the items from the Basic supplies list in the commentary:

2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

List 5 of the medications we should have at home for an emergency:

12. _____
13. _____
14. _____
15. _____
16. _____

17. Taking a temperature is a technical procedure.

True False

18. How many degrees does the healthy person normally have in oral temperature?

19. Taking a pulse never gives indication of potentially serious conditions.

True False

What is the normal heart rate?

20. **Adults:** _____

21. **Children:** _____

22. Taking a blood pressure reading is measuring the _____ force on the arteries.

Normal blood pressure is around (from-to):

23. **Systolic:** _____

24. **Diastolic:** _____

25. Cold compresses increase the circulation of blood in swelled joints.

True False

Explain the process of removing a bandage with care:

26. _____

27. _____

28. _____ can be reduced by acetaminophen, as well as with a warm compress.

29. In general, if the pain in the eyes is _____, severe, or

associated with _____

vision, seek medical attention.

30. It is wise to call the health care provider if there is pain in the eyes and the person has an immune-system deficiency.

True False

What 2 things should be remembered in any emergency situation?

- 31. _____
- 32. _____

33. Animal bites must be treated for _____.

What is the most dangerous thing about animal bite infections?

- 34. _____
- 35. _____

36. Why should a snake bite victim remain quiet and motionless?

In controlling bleeding, what process should be done?

- 37. _____

- 38. _____

List the level's of burns and their explanation:

39. **Level:** _____

40. **Explanation:** _____

41. **Level:** _____

42. **Explanation:** _____

43. **Level:** _____

44. **Explanation:** _____

45. **Level:** _____

46. **Explanation:** _____

45. What is the first procedure when the burn is by chemicals?

46. Explain the "Heimlich maneuver."

47. During a convulsion, what is the first thing to do?

48. What two things are to be considered when treating a diabetic person who is having a reaction?

49. In a person having a diabetic reaction, too much sugar in the blood means what?

50. If a rusty object has broken the skin's surface, what is the possibility?

51. Always move the position of a person's fractured bone to a comfortable place when they have had an accident.
True False

52. What can be used to splint a wrist or forearm?

53. Frostbite is less than a frozen state and rapid thawing is unnecessary.
True False

What may result when the human conditioning system does not work properly or is impeded?

54. _____
55. _____
56. _____

57. Heat prostration is a feeling of exhaustion, nausea, or weakness.
True False

58. When is a insect bite or sting very dangerous?

59. Mild sprains can be treated by keeping the sprain _____, using pillows, as well as a cold compress or ice pack will help to keep the _____ down.

List what may prompt asthma attacks from the commentary:

60. _____
61. _____
62. _____
63. _____
64. _____
65. _____
66. _____

List 3 descriptions of the pain of a heart attack:

67. _____
68. _____
69. _____

70. Poisoning usually comes from _____ products.

List 5 poisons that if ingested we should not cause vomiting:

71. _____
72. _____
73. _____
74. _____
75. _____

76. There are three "cure-alls" for poisons.
True False

77. Detergents are not poisonous to the human being.
True False

78. Stroke is seldom a serious condition.
True False

List three stroke symptoms:

79. _____
80. _____
81. _____

82. Unconsciousness is a defense mechanism.
True False

83. If we stop breathing, our heart stops immediately.
True False

Give the "ABCs" for the process of CPR:

84. _____
85. _____
86. _____

87. Effective CPR requires that the victim be _____ on their back.

88. If we feel a person needs CPR, what should we check?

89. What should be done immediately if we do not find a pulse in an unconscious person?

90. In CPR, The chest of an adult should be compressed at least two (2) to three (3) inches.
True False

91. How is the resuscitation procedure different between the infant and an adult?

1. Good health has nothing to do with freedoms and activities in our country.
True False

List 4 of the 6 basic rules for good health:

- 2. _____
- 3. _____
- 4. _____
- 5. _____

6. Scientists and physicians have always recognized the importance of cleanliness.
True False

7. Ignaz Semmelweis was the young doctor who suspected the high death rate was due to doctors not washing their hands before examining patients.
True False

Describe how all tooth surfaces should be brushed:

- 8. _____

- 9. _____

10. A salt water gargle will usually help when we have a sore throat.
True False

11. Nearly ____ of all people have defective hearing.
A. 5%
B. 10%
C. 15%
D. 20%

12. If we wear contact lenses, we should be careful to guard against the danger of corneal scratches or possible infection.
True False

What can repeated exposure to the sun or tanning beds results?

- 13. _____
- 14. _____

Name the two (2) types or classifications of diseases:
15. _____
16. _____

Name 3 of the 5 types of organisms that cause infectious disease:
17. _____
18. _____
19. _____

Name 3 of the 6 kinds of diseases caused by bacteria that are listed in the course.
20. _____
21. _____
22. _____

List 5 of the viral-caused diseases that are listed in the commentary:
23. _____
24. _____
25. _____
26. _____
27. _____

28. Incorrect amounts of hormones cause glandular diseases.
True False

List 3 of the “deficiency diseases” from the commentary:

29. _____

30. _____

31. _____

32. Tears, saliva, hydrochloric acid, and intestinal juices make up the body solutions in our body.

True False

33. Natural immunity will safeguard us from all diseases.

True False

List 4 of the diseases which children are typically immunized against:

35. _____

36. _____

37. _____

38. _____

39. An influenza vaccine is recommended for adults who have chronic ailments, such as heart or respiratory diseases.

True False

Part I

Quiz 2, HMWK II

Name _____

Name 3 of the 5 factors in treatment of disease:

- 1. _____
- 2. _____
- 3. _____

4. When we have a chemical imbalance, we become ill.

True False

Name 3 of the classes of medicines:

- 5. _____
- 6. _____
- 7. _____

8. Physicians but not doctors are trained to diagnose illnesses or injuries.

True False

List 3 things that should be evaluated about a doctor we might visit:

- 9. _____
- 10. _____
- 11. _____

List 3 of the 6 basic areas where safety needs to be practiced:

- 12. _____
- 13. _____
- 14. _____

15. Nearly _____ of all accidents happen in the home.

- A. One fourth
- B. One third
- C. One half

16. It is not necessary to lock up all poisons.

True False

17. Chairs or step stools should be used to reach high places.

True False

18. For safety in the living room, be careful around a burner or open flame to not catch your clothes on fire.

True False

List 2 of the things we should be careful of in the bathroom:

- 19. _____
- 20. _____

21. It is wise to not use any electrical appliance near water.

True False

22. Drivers or occupants of a car should only observe traffic toward the left before driving into an intersection.

True False

23. For personal safety, strangers should not be allowed into our home to make a call.

True False

24. Electrical outlets are not a hazard to children.

True False

25. Schools are never so safe to learn at that protective gear is not necessary when playing sports.

True False

Part II- Physical Fitness

Quiz 1, Hmwk I

Name _____

List 3 things that physical fitness can do for us:

1. _____
2. _____
3. _____

Match the terms with the understanding:

____ 4. Strength, Endurance, and Energy.

____ 5. Skill, Agility, and Flexibility

____ 6. Good Muscle Tone and Posture

____ 7. Weight Control

____ 8. Prevention of Disease

A. Causes our body to fall into line

B. More than just the joint and muscles moving

C. New energy for a weary body

D. Diet and exercise required

E. Burn and reduce fatty substances in the blood

9. Exercises will never seem strenuous and demanding at first.

True False

Match the exercise with its effort or result:

____ 10. Warm-up exercises

____ 11. Cool-down exercises

A. Slow down heart and lung rates.

B. Bending and stretching, knee lifts, side bends, and arm circling.

12. A “rebounder” is a large trampoline, square in shape.

True False

List 3 things that the exercise “rebounding” can do for us:

13. _____

14. _____

15. _____

16. Aerobic exercises seldom increase endurance capacity.

True False

17. Aerobic walking is done with speed, duration, or effort.

True False

18. Who is known as the “father of American walking?”

In the question above, what did the man in the answer do first to earn that name?

19. _____

Part II

Quiz 2, Hmwk II

Name _____

1. Almost _____ of all American households have at least one (1) member of that household on a diet.

- _____ A. 50%
- _____ B. 60%
- _____ C. 70%
- _____ D. None of the above

2. Ten pounds of body fat is equal to three thousand six hundred (3,600) calories.

True False

Why are some foods not healthy?

- 3. _____
- _____
- 4. _____
- _____
- _____

Name 3 of the basic food groups:

- 5. _____
- 6. _____
- 7. _____

Match the item with its calorie content :
(answers may be used more than once)

- _____ 8. Carbohydrates
- _____ 9. Water
- _____ 10. Fats
- _____ 11. Vitamins
- _____ 12. Minerals
- _____ 13. Protein

- A. Nine per gram
- B. None per gram
- C. Four per gram

14. Though different foods contain different calorie counts, we do not see a vast difference in second helpings calorie content.

True False

15. Peaches packed in water have less calories than peaches packed in syrup.

True False

16. Good nutrition has nothing to do with normal growth and development in children.

True False

Name 4 of the nutrients in food:

- 17. _____
- 18. _____
- 19. _____
- 20. _____

21. Enzymes are actually chemicals which speed up or slow down the flow of energy and materials in bodies, according to the cell's needs.

True False

Match the term with an understanding:

- _____ 22. Carbohydrates
- _____ 23. Fructose
- _____ 24. Blood sugar
- _____ 25. Starch

- A. Simple sugar found in peaches, apples, apricots
- B. Other carbohydrate used by our body
- C. Glucose form of sugar
- D. Main fuel for our body

26. In the small intestine starches are completely broken down into sugars.

True False

Name the three (3) types of carbohydrates:

27. _____
28. _____
29. _____

30. Protein is always the second most plentiful substance in the body after water.

True False

31. There are _____ different amino acids that make up protein are known.

- _____ A. 18
_____ B. 20
_____ C. 22
_____ D. 24

Name 4 of the 8 essential amino acids are:

32. _____
33. _____
34. _____
35. _____

36. Fat is not good in the diet for any reason.

True False

37. Fats are basically of three (3) types

True False

Match the vitamin with its role:

- _____ 38. Vitamin A
_____ 39. All B vitamins
_____ 40. Vitamin B1
_____ 41. Vitamin B6
_____ 42. Folic Acid
_____ 43. Biotin
_____ 44. Inositol
_____ 45. Pantothenic Acid
_____ 46. Vitamin E
_____ 47. Vitamin K

- A. Normal function of our brain
B. Severe anemia comes when there is a deficiency
C. Come basically from four (4) sources
D. Plays an important role in eye function
E. Thiamin
F. Helps prevent the skin infection eczema
G. Found in liver, brewer's yeast, wheat germ, whole wheat bread, oatmeal, corn, and molasses.
H. Used to treat muscular rheumatism and nutritional muscular dystrophy
I. Comes from animal hearts, kidneys, liver, brewer's yeast, bran, wheat germ, whole grain breads and cereal, and green vegetables
J. Agent in blood clotting

48. Some C vitamins are some known as the "anti-stress" vitamins.

True False

49. A severe deficiency of riboflavin has been shown to bring about perplexity, depression, suspicion, and hostility.

True False

50. Folic acid is required in the process of the _____ of body _____ and without it there will be no _____ or _____ taking place, including the hair and fingernails.

List from the commentary 3 sources of choline:

- 51. _____
- 52. _____
- 53. _____

From the commentary, list 3 things Vitamin E is vital for:

- 54. _____

- 55. _____
- 56. _____

57. What is the most abundant mineral in our bodies?

- _____ A. Calcium
- _____ B. Phosphorus
- _____ C. Magnesium
- _____ D. Sulfur

58. Magnesium has nothing to do with the nervous system.

True False

List 3 things a person who is deficient in magnesium may become:

- 59. _____
- 60. _____
- 61. _____

62. Sodium, chlorine, and potassium do the unusual job of keeping our body fluids neutral.

True False

Name 3 of the trace minerals:

- 63. _____
- 64. _____
- 65. _____

66. No food products contain “fillers.”

True False

66. Raw fruits and vegetables are more nutritious than when they are cooked.

True False

68. Brewer's yeast is the same as baking yeast.

True False

69. Seeds are the core of life, with great nutritional power.

True False

Part II
Quiz 3, Homework III
Name _____

List three deceptive advertising messages used in luring young people and adults into the use of tobacco products in the commentary:

1. _____
2. _____
3. _____

List 3 things the majority of tobacco users experience besides a potential terrible death:

4. _____
5. _____
6. _____

In the following statement, give the backup information:

7. Nicotine is a poison found in tobacco.

8. What are “lungs?”

What has/can happen in the abnormal respiratory system due to smoking?

9. _____
10. _____
11. _____
12. _____

13. When does lung cancer affect the lymphatic system and other organs?

List 3 possible symptoms of withdrawal for a smoker who receives a lessened quantity of nicotine than normal:

14. _____
15. _____
16. _____

List 2 changes in behavior that can take place when alcohol is abused:

17. _____
18. _____

List 4 withdrawal symptoms possible when an addict stops taking the drugs:

19. _____
20. _____
21. _____
22. _____

List 3 narcotic’s categories:

23. _____
24. _____
25. _____

26. How does morphine work?

27. While heroin produces an intense _____ in the addict, it poses _____ dangers to the addict.

28. Stimulant drug abuse will cause _____, increased _____ rate, and general excitability.

List 3 things amphetamines can produce in the abuser:

29. _____

30. _____

31. _____

32. Depressants can cause _____ loss, sluggishness, depression, deep _____, and even death when a person overdoses.

Under the sedative category, list 3 things a barbiturate can cause:

33. _____

34. _____

35. _____

List 3 problems that can come about in the person who abuses marijuana:

36. _____

37. _____

38. _____

39. PCP is a _____, reported to cause mental disorders or death.

40. Anabolic steroids are obtained from the male hormone testosterone.

41. What has caused noise pollution to the ears of farmers in the last four decades?

42. Several pesticides that did their job well are now banned because of the hazards of the _____ and to _____.

43. _____ cores contain radiation that is deadly to man and animals.

Part II

Quiz 4, Homework IV

Name _____

List the three most catastrophic diseases we know today:

- 1. _____
- 2. _____
- 3. _____

Match the four classifications of cancer with what they affect:

- _____ 4. Sarcoma
- _____ 5. Carcinome
- _____ 6. Leukemia
- _____ 7. Lymphoma

- A. an uncontrollable growth and development of white blood cells
- B. the appearance of tumors in the lymphatic tissue
- C. affects the muscle, bone, tissue, or blood vessels
- D. comes about in cells that line the organs and skin cells

List 3 of the American Cancer Society checklist warning signs:

- 8. _____
- 9. _____
- 10. _____

11. What is the leading cause of death in the U.S.A.

12. Stroke is simply a _____
_____ problem.

List 3 signs of a stroke from the commentary:

- 13. _____
- 14. _____
- 15. _____

List 2 things from the commentary steps to guard against heart disease.

16. _____

17. _____

18. How are STD's spread?

19. Type two genital herpes will cause _____ on the genital area.

20. HIV virus enters the blood's T-cells _____ and begins its multiplication process, bringing destruction to these _____ - _____ cells.

List 3 ways, from the commentary, suggestions as to how to protect against the HIV virus.

21. _____

22. _____

23. _____

24. Since all donated blood is now tested for HIV, all blood transfusions are safe.

True False

Match the new counseling/therapy terms with their understanding:

- _____ 25. Dysfunctional family
- _____ 26. Disorder
- _____ 27. Co-dependency

- A. Refers to mental or emotional problems that need correction.
- B. A person that does not function properly.
- C. Relationship in which two people are dependent upon each other, but in an abnormal fashion.

List 3 things from the commentary that are symptoms of co-dependency:

- 28. _____
- 29. _____
- _____
- 30. _____

31. What is the fallacy in these “12 steps?”

Mental disorders can be categorized into what 4 groups?

- 32. _____
- 33. _____
- 34. _____
- 35. _____

Name 2 of the 4 categories of anxiety disorders:

- 36. _____
- 37. _____

38. In the obsessive-compulsive disorder a person feels _____ and controlled by, actually obsessed by a habit or ritual that will become more extreme as time passes.

39. Depression is when we are uncertain about the future, while anxiety is the preoccupation we have with our past experiences.

True False

List 2 of the coping techniques suggested for stress:

- 40. _____
- 41. _____

What are some powerful spiritual technique for reducing stress?

- 42. _____
- 43. _____
- 44. _____

45. A grieving person struggles with sorrow, _____, and emptiness.

In the fourth stage of grieving, what is the person’s feelings physically, emotionally, and socially?

46. **Physically:** _____

47. **Emotionally:** _____

48. **Socially:** _____

List 3 of the 7 specific characteristics people who are schizophrenic may have:

- 49. _____
- 50. _____
- 51. _____

Schizophrenics tend to have hallucinations, such as:

52. _____

53. _____

54. _____

55. _____

Name the 2 category's of affective disorders:

56. _____

57. _____

58. No one changes their eating habits to fulfill an emotional need.

True False

59. Anorexics are actually stuffing themselves to death.

True False

What are the three methods typically used in psychotherapy?

60. _____

61. _____

62. _____

63. B. F. Skinner said that stimuli from a person's environment causes no responses.

True False

List 5 types of psychology specializations:

64. _____

65. _____

66. _____

67. _____

68. _____

Part II
Quiz 5, Homework V
Name _____

List 5 of the items from the Basic First Aid supplies list in the commentary:

1. _____
2. _____
3. _____
4. _____
5. _____

List 5 of the medications we should have at home for an emergency:

6. _____
7. _____
8. _____
9. _____
10. _____

11. Taking a temperature is a technical procedure.
True False

What is the normal heart rate?

12. **Adults:** _____

13. **Children:** _____

14. Cold compresses increase the circulation of blood in swelled joints.
True False

15. In general, if the pain in the eyes is _____, severe, or associated with _____ vision, seek medical attention.

16. Animal bites must be treated for _____.

What is the most dangerous thing about animal bite infections?

17. _____
18. _____

List the level's of burns and their explanation:

19. **Level:** _____
20. **Explanation:** _____

21. **Level:** _____

22. **Explanation:** _____

23. **Level:** _____

24. **Explanation:** _____

25. During a convulsion, what is the first thing to do?

260. If a rusty object has broken the skin's surface, what is the possibility?

27. Frostbite is less than a frozen state and rapid thawing is unnecessary.
True False

28. Heat prostration is a feeling of exhaustion, nausea, or weakness.
True False

List 3 things that may prompt asthma attacks from the commentary:

- 29. _____
- 30. _____
- 31. _____

32. Poisoning usually comes from _____ products.

List 3 poisons that if ingested we should not cause vomiting:

- 33. _____
- 34. _____
- 35. _____

List three stroke symptoms:

- 36. _____
- 37. _____
- 38. _____

Give the "ABCs" for the process of CPR:

- 39. _____
- 40. _____
- 41. _____

42. Effective CPR requires that the victim be _____ on their back.

43. In CPR, The chest of an adult should be compressed at least two (2) to three (3) inches.

True False

1. We run the risk of giving the disease to those who take care of us when we are sick.

True False

List 5 of the 6 basic rules for good health:

- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

7. Scientists and physicians have always recognized the importance of cleanliness.

True False

8. A famous teaching hospital in Vienna had one (1) out of every six (6) women in the maternity ward dying in the 1840's.

True False

Describe how all tooth surfaces should be brushed:

- 9. _____

- 10. _____

11. Brushing our teeth should not be followed by rinsing with water.

True False

12. Hair in the nose has no practical use.

True False

In the care of our eyes, list what we should do:

13. _____

14. _____

15. _____

16. _____

What can repeated exposure to the sun or tanning beds results?

17. _____

18. _____

19. God gave laws concerning the prevention, detection, and treatment of diseases in the Old Testament.

True False

Name the two (2) types or classifications of diseases:

20. _____

21. _____

Match the term with its understanding:

- _____ 22. Typhoid fever
- _____ 23. Scarlet fever
- _____ 24. Viruses
- _____ 25. poliomyelitis
- _____ 26. yellow fever
- _____ 27. Tuberculosis
- _____ 28. Parasitic worms
- _____ 29. Diphtheria
- _____ 30. Whooping cough
- _____ 31. measles
- _____ 32. mumps
- _____ 33. Protozoa
- _____ 34. chicken pox
- _____ 35. influenza

- A. organism that cause infectious disease
- B. disease caused by bacteria
- C. viral-caused diseases

36. Incorrect amounts of hormones cause glandular diseases.

True False

List 4 of the “deficiency diseases” from the commentary:

- 37. _____
- 38. _____
- 39. _____
- 40. _____

41. God created man in a way that his body has many defenses against disease germs.

True False

42. White blood cells dissolve pathogens that get in our bloodstream.

True False

List 3 diseases which children are typically immunized against:

- 43. _____
- 44. _____
- 45. _____

46. Smallpox has been essentially eradicated except in third-world countries.

True False

What diseases are children usually immunized against but need boosters periodically:

- 47. _____
- 48. _____

49. We can and should always seek God's help through prayer in the times of illness.

True False

Name the classes of medicines:

- 50. _____
- 51. _____
- 52. _____
- 53. _____
- 54. _____

Match the term with its understanding:

- _____ 55. Enzymes
- _____ 56. Steroids and Painkillers
- _____ 57. Tranquilizers
- _____ 58. Herbs

- A. Sedatives, relieving tension
- B. Chemical compounds that has been split
- C. Many are extracted from living things
- D. Anti-inflammatory agents

59. Physicians but not doctors are trained to diagnose illnesses or injuries.

True False

60. Nearly _____ of all accidents happen in the home.

- A. One fourth
- B. One third
- C. One half
- D. All

61. It is not necessary to lock up all poisons.

True False

62. Most falls occur away from home.

True False

63. For safety in the kitchen, we should buy utensils that have insulated handles to prevent burning of the hands.

True False

List 3 things from the commentary things we should be careful of in the bathroom:

64. _____

65. _____

66. _____

67. It is wise to not use any electrical appliance near water.

True False

68. Drivers or occupants of a car should only observe traffic toward the left before driving into an intersection.

True False

69. For personal safety, strangers should not be allowed into our home to make a call.

True False

70. Toys are designed for certain age groups.

True False

List the concerns about on the job safety:

71. _____

72. _____

73. _____

74. _____

Final Exam
Part II- Hmwk I-V
Name _____

1. Physical fitness involves nothing more than levels of muscular strength and endurance.

True False

List 5 things that physical fitness can do for us:

- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

Match the terms with the understanding:

____ 7. Strength, Endurance, and Energy.

____ 8. Skill, Agility, and Flexibility

____ 9. Good Muscle Tone and Posture

____ 10. Weight Control

____ 11. Prevention of Disease

A. Causes our body to fall into line

B. More than just the joint and muscles moving

C. New energy for a weary body

D. Diet and exercise required

E. Burn and reduce fatty substances in the blood

12. Hardening of the arteries is only due to deposits of cholesterol, a fatty substance, on the walls of those arteries.

True False

13. Most exercise programs include ____ types of exercises.

A. Three

B. Four

C. Five

D. Six

Name 5 activities from the course that satisfy the criteria of good exercise.

14. _____

15. _____

16. _____

17. _____

18. _____

List 4 things that the exercise “rebounding” can do for us:

19. _____

20. _____

21. _____

22. _____

List 3 benefits from aerobic exercise:

23. _____

24. _____

25. _____

Concerning walking, what do Doctors include it as?

26. _____

27. _____

Name 3 of the 4 types of walking programs:

28. _____

29. _____

30. _____

31. Who is known as the “father of American walking?”

32. What we eat is not what we are.
True False

33. Fully twenty percent (20%) of all high school graduates are underweight.
True False

34. A calorie is the amount of energy available from any certain food we might eat.
True False

From the commentary, give a reason why some foods are not healthy:
35. _____

Name the basic food groups:
36. _____
37. _____
38. _____
39. _____
40. _____

Match the item with its calorie content : (answers may be used more than once)
____ 41. Carbohydrates
____ 42. Water
____ 43. Fats
____ 44. Vitamins
____ 45. Minerals
____ 46. Protein
A. Nine per gram
B. None per gram
C. Four per gram

47. Eating raw vegetables will reduce our normal intake of calories.
True False

48. Beverages all have the same quantities of calories and nutrients.
True False

49. Good nutrition has nothing to do with normal growth and development in children.
True False

50. The physical or chemical change in food in our bodies is called metabolism.
True False

Nutrients in food are:
51. _____
52. _____
53. _____
54. _____
55. _____
56. _____

Match the food group with its contribution:
____ 57. Milk group
____ 58. Meat group
____ 59. Fruits and vegetables
____ 60. Breads and cereals group
____ 61. Fats and sweets
A. High in vitamins A and C
B. B vitamins, protein, iron, and food energy
C. High quality protein, iron, niacin, and other B vitamins.
D. Energy producers
E. Contributes of calcium, protein, and riboflavin

Match the term with an understanding:
____ 62. Carbohydrates
____ 63. Fructose
____ 64. Blood sugar
____ 65. Starch
A. Simple sugar found in peaches, apples, apricots
B. Other carbohydrate used by our body
C. Glucose form of sugar
D. Main fuel for our body

66. Eating a breakfast of high sugar content causes a very energetic feeling all day long.

True False

67. Pectin raises the levels of cholesterol in the blood.

True False

68. Fruit contains fructose and is often called "fruit sugar."

True False

69. There are ____ different amino acids that make up protein are known.

- _____ A. 18
- _____ B. 20
- _____ C. 22
- _____ D. 24

Name 5 of the 8 essential amino acids are:

- 70. _____
- 71. _____
- 72. _____
- 73. _____
- 74. _____

Name 3 of the good things fat does in our bodies:

- 75. _____
- 76. _____
- 77. _____

Match the vitamin with its role:

- _____ 78. Vitamin A
- _____ 79. All B vitamins
- _____ 80. Vitamin B1
- _____ 81. Vitamin B2
- _____ 82. Vitamin B6
- _____ 83. Vitamin B12
- _____ 84. Folic Acid
- _____ 85. Biotin
- _____ 86. Inositol
- _____ 87. Choline
- _____ 88. Pantothenic Acid
- _____ 89. Vitamin C
- _____ 90. Vitamin D
- _____ 91. Vitamin E
- _____ 92. Vitamin K

A. Normal function of our brain

B. Severe anemia comes when there is a deficiency

C. Found basically in animal products.

D. Come basically from four (4) sources

E. Plays an important role in eye function

F. Thiamin G. Riboflavin,

H. Helps prevent the skin infection eczema

I. Found in liver, brewer's yeast, wheat germ, whole wheat bread, oatmeal, corn, and molasses.

J. Inositol and Choline form part of the structure of lecithin

K. Sunshine vitamin

L. Used to treat muscular rheumatism and nutritional muscular dystrophy

M. Comes from animal hearts, kidneys, liver, brewer's yeast, bran, wheat germ, whole grain breads and cereal, and green vegetables

N. Agent in blood clotting

O. Three-fourths (3/4ths) of the United States' population receive less than the minimum daily allowance

93. Symptoms of vitamin K deficiency include a purplish tongue, perpendicular lines on the lips, a sensitivity to light, and bloodshot eyes.
True False

94. A vital function of vitamin C is to form and maintain collagen.
True False

List 3 foods Vitamin B6 is found in:

95. _____
96. _____
97. _____

List 2 things from the commentary that are sources of choline:

98. _____
99. _____

From the commentary, list 2 things Vitamin E is vital for:

100. _____

101. _____

Name the two (2) types of minerals:

102. _____
103. _____

104. Calcium is readily available in the bones of sardines and salmon.
True False

105. Magnesium has nothing to do with the nervous system.
True False

List 3 things a person who is deficient in magnesium may become:

106. _____
107. _____
108. _____

109. Sulfur is available through chocolate, nuts, soybeans, seafood, and a host of cooked green leafy vegetables.
True False

110. Sodium and potassium come in table salt.
True False

Name five (5) of the trace minerals:

111. _____
112. _____
113. _____
114. _____
115. _____

Match the trace mineral with its attribute:

- ____ 116. Cobalt
____ 117. Copper
____ 118. Zinc
____ 119. Manganese
____ 120. Chromium
____ 121. Iodine
____ 122. Nickel
____ 123. Silicon
____ 124. Iron

- A. A part of the many enzyme systems
B. Helps prevent diabetes
C. Works to bring about normal reproductive functions
D. Helps control a cell's energy usage
E. Needed for good "brain power"
F. Can prevent severe anemia
G. Used in the making of the body's cells
H. Helps to maintain the health of our bodies tissues
I. Works in the strengthening of our bones with calcium

125. We can live for several days without food, but only a very few days without water.
True False

126. Raw fruits and vegetables are more nutritious than when they are cooked.

True False

127. A seed poor in nutrition is the sunflower.

True False

128. The Word of God contains the proper spiritual diet for the human being.

True False

Name 2 things that play a vital part in our good health:

129. _____

130. _____

131. “Smoking is cool” is not a deceptive advertising messages used in luring young people and adults into the use of tobacco products.

True False

List 4 of the experiences that may come to the majority of tobacco users besides a potential terrible death:

132. _____

133. _____

134. _____

135. _____

136. Only 2 drops of pure nicotine is enough to kill a person.

True False

137. Carbon monoxide is not found in cigarette smoke.

True False

138. Explain what happens to the respiratory system due to chemicals in tobacco smoke:

139. The tissue that has been affected by emphysema is easily repaired or replaced.

True False

140. When does lung cancer affect the lymphatic system and other organs?

List the possible symptoms of withdrawal for a smoker who receives a lessened quantity of nicotine than normal:

141. _____

142. _____

143. _____

144. _____

Explain 2 things that alcohol consumption causes in the liver and how it does it:

145. _____

146. _____

147. _____ drugs become harmful when they are misused or abused.

List 5 of the withdrawal symptoms possible when an addict stops taking the drugs:

- 148. _____
- 149. _____
- 150. _____
- 151. _____
- 152. _____

153. Narcotic analgesics are like certain natural what?

List the narcotic analgesics that are typically abused:

- 154. _____
- 155. _____
- 156. _____
- 157. _____

158. While heroin produces an intense _____ in the addict, it poses _____ dangers to the addict.

List 3 things that amphetamines can produce in the abuser:

- 159. _____
- _____
- 160. _____
- 161. _____
- _____

List 3 things that barbiturates cause:

- 162. _____
- 163. _____
- _____
- 164. _____

165. The marijuana abuser will appear to be like what abuser?

List 4 problems that can come about in the person who abuses marijuana:

- 166. _____
- _____
- 167. _____
- _____
- _____
- 168. _____
- _____
- 169. _____

170. Anabolic steroids are obtained from the male hormone _____.

171. The Bible tells us accurately that though people are promised _____, they are brought into _____.

172. If there is no true happiness in a pill, an injection, a drink, or a smoke, where is it?

173. Disease-causing _____ breed freely in water.

174. _____ cores contain radiation that is deadly to man and animals.

List the three most catastrophic diseases we know today:

- 175. _____
- 176. _____
- 177. _____

Match the four classifications of cancer and what they affect:

- _____ 178. Sarcoma
- _____ 179. Carcinome
- _____ 180. Leukemia
- _____ 181. Lymphoma

- A. an uncontrollable growth and development of white blood cells
- B. the appearance of tumors in the lymphatic tissue
- C. affects the muscle, bone, tissue, or blood vessels
- D. comes about in cells that line the organs and skin cells

List 3 American Cancer Society checklist warning signs:

- 182. _____
- 183. _____
- 184. _____

185. Atherosclerosis is a form of _____.

186. Stroke is simply a _____ problem.

Give the understanding of systolic and diastolic:

187. **Systolic pressure:** _____

188. **Diastolic pressure:** _____

List from the commentary 3 steps to guard against heart disease.

- 189. _____
- 190. _____
- 191. _____

192. How are STD's spread?

193. What would bring about the eradication of STD's?

194. AIDS is an _____ epidemic.

List 3 things suggestions from the commentary to how to protect against the HIV virus.

195. _____

196. _____

197. _____

198. Explain neurosis:

List 3 items from the commentary that are symptoms of co-dependency:

- 198. _____
- 199. _____
- 200. _____

201. What is the fallacy in these “12 steps?”

Mental disorders can be categorized into what 4 groups?

202. _____
203. _____
204. _____
205. _____

206. Most people who struggle with obsessive-compulsive disorder do _____ that their _____ is not the norm.

List 2 things from the commentary the changes in habits or lifestyle that can bring stress:

207. _____
208. _____

What are some powerful spiritual technique for reducing stress?

209. _____
210. _____
211. _____

212. A grieving person struggles with sorrow, _____, and emptiness.

In the fourth stage of grieving, what is the person’s feelings physically, emotionally, and socially?

213. **Physically:** _____

214. **Emotionally:** _____

215. **Socially:** _____

What are 3 of the 7 specific characteristics people who are schizophrenic may have?

216. _____

217. _____

218. _____

Schizophrenics tend to have hallucinations, such as:

219. _____

220. _____

Name the 2 category’s of affective disorders:

221. _____

222. _____

223. No one changes their eating habits to fulfill an emotional need.

True False

234. Anorexics are actually stuffing themselves to death.

True False

What are the three methods typically used in psychotherapy?

235. _____

236. _____

237. _____

238. _____ is an extreme form of treatment for patients with mental problems.

239. Treatment, in the fields of psychiatry and psychology are seldom interrelated.
True False

240. What does the counselor seek to do in Biblical counseling?

241. The vast majority of illnesses or accidents occur where?

242. Taking a temperature is a technical procedure.
True False

What is the normal heart rate?

243. **Adults:** _____

244. **Children:** _____

Normal blood pressure is around (from-to):

245. **Systolic:** _____

246. **Diastolic:** _____

247. It is wise to call the health care provider if there is pain in the eyes and the person has an immune-system deficiency.

True False

What is the most dangerous thing about animal bite infections?

248. _____

249. _____

What is the name of the worst burn and its explanation?

250. **Level:** _____

251. **Explanation:** _____

List 3 things that may prompt asthma attacks from the commentary:

252. _____

253. _____

254. _____

List 4 descriptions of the pain of a heart attack:

255. _____

256. _____

257. _____

258. _____

List 5 poisons that if ingested we should not cause vomiting:

259. _____

260. _____

261. _____

262. _____

263. _____

264. Unconsciousness is a defense mechanism.

True False

Give the "ABCs" for the process of CPR:

265. _____

266. _____

267. _____

268. Effective CPR requires that the victim be _____ on their back.

269. In CPR, The chest of an adult should be compressed at least two (2) to three (3) inches.
True False

270. How is the resuscitation procedure different between the infant and an adult?

International College of Bible Theology

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To: All Students
Subject: Course requirements
From: Dean's Office

Every course offered by International College of Bible Theology requires the following work: all homework, quizzes, and exams included with the Commentary must be completed and turned in at any level of education. Term papers and a reading log must be turned in before the final exam. Textbooks assigned to each course must be read. If audio tapes are included in a course, they must be listened to and notes taken and turned in.

TERM PAPERS: One term paper for each course. This paper must be on the course subject. For example: if you are studying prayer, do not write on love. The following chart contains how many pages are expected at each level of schooling.

<u>Freshman to Associate:</u>	A minimum of 4 pages and a maximum of 6 pages
<u>Associate to Bachelor:</u>	A minimum of 6 pages and a maximum of 8 pages
<u>Bachelor to Master:</u>	A minimum of 8 pages and a maximum of 12 pages
<u>Master to Doctorate:</u>	A minimum of 12 pages and a maximum of 20 pages

Do not write less than the minimum or more than the maximum pages required!

OUTSIDE READING: Reading must pertain to the course subject and must be from two or more sources. For example: if you are studying prayer, you may read on intercessory prayer or Christ's prayers. This reading includes books or other materials, other than your syllabus and the Bible or textbook included with the syllabus. (Hint: use the outside reading as reference material for your term paper).

<u>Freshman to Associate:</u>	A minimum of 2 sources	300 pages
<u>Associate to Bachelor:</u>	A minimum of 3 sources	450 pages
<u>Bachelor to Master:</u>	A minimum of 4 sources	600 pages
<u>Master to Doctorate:</u>	A minimum of 5 sources	750 pages

A reading log, which is found in the back of the Homework, must be kept and turned in by the day of your final exam.

Term Paper Requirements

Each term paper that is turned in must follow the following criteria.

1. *A **cover sheet** with the following Information*
 - a. *Name of Course*
 - b. *Course Number*
 - c. *Student's Name*
 - d. *Title of Term Paper*
 - e. *Instructor's Name*
2. *Every **Term Paper** must have one (1) inch margins on all four (4) sides*
3. *The body of the **Term Paper** must be in **Times New Roman** or **Arial** font no larger than a 12 point.*
4. *Every **Term Paper** must be in a folder when it is turned in to the instructor.*
5. *The **Term Paper** is not to be filled with written Scripture. You can refer to Chapter and verse and/or use part of a verse to begin your topic. However, a term paper filled with scriptures will not be accepted.*
6. *Every **Term Paper** must include a **Works Cited Page** in the back of the work.*
7. *No grade will be given without the required term paper being submitted **Before the Final Exam***

Any question that you have about the term paper requirements should be discussed with your instructor at the beginning of the course. You will have 13 weeks to do all required reading and write a term paper for each course. It is important that you understand the requirements from the beginning so that you will have ample time to complete your assignments.

ICBT desires to offer education with integrity. ICBT does not defer from these requirements for any level of education. We cannot permit any student to do less than the required work. There are no exceptions! Students who desire a college education must be willing to do college level work. The 'higher level of degree, the higher level of work is required. Please be aware of this fact before you enroll in a higher level education program.

Tutoring or mentoring costs are not part of ICBT fees and are not initiated by the ICBT staff. Such help is up to an individual student. Correspondent students must be self-motivated and self-starting. Any tutoring cost, in which a correspondent student incurs, is that which he/she will initiate with a third-party, totally separate from ICBT. These are costs not related to ICBTI

"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."
Romans 12:2

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PROCTOR SHEET

Dear Proctor,

All quizzes and exams are closed book. Please allow ample time for the student to take his/her quiz or exam. Please initial each paper as it is completed; also initial the appropriate space below. Some courses may have more quizzes than others. The student will tell you how many there are in each course that you proctor.

A proctor's responsibility is to monitor the student while they answer quizzes and exams. It is not your responsibility to grade the student's papers.

We want to thank you for you time and interest in the student.

Student's Name _____

Title of Course _____

Quiz #1 _____ Quiz #2 _____ Quiz #3 _____

Quiz #4 _____ Quiz #5 _____ Quiz #6 _____

Quiz # 7 _____ Quiz #8 _____ Quiz #9 _____

Midterm Exam _____ Final Exam _____

Proctor's Signature _____

Your Servant in Christ,

Student Records Representative