

	FRIEND	COMPANION	EXPLORER	RANGER	VOYAGER	GU
<b>I. HEALTH PRINCIPLES (Optional)</b>						
<b>A.</b>	Discuss the temperance principles in the life of Daniel, OR participate in a presentation or role play on Daniel 1.	List and discuss 5 foods in each area: high in sugar, high in salt, high in saturated animal fat.	Make a list of 5 health laws given to Moses. Tell how they have been verified in modern times.	Make a chart showing how 3 physical characteristics have passed from one generation to the next in your family. Include one health problem, if possible.	Prepare and present a written or oral report on what the Bible says about vegetarianism vs. meat eating, and list the advantages of each as indicated by modern studies.	Make a presentation to elementary students regarding the laws of good health.
<b>B.</b>	Explain the dangers and the effects of alcohol, tobacco, and drugs.	List and discuss 5 prominent family health problems, and discuss areas of prevention for each.	Discuss the effects of caffeine and related stimulants, and show how to avoid depression.*	Present a 2-page written or 3-min. oral report with illustrations showing the effects of alcohol on the body and mind.	Assist in a "Health Screen and Lifestyle" outreach program, OR interview a respiratory therapist or cardiologist regarding the benefits of exercise. Explain the treadmill test.*	Make a presentation to elementary students discussing the dangers of drug, alcohol, or tobacco use.
<b>II. FIRST AID/SAFETY (Optional)</b>						
<b>A.</b>	Complete the Red Alert Honor.**	Complete the Basic First Aid Honor.**	Complete the Basic Rescue Honor.**	Complete the First Aid Honor.**	Complete the CPR Honor.**	Complete a Red Cross First Aid class, OR lead a group through the Red Alert Honor.**
<b>B.</b>	Study and practice "Personal Safety".*	Study and practice "Home Safety".*	Study and practice "Bicycle Safety".*	Study and practice "Hypothermia Prevention".*	Study and practice "Disaster Safety".*	Study and practice "Traffic Safety".*
<b>III. FITNESS/EXERCISE (Optional)</b>						
<b>A.</b>	Have had a physical exam by your family doctor in conjunction with school policy.	Discuss with a physical therapist or PE teacher the differences between aerobic and non-aerobic exercise.	Discuss the advantages and disadvantages of individual sports and team sports as your primary exercise program.*	Chart your exercise program for one month. Discuss the benefits of regular exercise.*	Choose one lifetime exercise activity and record your exercise for one month.*	Choose one lifetime exercise activity and record your exercise for 4 months.*
<b>B.</b>	Complete one of the fitness tests for your age:† 1. President's Physical Fitness 2. Canadian Fitness 3. Health-Related Physical Fitness (for physically disabled) Set goals and improve.	Complete one of the fitness tests for your age:† 1. President's Physical Fitness 2. Canadian Fitness 3. Health-Related Physical Fitness (for physically disabled) Set goals and improve.	Complete one of the fitness tests for your age:† 1. President's Physical Fitness 2. Canadian Fitness 3. Health-Related Physical Fitness (for physically disabled) Set goals and improve.	Complete one of the fitness tests for your age:† 1. President's Physical Fitness 2. Canadian Fitness 3. Health-Related Physical Fitness (for physically disabled) Set goals and improve.	Complete one of the fitness tests for your age:† 1. President's Physical Fitness 2. Canadian Fitness 3. Health-Related Physical Fitness (for physically disabled) Set goals and improve.	Complete one of the fitness tests for your age:† 1. President's Physical Fitness 2. Canadian Fitness 3. Health-Related Physical Fitness (for physically disabled) Set goals and improve.

† Requirement: Select two of the three sections for the standard class requirements Do Sections I, II, and III for the advanced classes.

\* See Instructor's Manual for qualifying requirements.  
\*\* See AY Honors Handbook for requirements.

# HEALTH & FITNESS

Content Statement: Healthy bodies enable youth to develop healthy minds. The mind and body are so totally intertwined that each determines, to a great extent, the effectiveness and worth of the other.

TASKS	CRITERION REFERENCED MEASURES
<b>I. HEALTH PRINCIPLES</b>	
A.	Submit the required material and/or activities to the examiner. Use specifics as often as possible; avoid generalities.
B.	Temperance is essential to a healthy body. Present to the examiner the requirements for your class that could be used with the general public.
<b>II. FIRST AID/SAFETY</b>	
A.	Present appropriate proof of your successful completion of the requirements to the examiner. Demonstrate with at least 95% accuracy the activities you have learned.
B.	Give a written report of your observations and conclusions to the examiner.
<b>III. FITNESS/EXERCISE</b>	
A.	Prepare and present to the examiner a record of your activities in completing the requirements for your class, or a letter signed and dated from a parent or guardian stating that you have had a physical exam.
B.	Present to the examiner certification signed and dated by an authorized supervisor that you have satisfactorily completed the requirements for your class.