



LIFE·PAC®

Health



Alpha Omega Publications®

# HIGH SCHOOL HEALTH I

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# Overview

The book of Genesis provides the basis for our understanding of Creation, its origins, its goodness, and its purpose. As the “head and crown” of Creation, mankind was given dominion over all the earth. We were created to serve God and glorify Him by ruling over and caring for the Creation. The practice of good health habits is a fulfillment of God’s mandate to “subdue” the earth. This includes caring for our spiritual, physical, emotional, social, and environmental health.

Studying the anatomy and physiology of the human body will engender a greater appreciation for it. To understand its basic units, its systems, its functions and its growth development, is to comprehend the breadth and depth of God’s wisdom as revealed in Creation. An informed appreciation of the human body is essential to maintaining your health, and therefore, it is helpful in fulfilling your duty as a steward of God’s Creation.

## OBJECTIVES



When you have completed this LIFEPAK<sup>®</sup>, you should be able to:

- Explain why man is the “head and crown” of creation.
- Understand why the study of health is important.
- Identify the systems of the body and their basic functions.
- Differentiate between the stages of human growth and development.
- Understand the reason for life and health.

## VOCABULARY



**Artery** – a blood vessel that takes oxygen-rich blood away from the heart.

**Cell** – the basic structural unit of the body.

**Chamber** – a space or room within the heart.

**Conception** – the beginning of life, the beginning of pregnancy.

**Contract** – to draw together.

**Cytoplasm** – the fluid-like substance contained within the cell membrane.

**DNA** – acronym for deoxyribonucleic acid; the genetic “blueprint” that determines the cell’s purpose and function.

**Electrical impulse** – a sudden surge of energy in one direction.

**Fertilization** – the union of the male gamete (sperm cell) and the female gamete (egg cell).

**Gland** – an organ or group of cells that secretes a chemical substance of the body.

**Hormone** – a chemical substance produced by the glands of the endocrine system in order to control specific tissues and organs.

**Involuntary** – not controlled by will.

**Melanin** – the pigmentation in the skin that is brown to dark-brown in color.

**Nucleus** – the organelle within a cell that functions as its brain, regulating its production of protein.

**Organ** – a group of tissues that works together to perform a specified bodily function.

**Organelle** – a structure that performs a specific function within a cell; nucleus.

**Pulmonary** – having to do with the lungs.

**System** – organs working together to perform a specific bodily function.

**Systemic** – having to do with the entire body.

**Tissue** – a group of cells that have the same purpose.

**Voluntary** – controlled by will.

# I. THE HEAD AND CROWN OF CREATION

## The Creation of Man

The book of Genesis provides the basis for your understanding of Creation, its origins, its goodness, and its purpose. Chapters 1 and 2 explain God's creative activity. Genesis 1:1–2 reads, "In the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters." God created the universe out of nothing. He alone formed the oceans, rivers, mountains, and plains, and filled them with plants, animals, and human beings. As the Creator of the universe, God proclaimed that it was "very good."

The creation of Adam and Eve marked the pinnacle of God's creative acts. God made mankind in His own image and deemed that they should have dominion over all the earth. Mankind was created to serve God and glorify Him by ruling over and caring for the creation.

The practice of good health habits is a fulfillment of God's mandate to care for His Creation. Eating nutritious foods, exercising regularly, and caring for and preserving the environment is reflecting God's image as the Creator-King. To abuse or purposely neglect our bodies and the world we live in is to disobey God's will.

It can be said, therefore, that the Garden of Eden was a picture of perfect health. Spiritually, emotionally, physically, socially, and environmentally, Adam and Eve and the rest of creation were free of disease and pain. Their obedience to God resulted in life and peace. Consequently, Adam's disobedience resulted in death and fear.

Adam and Eve's spiritual corruption affected all of Creation. After they were expelled from the Garden of Eden, God revealed to them the ramifications of their sin. Genesis 3:17 reads, "...cursed is the ground for thy sake..." As a result of Adam's sin, the universe was subject to decay and corruption. Likewise, the human body was cursed. Verse 19 of the same chapter states, "For dust thou art, and unto dust shalt thou return." The existence of disease and pain in the world is a result of Adam's sin.

As the Second Adam, Christ came to save His people from death and fear. He lived a life of perfect obedience so that we could have life and peace (Romans 5:12–17). When Christ returns, our bodies and the rest of creation will be renewed. Our sinful, diseased state will be exchanged for a glorious state, a perfect state (1 Corinthians 15:35–57). As in the Garden of Eden, we will once again have a perfect body, living in the presence of God.



Until that time comes, however, we must serve God faithfully. As Adam’s children, we are called to “tend and keep” the creation. This mandate includes caring for our spiritual, emotional, physical, social, and environmental health. Therefore, the study of health and its various components is of great importance to the Christian.

As you read this section of the course, carefully consider this Christian view of health. It is quite different from that of the world. It does not seek to glorify the self and encourage the misuse of God’s creation, but rather, it compels us to be faithful and obedient stewards, seeking not our own glory, but His.



**Answer the following questions with short answers.**

- I.1 Why is the study of health important to the Christian? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- I.2 After God created the universe, what did He say about it? \_\_\_\_\_  
\_\_\_\_\_
- I.3 In what way was the Garden of Eden a picture of perfect health? \_\_\_\_\_  
\_\_\_\_\_
- I.4 Why should we practice good health habits? \_\_\_\_\_  
\_\_\_\_\_
- I.5 What were two of the results of Adam’s disobedience to God?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_

