



**HEALTH QUEST PENTATHLON
LIFEPAC TWO
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HEALTH QUEST PENTATHLON: TWO

OBJECTIVES

Read these objectives. The objectives tell you what you should be able to do when you have successfully completed this Health Quest LIFEPAAC.

1. You will learn to differentiate between good thoughts and sinful thoughts.
2. You will learn why consequences must be considered when making a decision.
3. You will learn to list biblical ways to deal with unpleasant emotions.
4. You will learn to identify the best places to seek help for emotional problems.
5. You will learn the importance of listening.
6. You will learn the characteristics of a good friend.
7. You will learn to define what a clique is and explain how it can be harmful.
8. You will learn why parents and adults need to be respected.
9. You will learn about acne and its causes.
10. You will learn to explain why it is important to be clean.
11. You will learn how to prevent cavities.
12. You will learn to differentiate between nearsightedness and farsightedness.

VOCABULARY

Study these new words. Learning the meanings of these terms is a good study habit and will improve your learning success in this LIFEPAAC.

discerning The ability to judge information and determine whether it is true or not.

general revelation God's revelation of Himself in Creation.

consequence The result of an action or decision.

emotion A disturbance in the way a person feels.

personality The total of one's mental, emotional, physical and social characteristics.

discipline Instruction and training, sometimes reinforced with punishment.

sibling A brother or a sister.

peer pressure The influence friends exert on other friends.

clique A small group of friends that ignore others.

prejudice Passing judgment on someone before you know them.

keratin A protein found in nails and hair.

cuticle The thin layer of skin that covers the base of the nail.

farsighted The ability to see objects at a distance but not things that are close.

nearsighted The ability to see close objects but not things that are at a distance.

Introduction. Welcome back to Health Quest Pentathlon Camp. Chester and Esther will continue to be your HQP guides through this second LIFE PAC. We're excited that you completed LIFE PAC #1 and the 100-meter dash event. You are 1/5th of the way through the Health Quest Pentathlon.

Just like in the first LIFE PAC, before each HQP quiz you will find activities relating to what you've just learned. Doing these activities will earn you stickers that will complete the event in this LIFE PAC.

Take a few minutes now to read through the activities after each quiz. Knowing what the activities are will help you to plan ahead.

Completing each LIFE PAC event around the Health Quest Pentathlon track moves you toward the finish line! Work to join Chester and Esther as HQP finalists.

We look forward to coaching you through the second event in this Pentathlon competition. This event is the discus throw.

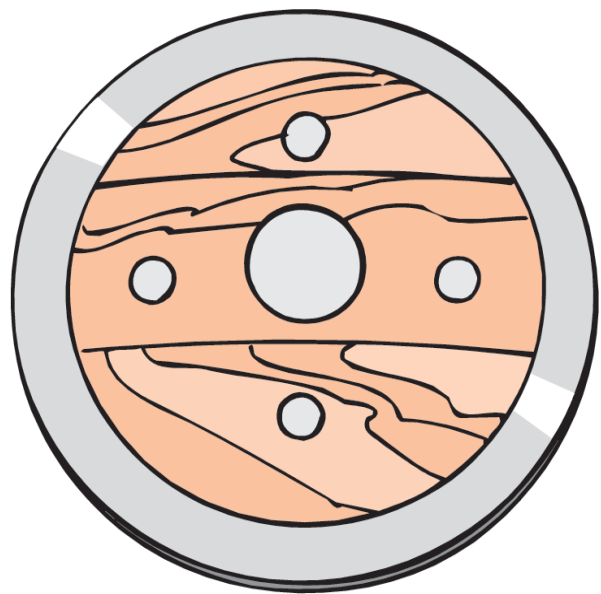
The discus is a steel-rimmed hardwood or metal platter that is thrown by athletes from within a marked circle of a little over 8 feet in diameter. The athlete must stay within the circle throughout the entire throw.

The actual discus measures over 8" in diameter and is just under 2 inches thick. It weighs about 4 and 2/3 pounds.

Women athletes hurl a discus that is smaller in dimension. The woman's discus measures 7 1/4 inches in diameter, is 1 1/2 inches thick and weighs 2 pounds 3 ounces.

The discus is held flat against the palm and forearm of the throwing arm. The athlete spins his body around rapidly in three turns, taking aim and propelling the discus outward with a whipping motion of the arm. Great precision is required to remain inside the designated area. Balance and strength are essential to propel the discus toward its mark. If the athlete steps outside the boundary circle, the throw is disqualified.

Discus throwing was included in the original Olympiad Pentathlon, along with javelin throwing, foot racing, broad jumping, and wrestling around the year 776 B.C. Other contests, including foot races for men clad in full armor, were later added to the program.



"Whew!! You blew by us at an incredible speed on the track!"



Discus throwing combines a lot of physical skill in a well-timed motion to achieve success. If all of the movements are not coordinated perfectly, the discus will not hit its mark.

Discus throwing is a lot like our health. Many things contribute to a healthy lifestyle like being healthy in our minds, our emotions, and in our relationships with our families and friends. Our own personal hygiene adds to our health as well—caring for our skin, hair, nails, teeth...well, you get the picture. We become healthy as we give attention to all these factors and choose to

do what is needed to maintain our bodies to the best of our abilities. Remember, we only get one body, and it needs to be well taken care of to last a lifetime!

On your Health Quest Pentathlon poster, locate the discus event.

As you move through the LIFEPAC activities, gold medal stickers earned will complete the discus portion of the Health Quest Pentathlon track. By the end of LIFEPAC 2, your discus thrower will be fully prepared for competition, and it will be time to move on to the third LIFEPAC and the next HQP event.

Just like any sporting or Olympic event, the Health Quest Pentathlon has guidelines for training. The training manual comes

straight from the Bible where God tells us about our bodies and gives us guidelines for use and care.



Complete Colossians 3:1–13

1.1 If ye then be _____ with Christ, seek those things which are above, where Christ sitteth on the right _____ of God.

Set your _____ on things above, not on things on the earth.

For ye are dead, and your _____ is hid with Christ in God.

When Christ, who is our life, shall _____, then shall ye also appear with Him in glory.

_____ therefore your members which are upon the _____; fornication, uncleanness, inordinate _____, evil concupiscence, and covetousness, which is _____:

For which things' sake the _____ of God cometh upon the children of _____:

In the which ye also _____ sometime, when ye lived in them.

But now ye also put off all these; _____, wrath, malice, blasphemy, _____ communication out of your _____.

_____ not one to _____, seeing that ye have put off the old man with his deeds;

And have put on the new _____, which is renewed in _____ after the image of him that _____ him:

Where there is neither Greek nor _____, circumcision nor uncircumcision, Barbarian, Scythian, _____ nor free: but Christ is all, and in all.

Put on therefore, as the elect of _____, holy and beloved, bowels of _____, kindness, humbleness of mind, _____, long-suffering;

Forbearing one another, and _____ one another, if any man have a _____ against any: even as Christ forgave you, so also do ye.