



HEALTH QUEST PENTATHLON LIFEPAC FOUR CONTENTS

	Introduction	2
I.	SAFETY	
	Accidents, Accident Prevention.....	4
	Safety in the Home	5
	Personal Safety	11
	Natural Disasters	14
II.	EMERGENCY CARE	
	First Aid, Emergency Care	20
	Assessing Injuries, Choking	22
	Heart Attack and Cardiac Arrest, Stroke, Bleeding.....	21
	Shock, Burns, Bites and Stings	23
	Fractures, Neck and Back Injuries, Poisons, Seizures	24
	Hypothermia, Frostbite, Heat Stroke, Heat Exhaustion	25
III.	DISEASE AND PREVENTION	
	Types of Disease, Pathogens	31
	Your Body's Self-Defense	33
	Vaccination	34
	Infectious Diseases	35
	Non-infectious Diseases	36
	Doctors and You, God and Disease	37
	LUKE 10:30-37	42

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Alpha Omega Publications®

804 N. 2nd Ave. E., Rock Rapids, IA 51246-1759

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HEALTH QUEST PENTATHLON: FOUR

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 why the Christian should practice good safety habits.
2. You will learn precautions that should be taken when riding a bicycle.
3. You will learn steps that should be taken when responding to a fire.
4. You will learn Who is ultimately responsible for our safety.
5. You will learn why we learn first aid.
6. You will learn the three steps that should be taken in the event of an emergency.
7. You will learn the ways the body defends itself against disease.
8. You will learn the role of the doctor and the patient in the treatment of a disease.

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.

accident An unexpected event that has undesirable results.

certification Officially recognized as being qualified to do a certain task.

communicable Able to be transferred from one person to another.

convulsions Involuntary muscle movements.

CPR Cardio-Pulmonary Resuscitation, an emergency medical procedure used to revive the heart and lungs.

evacuation To leave an area or a building quickly because of the threat of danger.

negligence The state of being careless.

pathogens Tiny organisms that cause disease.

pedestrian Someone who travels by foot.

presume To take advantage of the good things that someone has done for you.

pulse rate The measurement of the beating of the heart.

symptoms A sign that is a result of a disease or disorder.

unconscious Without awareness to what is going on around you.



Introduction. Welcome back to Health Quest Pentathlon camp! Chester and Esther are warming up for this new LIFEPAC event—the long jump.

Athletes have long compared this event to the closest thing to flying. In the long jump, contestants run along a lane and leap into the air from a take-off board, aiming to propel their bodies the greatest possible distance. While still airborne, the jumper throws his feet far ahead of his body to propel himself further ahead in preparing to

land. The landing is measured along a straight line extending from the take-off board to the mark made closest to that board by any part of the landing body.

Long jumping combines the athlete's strong leg and stomach muscles with endurance, running speed and leg spring.

Throughout this LIFEPAC you will be learning safety as well as injury and disease prevention. Learning and applying these principles will enable you to jump over some of the difficult problems in life. Just as the long jumper must possess certain strengths, you too must develop endurance and flexibility to face the races in life that lie before you.

In this LIFEPAC you will find three activities before each HQP quiz relating to what you've just learned. Doing these activities will earn you stickers that will complete the event in this LIFEPAC.



Locate the long jump event on your Health Quest Pentathlon poster. When each section of the LIFE PAC is completed—along with its Health Quest Pentathlon activities—you will receive a gold medal sticker to place next to your long jump athlete. By the end of LIFE PAC 4 and completion of the activities, your long jumper will have successfully completed his/her portion of the Pentathlon track. Then it's time to move on to the fifth and final LIFE PAC and the final HQP events.


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

Completing this Pentathlon event leaves you only one remaining event until you reach the finish line. Work to join Chester and Esther as HQP finalists.



This LIFE PAC's guidelines come straight from the Bible in the Book of Luke. Below, fill in the missing words from Luke 10:33–37.

Stay on your toes, a portion of this will be a Bible recitation activity later in this LIFE PAC.

 **Complete Luke 10:33–37.**

1.1 "But a certain _____, as he _____, came where he was: and when he saw him, he had _____ on him, And went to him and bound up his _____, pouring in oil and _____, and he set him on his own _____, and brought him to an _____, and took care of him. And on the morrow when he departed, he took out two _____, and gave them to the _____, and said to him, Take care of him; and whatsoever thou spendest more, when I come again, I will _____ thee. Which now of these three, thinkest thou, was neighbour unto him that fell among the _____? And he said, He that shewed _____ on him. Then said _____ unto him, _____, and do thou likewise."

I. SAFETY

Why do we have to practice safety? Doesn't the Bible say that God will protect us? Yes, it is true that not even a hair can fall from our heads apart from the will of our heavenly Father (Matt 10:29-31). We are not to presume upon His kindness, however. "Presume" means to take advantage of the good things that someone has done for you. Putting yourself in dangerous situations for no reason is to presume on God's love for His children.

For example, you presume that God will protect you from danger when you jump on a motorcycle without a helmet. Satan tempted Christ in much the same way. He asked Christ to jump off the top of the temple with nothing below to catch Him, but Christ would not do it. Even though He knew that His Father would keep Him safe, He replied, "...Thou shalt not tempt the Lord thy God" (Matthew 4:7).

In this LIFEPAK we will look at different ways to avoid presuming on God's protection. To stay healthy we not only need to eat right and exercise, but we also need to take precautions to protect our bodies and our health.

Accidents. Splish! Whooooaaa! Bang! Crash! Ouch!!! Somebody should have wiped up that spilled milk!



Safety is everyone's responsibility. Another way of caring for our health and the health of others is to take actions that help prevent accidents. An accident can be defined as an unexpected event that has undesirable results. If someone had taken the time to wipe up the milk then no one would have fallen and gotten hurt. Accidents can be prevented.

Prevention. Using your head is one way to help prevent accidents. Simple carelessness is the main cause of most accidents.

People forget or don't think it is necessary to take safety precautions. They presume that nothing will happen to them. Presuming that nothing will happen is the first mistake. To prevent more accidents, stop and think about what you are doing. Are there risks involved? Thinking is the first step to preventing accidents.



Accident prevention is a bright idea!

The second step in preventing accidents is taking action. Learning what causes accidents will help you apply this principle. Although you cannot prevent every accident there are safety rules for dangerous situations. Whether it is in the water, on the playground, on the road or even in your own home, there are things you can do to prevent accidents from happening.