



HEALTH QUEST PENTATHLON LIFEPAC ONE CONTENTS

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HEALTH QUEST PENTATHLON: ONE

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 that you are a special creation of God.
2. You will learn the importance of health.
3. You will learn to identify the different body systems and their basic functions.
4. You will learn to list the different stages of growth from conception to birth.
5. You will learn to identify the physical, social, emotional, and mental changes that occur during adolescence.
6. You will learn about the decisions and responsibilities of adulthood.
7. You will learn to explain why Christians should not worry about the future.

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.

atrium An upper chamber of the heart that receives blood from the body.

blood vessels Any one of the arteries, veins, or capillaries that carry blood through the body.

capillaries Tiny blood vessels that pass food and oxygen to cells and pass waste from cells to veins.

carbon dioxide A gas expelled by body cells that is found in the atmosphere.

cell A basic unit of living things.

conscious control The use of the brain to guide.

contract To draw together.

coordination To be able to use parts of the body together with ease.

digestion The process by which food is converted into a form that can be used by cells.

fertilize To unite a male reproductive cell with a female reproductive cell.

function To perform in the required way.

hormone A chemical released by the endocrine system into the bloodstream.

organ A part of the body made of different kinds of tissue to perform a specific function.

structure Anything that is built or created in an organized manner.

system A specific group of organs which work together as a unit.

urine A liquid filtered from the blood by the kidneys and discharged from the body as waste.

vein A blood vessel that carries blood back to the heart.

ventricle A lower chamber of the heart that sends blood to the body.

villi Hair-like parts in the small intestine that absorb nutrients from the food.



Introduction. Welcome, welcome, welcome!! Training Camp is about to begin! What? You didn't know you were at training camp? Training for what?

Well, you are about to begin the Health Quest Pentathlon, a series of five LIFEPACs with corresponding training activities that will best prepare you and your body for your life ahead.

Health is defined in the dictionary as the condition of being sound in body, mind, or soul, especially being free from physical disease or pain.

Quest means investigating, searching, or pursuing something, often involving an adventurous journey.

Pentathlon refers to an athletic contest involving participation by each contestant in five different events.

Pierre de Coubertin created the modern pentathlon. He based the events on the story

of a military messenger during Napoleon's time. The messenger, the story goes, delivered his message over land and water, having to both run and ride a horse.

The modern pentathlon consists of five events which are held on one day. The competitor must:

1. swim a 300-meter freestyle,
2. run a 4000-meter cross-country,
3. ride a 5000-meter, 30-jump equestrian steeplechase,
4. fence, and
5. shoot a target at 25 meters.

In practical, everyday terms, Health Quest Pentathlon sets you on a track course that will involve 5 different events (one for each LIFEPAC) and multitudes of activities to teach you about good health. You'll be given many opportunities to apply good habits to your body and mind.





Meet Chester and Esther. We call them the Questers. They will be your personal guides throughout this course. They were in the class just before you. They learned about health and putting it into good practice in their own lives, homes, families, communities, and the world around them. Now, it's your turn and, thank goodness, you have their experience to help guide you through the Health Quest Pentathlon.

Before each Health Quest Pentathlon (HQP) quiz, you will find activities relating to what you've just learned. Doing these activities will earn you stickers that will complete that LIFEPAAC's Pentathlon event. Take a few minutes now to read through the activities after each quiz. Knowing what the activities are will help you plan ahead.



LIFEPAC 1 highlights the 100-meter dash. This is a great event with which to start the course, because the 100-meter runner has to rely on every portion of his body to supply him immediate power to run his race. The first LIFEPAC focuses on all the parts of the body working together for good health.

Locate this event on your Health Quest Pentathlon poster. As you move through the LIFEPAC activities, you will also move around the Pentathlon track. Each time you complete the Health Quest Pentathlon activities at the end of each LIFEPAC section, you will receive

a gold medal to place on a segment of the track.

By the end of LIFEPAC 1 and completion of the activities, your 100-meter runner will have completed his portion of the Pentathlon. Then it's time to move on to LIFEPAC 2 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.