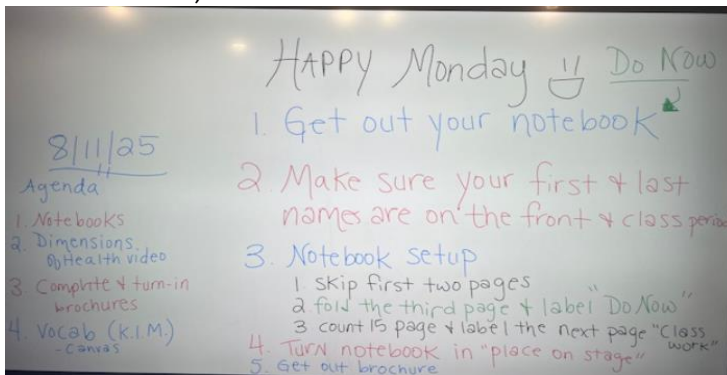


## Health Assignments 1<sup>st</sup> semester 2025-26

### Week 2: August 11<sup>th</sup> -15<sup>th</sup> Week

#### *Monday-August 11:*

1. Notebook setup
  - a. Write first name, last name, and class period on front (40 pts)
  - b. Skip first two pages (10 pts)
  - c. Fold the third page & label "Do Now" (20 pts)
  - d. Count 15 pages and label the next page "Classwork" (20 pts)
  - e. Turn in notebook on stage (10 pts)
2. Health dimensions video: watch together & discuss
3. Complete and turn in brochure (refer to previous week for further instructions)



#### *Tuesday August 12:*

Do Now: List five things you think influence health

Classwork: 8/12/25

1. Article Reading (below):
2. Podcast video tutorials & examples
  - a. <https://www.youtube.com/watch?v=gVN0AWDrXP4>
  - b. How to: <https://www.youtube.com/watch?v=zE1Mo4MYbmk>
  - c. [https://www.youtube.com/watch?v=YZeR\\_MTEyrk](https://www.youtube.com/watch?v=YZeR_MTEyrk)
  - d. [https://www.youtube.com/watch?v=nS2k\\_Sw\\_BRw](https://www.youtube.com/watch?v=nS2k_Sw_BRw)
  - e. <https://www.youtube.com/watch?v=36UwtzZJHowY>

## **Understanding Health Influences: Environmental, Genetic, Behavioral, and Technological Factors**

Health is shaped by many factors — some you can control, and some you can't. These influences interact to affect your short-term well-being and long-term health outcomes. By understanding them, you can make informed decisions to live a healthier life.

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### **Environmental Factors**

#### **Definition:**

Conditions around you that can impact your health, including air quality, water supply, access to nutritious foods, climate, and availability of safe spaces to exercise.

#### **Examples:**

- Air pollution that can cause asthma or breathing problems
- Living near grocery stores with fresh produce vs. only having access to fast food
- Having parks or sidewalks for exercise

**Short-term impact:** Headaches from smog, fatigue from poor indoor air quality.

**Long-term impact:** Chronic respiratory diseases, obesity from limited access to healthy foods.

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### **Genetic Factors**

#### **Definition:**

Traits and risks you inherit from your biological parents, such as eye color, blood type, and risk for certain diseases.

#### **Examples:**

- A family history of diabetes or heart disease
- Inherited high cholesterol levels
- Genetic conditions like sickle cell anemia

#### **Important Note:**

Genetics can increase risk, but lifestyle choices often determine whether those risks develop into health problems.

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### **Behavioral Factors**

#### **Definition:**

The choices and habits you make every day that affect your health.

#### **Examples:**

- Diet and nutrition
- Physical activity levels
- Smoking, vaping, or alcohol use
- Sleep patterns and stress management

**Short-term impact:** Feeling energized after regular exercise or sluggish after skipping meals.

**Long-term impact:** Maintaining a healthy weight vs. developing obesity, preventing or increasing risk of heart disease.

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## **Technological & Social Media Influences**

### **Definition:**

The role of technology, including medical advancements and digital platforms, in shaping your health.

### **Examples:**

- Wearable devices that track steps, heart rate, or sleep
- Medical technology that improves diagnosis and treatment
- Social media promoting fitness and wellness — or spreading misinformation

### **Impact:**

Technology can help you make better health decisions, but excessive screen time, unrealistic body image standards, or online bullying can harm mental and emotional health.

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## **How These Factors Interact**

These influences often overlap. For example:

- A person may have a **genetic risk** for high blood pressure, but **behavioral choices** (diet and exercise) and **environmental factors** (access to healthy foods) determine whether the condition develops.
- **Social media** can encourage healthy workouts (positive tech influence) or lead to unhealthy comparisons and stress (negative tech influence).

*Wednesday August 13:*

*Thursday August 14:*

*Friday August 15:*

## *Week 1: August 4-8<sup>th</sup> Week*

*Monday-August 4:* No school

*Tuesday August 5:* Review of expectations and how to access syllabus

*Wednesday August 6:* same as previous day

*Thursday: August 7<sup>th</sup>:*

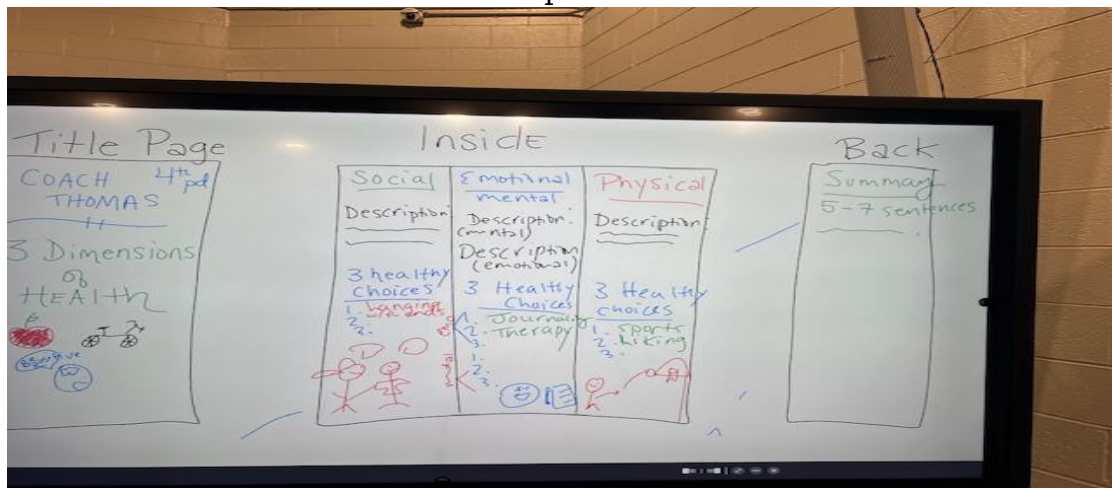
1. Dimensions of Health video:  
<https://www.youtube.com/watch?v=ijpvLaArBBI>
2. Dimensions of Health brochure: complete title page & one of the pages for the dimensions

**Instructions:** Using the paper provided by coach, create and fill in brochure. The following should be included. For full credit be sure to follow the guidelines and include subheadings to make your brochure flows well.

1. **Title Page:** name, title of brochure, relevant image, class period-**20pts**
  2. Each dimension of health should have its own page with the following
    - a. heading
    - B. detailed **description** in your own words: **at least 2 complete sentences**
    - C. **3 healthy choices** for the specific dimension of health (include things you might do personally)
    - D. One relevant image
- (60 pts: 20 per dimension)**
3. On the back 5-7 sentence summary explaining the relationship between all of the dimensions of health **(20pts)**

*Friday: August 8<sup>th</sup>:*

1. Coach review of brochure expectations while providing example
2. Students finish brochure and complete over the weekend



August 11<sup>th</sup> -15<sup>th</sup> Week

*Monday-August 8:*

*Tuesday August 9:*

*Wednesday August 10:*

*Thursday August 11:*

*Friday August 12:*