

JVLA is now Arrupe Virtual.

Growing Up Healthy

A flexible health course designed for Catholic teens

We all recognize that teaching students the characteristics and habits of healthy living is of value – particularly in Catholic schools where the *care for the individual* is central to our work. Still, with the many academic demands of the typical high school, it can be difficult to find an appropriate place within the curriculum to adequately address this important subject.

AVLI's ***Growing Up Healthy*** provides schools, parents, and students a flexible resource to serve as a foundation for learning about life-long health.

Course Modules

- The Human Body
- Puberty
- Mental, Emotional & Spiritual Health
- Diet and Nutrition
- Exercise and Sports
- Risky Behaviors
- First Aid

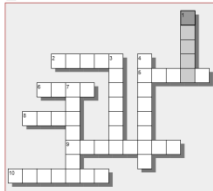
✓ **Flexible**

✓ **Competency-based**

✓ **Catholic Teaching**

Crossword Activity

Solve the crossword puzzle



Across

2) Where nutrients are absorbed into the bloodstream

5) Egg releaser

6) The largest organ

8) Heart protector

9) Connects bones to joints

Down

1) Largest bone

3) Controls involuntary activities (digesting, breathing...)

4) Chemical messengers


7) Blood sugar regulator

Re-start Finish

Respiratory System

Colossally the human respiratory system is straightforward. You inhale oxygen through your nose which travels through the trachea into two bronchial tubes leading into the lungs. Found only in mammals, the **alveoli** are small, thin-walled air sacs (surrounded by capillaries) where oxygen is for carbon dioxide, a waste product. Note that the lungs do not work alone. The **diaphragm**, a internal muscle that extends across the bottom of the rib cage, initiates the breathing process, it and out of the lungs by contracting (when inhaling) and relaxing (when exhaling).

Part 1 Wonders of the Human Body - BBC Explorat




Growing Up Healthy

Module: The Human Body

Contents Page: 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12

INTRODUCTION

What is more durable, a sculpture or your body? For the sake of example, let's compare Michelangelo's Renaissance marble David with current, actual high school student David. Well, the Florence sculpture has survived over five hundred years while the student is only seventeen. Careful, the sculpture is harder. But what if the two Davids bumped into each other? The marble David might crack and break into numerous pieces. Though we might employ expensive artisan glue for repair, the copy of David would never be as complete as it is now (in fact, in 1991 a deranged man did take a hammer to the foot of this renowned sculpture). On the other hand, David the young man might show a bruise for a week or so, but that injury would quickly fade and he would display no permanent damage from the incident.



Flexible: The modular design of *Growing Up Healthy* provides a host of deployment options. Alternatives range from the full-service course hosted on the AVLI's learning management system, to teachers using individual modules in a traditional classroom. The electronic format also affords schools the option of using "down time" such as the summer for course completion.

Catholic Teaching: At the beginning of each module is a section dedicated to the relevant teachings of the Catholic Church. This provides students a lens or mental framework for learning.