Chapter 1: What is Health?

Be able to:

Describe the two factors that can be used to evaluate overall health.

List and describe the three aspects of overall health.

Explain how the choices that people make can affect their positions on the health continuum.

Identify factors that can influence a person’s health.

Describe the two broad goals of Healthy People 2010.

Demonstrate how to use the DECIDE process to make healthy decisions.

Vocabulary:

- Health
- heredity
- Quality of Life
- gender
- Life expectancy
- environment
- Goal
- culture
- Physical health
- habit
- Mental health
- risk factor
- Social health
- Health continuum
- Wellness

Chapter 2: Personality, Self-Esteem and Emotions

Be able to:

Name the five traits that are used to define personality.

Identify two factors that determine how your personality develops.

Describe what happens to personality over a lifetime.
Compare the effects of high and low self-esteem on health.

Describe the changes in self-esteem that can occur as people age.

Identify ways to achieve and maintain high self-esteem.

Summarize Maslow’s theory of self-actualization.

Identify four primary emotions and three learned emotions.

Explain why it is important to recognize your emotions.

Distinguish helpful from harmful coping strategies.

**Vocabulary:**

- Personality
- Peer group
- Self-esteem
- Hierarchy of needs
- Primary emotion
- Coping strategy
- modeling
- identity
- self-actualization
- emotion
- learned emotion
- defense mechanism

**Chapter 3: Managing Stress**

**Be able to:**

Describe what causes a person to experience stress.

Identify four general types of stressors.

List in order the three stages of the body’s response to stress.

Identify four types of early warning signs for stress.

Describe the relationship between stress and illness.

Describe two ways in which personality affects stress.

Identify the key factors in resilience.
Vocabulary:

- Stress: eustress
- Distress: stressor
- Catastrophe: fight-or-flight response
- Optimism: pessimism
- Perfectionist: resilience

Chapter 4: Mental Disorders and Suicide

Be able to:

- Identify four causes of mental disorders.
- Describe five types of anxiety disorders and four other types of mental disorders.
- Identify health risks associated with anorexia.
- Explain the relationship between bulimia and dieting.
- List the main health risks of binge eating disorder.
- Explain why it is important to identify and treat clinical depression.
- Explain why individuals might deliberately injure themselves.
- Describe one major risk factor for suicide.

Vocabulary:

- Mental disorder: anxiety
- Anxiety disorder: phobia
- Obsession: compulsion
- Mood disorder: depression
- Schizophrenia: personality disorder
- Eating disorder: anorexia nervosa
- Bulimia: binge eating disorder
- Clinical depression: cutting
- suicide