

Name \_\_\_\_\_

Date \_\_\_\_\_

Health

Final Guide

Terms:

1. Male Reproductive System:
2. Sperm:
3. Testosterone:
4. Testes/Testicles:
5. Scrotum:
6. Penis:
7. Erection:
8. Semen:
9. Fertilization:
10. Nocturnal Emission:
11. Care of the Male Reproductive System:
12. Female Reproductive System:
13. Ova(um)
14. Uterus:
15. Ovaries:
16. Ovulation:

17. Fallopian Tubes:
18. Vagina:
19. Menstruation
20. Menstrual Cycle:
21. Care of the Female Reproductive System:
22. Skin
23. Epidermis
24. Dermis
25. Melanin: pigment gives skin its color
26. Sebaceous Glands: give skins its moistness
27. Sweat Glands: structure within the dermis,  
excretes perspiration
28. UV Rays: ultraviolet rays from the sun
29. Peak Tanning Hours: 10 am to 2 pm
30. Care for the Skin: wash daily
31. Protective Clothing from Sun: hats, long sleeve shirt,  
and pants
32. Melanoma: a mark indicating skin cancer

33. Skin cancer: caused by over exposure to the sun/ and uv rays
34. Dermatologist: doctor who treats skin cancer and diseases of the skin
35. Sunscreen/Lotion: lotion/spray: spf 15 +, protect skin
36. Differences Love/infatuation (5) : love: gradual, I: beginning; love is reality; infatuation is fantasy, love is calm, infatuation can be exciting, love is attachment, infatuation is obsession
37. What to look for in a partner (5-7) : not in another relationship, well over heartache, has time for relationship, is open to relationship with you, no alcoholic or drug addiction
38. Other questions you may ask (1-3): does he/she have many friends?, if we broke up would we be friends?, how does he treat his mother?
39. The 5 stages of a relationship/ details: 1) attraction 2) casual friendship 3) close friendship 4) intimate friendship 5) mature love
40. Tips on the Breakup: 1) don't go into a new relationship 2) feelings of rejection are normal 3) give yourself time
41. Tragedy of Teen Pregnancy: interruption of education, high risk of divorce and poverty
42. Golf as a lifetime activity:
43. 3 types of clubs: wood, iron, putter
44. 3 types of Holes: par 3, par 4, par 5

45. **Eagle/Birdie/Par/Bogey:** eagle is minus 2, birdie is minus 1, par is even, bogey is plus 1
46. **FAM: Fertility Awareness Method:** woman charts ovulation and plans on beginning her pregnancy
47. **Implantation:** fertilized egg and ovum implanted in the uterus
48. **Pregnancy Tests (4) :** hpt, ept, miss periods, morning sickness, breast are tender
49. **Gestation:** scientific for pregnancy
50. **Zygote:** meeting of the egg and the sperm week 1 and 2
51. **Embryo:** week 3 and 8, organs form
52. **Fetus:** week 9 to 38 until the birth
53. **Placenta:** exchange blood with mother and child
54. **Amniotic Sac:** balloon like sac that the child is during the pregnancy
55. **Umbilical Cord:** ropelike structure that feeds the child
56. **Critical Period of a Pregnancy:** time period when development takes place
57. **Miscarriage/Spontaneous Abortion:** expelling of zygote embryo because of problem pregnancy
58. **Lactation:** breastfeeding
59. **Morning Sickness:** vomit, back pain, mood swings, constipation

60. **High Risk Pregnancy:** 9 out of 10 deal with teen pregnancy premature baby low birth pregnancy less than 6 lbs.
61. **Prenatal Care:** any care given to child or mother during pregnancy
62. **Low Birthweight:** less than 6 lbs
63. **Congenital:** any condition at birth
64. **Birth Defects:** any birth condition a child must struggle with
65. **Genetic Counselor:** predict any possible of problem pregnancy
66. **Down Syndrome:** physical deformity and mental retardation
67. **PKU:** cause congenital brain damage if not treated
68. **Amniocentesis:** needle drain into abdomen to test fetal cells
69. **Spina Bifida:** gaps in bones of the spine
70. **SIDS:** sudden infant death syndrome, what's called crib death
71. **Lightening:** mother's relief during delivery
72. **False Labor:** warm up contractions
73. **Expulsion:** called crowning
74. **Episiotomy:** the ob makes a slight incision in the vagina to relieve pressure
75. **Caesarean Section:** a horizontal incision across the abdomen for delivery

76. **Breech Baby:** feet come out first when born or their back side
77. **Blended Family:** family formed by divorce or death of spouse
78. **Extended Family:** includes cousins, grandparents, nephews and nieces
79. **Foster Family:** government agency place child in care of a parent in case of deceased parent or unfit parent
80. **Married Couple:** a husband and wife
81. **Nontraditional Family:** no blood relation, live together and support each other
82. **Single Parent Family:** one parent and his or her adopted or biological child
83. **Benefits of a Family:** food, clothing, shelter, support, and security
84. **Stages of a Family:** married couple, couple with small children, couple with teenagers, children leaving home, retirement years
85. **Sibling Rivalry:** not inevitable but considered normal
86. **Ground Rules for Arguing:** don't attack or accuse, don't bring up the past, don't call names, search for a solution
87. **Functional/Dysfunctional Families:** f- welcome outsiders d- does not welcome f- welcomes problems d- hides problems f- embraces sense of humor d- too serious
88. **Digestion:**
89. **Absorption:**

90. Elimination:
91. Teeth:
92. Salivary Glands:
93. Tongue (Glottis):
94. Uvula:
95. Epiglottis: closes opening to the wind pipe which prevents choking
96. Esophagus: 10 inches; tube that connects the pharynx to the stomach
97. Stomach: stores food for further digestion until entering intestines
98. Chyme: creamy mixture of food and gastric juices
99. Small Intestine ( 3 parts) : duo denum; jejunum; ileum
100. Bile: yellow-green fluid; bitter; used for breaking down foods
101. Pancreas: produces enzymes that breaks down carbs
102. Liver: breaks down toxins such as alcohol and aids digestion
103. Gall Bladder: stores bile between meals
104. Large Intestine (Colon): eliminates waste; absorbs water
105. Indigestion: discomfort in the abdomen; fullness and nausea

106. Heartburn: burning sensation in the chest; nothing to do with the heart
107. Gas: cramps in the abdomen; uncomfortable feeling
108. Constipation: dehydration; lack of water; inability to move bowels
109. Smoking Tobacco: number one cause of preventable disease
110. Other uses of tobacco: chewing tobacco and dip
111. Nicotine: (stimulant): increases the blood pressure, heart rate, and central nervous system
112. Alcohol/ Alcohol Abuse: disease of addiction because one abuses alcohol
113. Ethanol/Ethyl Alcohol: active ingredient in alcohol
114. Alcoholism: characterized by lack of control
115. Moderation: amount of alcohol that causes no harm to health
116. Amount of Ounces in a Drink (B/W/HA): Beer - 12 ounces  
Wine - 3 to 4 ounces Hard Alcohol - 1 ounce
117. Proof/ % Alcohol:  $\text{proof} \div 2 = \% \text{ of alcohol}$
118. Moderate Drinker: does not drink excessive; health is not harmed; does not behave inappropriately
119. Social Drinker: drinks only on social occasions; can be moderate or problem
120. Binge Drinker: drinks 4+ in one hr; drink to get drunk; games

121. **Problem Drinker: social life, emotional life, family life suffers**
122. **Long Term Effects of Drinking:**
123. **Tips for Moderate Drinkers:**
124. **Traits of Problem Drinkers:**
125. **Throwing a Non-Alcoholic Party:**
126. **Drug Use:**
127. **Drug Abuse:**
128. **Long Term effects of Tobacco:**
129. **Carcinogen:**
130. **Tar:**
131. **Carbon Monoxide:**
132. **Short Term Effects of Tobacco:**
133. **Drug Misuse:**
134. **Rec. Drug Use:**
135. **Drug Trafficker:**
136. **Juvenile:**
137. **Euphoria:**
138. **Drug Addiction:**

139. **Dysphoria:**
140. **Physical Addiction:**
141. **Withdrawal:**
142. **Psychological Addiction:**
143. **Hallucinations:**
144. **Amotivational Ssyndrome:**
145. **Amphetamine:**
146. **Sedatives:**
147. **Barbituates:**
148. **Opiates:**
149. **Codeine:**
150. **Morphine:**
151. **Heroin:**
152. **Hallucinogens:**
153. **Look-Alikes:**
154. **Ephedrine:**
155. **LSD:**
156. **PCP:**
157. **Peyote:**

**158. Psilocybin:**

**159. Sniffing Death Syndrome:**

**160. Designer Drugs:**