

8th Grade Study Guide

Answer Key

4 parts of Health

Physical	Mental	Emotional	Social
Diet	Stress in positive way	Self control	Considerate of others
Sleep	Accept new ideas	Self respect	Respect of others
Exercise	Effectively solve problems	Accepts strengths	Support others
Hygiene		Express emotions in words	Be dependable

Types of Goals

Type of Goal	Example
Short term	Make a 90% on my quiz this Friday.
Long term	Make A/B honors this school year

Difference of peer conflict and bullying

Peer Conflict	Bullying
Balance of power	Not feeling remorseful
Occasionally	Physical Harm
Accidental	No effort to solve problem

Types of Abuse

Type	Definition
Physical	Any act meant to cause physical harm
Emotional	Repeated use of actions or words implying another person is worthless or powerless
Verbal	Use of hurtful words to intimidate, manipulate, hurt or dominate another person
Sexual	Any unwanted sexual contact with another individual
Neglect	Failure to meet the basic physical, emotional needs of a child

Ways to prevent a conflict

- Pick your battles
- Take a break
- Walk away

Ways to solve a conflict

- Compromise
- Collaboration
- Peer mediation

4 ways germs are spread

Contact	Description
Direct Contact	Touching, skin to skin
Close/Indirect contact	Sneezing, coughing, sharing drinks
Animal contact	Getting bit, scratched by an animal
Other contact	Contaminated food or water

Prevent the spread of germs

Method	How it works
Washing hands	Removes germs from hands
Don't share drinks	Protect yourself from possible infection from other people
Practice good physical health	Keeps immune system strong- able to fight infections

5 components of fitness

Component	Description	Test
Muscular Strength	Amount of force muscles apply when being used	1 rep max, long jump
Muscular Endurance	Ability to use muscles over and over without getting overly tired	Push ups, sit ups
Cardiovascular	Ability of your heart and lungs to work efficiently during exercise	1 mile walk test
Body composition	Compares weight of fat to lean body tissue	BMI, skin fold
Flexibility	Ability to use joints easily	Sit and reach

MHR and THR

● $220 - \text{Age} = \text{MHR}$

- Ex $220 - 14 = 206$

● $\text{THR} = \text{MHR} \times \text{Intensity (80\%)}$

- Ex $206 \times .80 = 165$

FIT Principle

● Frequency

- How often, 4-6 days a week

● Intensity

- How hard

● Time

- How long, at least 60 minutes

Food groups

Food group	Daily allowance	Examples
Grains	3-6oz	Rice, pasta, bread
Vegetables	2-3 cups	Broccoli, carrots, squash
Fruit	1.5-2 cups	Apples, pears, bananas
Oils	5-6 tsp	Olive oil
Dairy	3 cups	Milk, cheese, yogurt
Meat	5-6.5oz	Beef, chicken, peanuts

Carbohydrates

● Simple

- Fruits, sugars, milk

● Complex

- Bread, pasta, potatoes

Fats

● Saturated

- Solid at room temperature
- Meat, dairy

● Unsaturated

- Liquid at room temperature
- Olive oil

6 nutrients

Nutrient	What they do	Source
Carbohydrate	Main source of energy	Pasta, fruit
Fat	Essential for vital body functions	Olive oil, peanut butter, avocado
Protein	Build/repair body cells and tissues	Meat, eggs, nuts
Water	Makes up 70% of your body, helps with digestion	
Minerals	Strong bones and teeth	Milk
Vitamins	Help control body functions	Oranges

Pressures to use drugs

- Peer pressures
- Internal pressures
- Advertising

Types of Illegal drugs

Drug	What it does	Examples
Stimulant	Speeds up body functions	Cocaine, nicotine, caffeine
Depressant	Slows down body function	Alcohol, marijuana
Narcotic	Pain reliever	Heroin
Hallucinogen	See/hear things that aren't there	LSD, Acid
Inhalant	absorbed through the lungs, cuts off oxygen to brain	Household chemicals
Designer	Chemically similar to illegal drugs	Ecstasy, K2

Chemicals found in cigarettes

- Nicotine
- Carbon monoxide
- Tar

How alcohol affects your body?

- Cirrhosis

- Scarring of the liver

- Coordination

- Slurred speech

- Vision

- Reaction time

- Judgment

● Abstinence

- Not having sex until marriage

● Puberty

- When adolescents develop grown up traits

● STD

- Disease spread through sexual contact

Benefits of abstinence

- Self respect
- No unwanted pregnancy
- No STD
- Achieve life goals

HIV/AIDS

- Attacks immune system
- Spread through and exchange of bodily fluids
- No cure