

# Contemporary Health Students

# Contemporary Health

## TAKE CONTEMPORARY HEALTH ISSUES

- Decision Making/Goal Setting
- Dealing with stress
- Taking responsibility
- Defining your purpose and mission in life
- Mental health concerns
- Nutrition
- Addictions and preventions
- Relationships
- Personal fitness and wellness



Name \_\_\_\_\_

Class Period \_\_\_\_\_

# Chapter 15: The Cardiovascular, Respiratory, and Digestive Systems

## Lesson 1: The Cardiovascular and Lymphatic Systems

### The Case of the Missing Notes

**Directions:** A medical student has misplaced some of her class notes. The missing notes are case studies of patients with cardiovascular problems. Help the student replace her lost notes by filling in the following case studies. **(Students can Google the symptoms)**

#### Case Study 1

Patient: 38-year-old male

Symptoms: susceptible to infection, severe anemia, and uncontrolled bleeding

Possible Diagnosis: \_\_\_\_\_

Possible

Treatment: \_\_\_\_\_  
\_\_\_\_\_

#### Case Study 2

Patient: 15-year-old female

Symptoms: heart functioning inefficiently, oxygenated blood mixing with oxygen-depleted blood

Possible Diagnosis: \_\_\_\_\_

Possible

Treatment: \_\_\_\_\_  
\_\_\_\_\_

#### Case Study 3

Patient: 39-year-old male

Symptoms: none, blood pressure reading 160/100, 30 pounds overweight, smoker

Possible Diagnosis: \_\_\_\_\_

Possible

Treatment: \_\_\_\_\_  
\_\_\_\_\_

## Chapter 15: The Cardiovascular, Respiratory, and Digestive Systems

### Lesson 2: The Respiratory System

**Directions:** Write a vocabulary word to answer each question.

1. Which structure of the lungs does the trachea branch out into? \_\_\_\_\_
2. Which respiratory problem is characterized by symptoms including a cough, fever, fatigue, and weight loss? \_\_\_\_\_
3. Which disease progressively destroys the walls of the alveoli? \_\_\_\_\_
4. Which body part is also called the windpipe? \_\_\_\_\_
5. Which respiratory problem is characterized by an involuntary contraction of smooth airway muscles that leads to chest tightness and breathing difficulties? \_\_\_\_\_
6. Which muscle allows breathing to occur? \_\_\_\_\_
7. Which term means "to open up"? \_\_\_\_\_

#### Key Terms

diaphragm

trachea

bronchi

asthma

tuberculosis

emphysema

expand

## Chapter 15: The Cardiovascular, Respiratory, and Digestive Systems

### Lesson 3: The Digestive System

**Directions:** Unscramble each vocabulary term. Then write the definition of each term.

1. Saipiecnid
2. Nmoaisttaic
3. cpietp ruelc
4. spiesrliast
5. Ebli
6. cirtsag siciuj

#### Key Terms

mastication

peristalsis

gastric juices

bile

peptic ulcer

appendicitis

# Chapter 15: The Cardiovascular, Respiratory, and Digestive Systems

## Lesson 3: The Digestive System

**Describe** what happens to food during digestion.

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**Name** the three main processes that take place during digestion and briefly describe the function of each.

Process	Function

**List** the organs that make up the digestive system. \_\_\_\_\_

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**Name** five health behaviors that will help you maintain a healthy digestive system. \_\_\_\_\_

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**Identify** two categories of digestive-system problems and list several examples of each.

1.

2.

## Chapter 15: The Cardiovascular, Respiratory, and Digestive Systems

### Lesson 3: The Digestive System

#### Dinner's Destinations

You and your family have just had a great dinner. Your dad made a green salad, and your mom made her famous veggie pizza. You also enjoyed a large glass of cold milk and some fruit for dessert. What happens to your dinner after you eat it? Through which organs does the food pass? What occurs in each of these organs?

**Directions:** In the spaces provided below, describe the passage of food through your body. For each organ listed, describe the process that occurs in that part of the digestive system.

Mouth:

Esophagus:

Stomach:

Small Intestine:

Large Intestine:

# Chapter 15: The Cardiovascular, Respiratory, and Digestive Systems

## Lesson 4: The Excretory System

**Directions:** Define each vocabulary term. Write the correct definition on the line next to each term.

Nephrons:

Ureters:

Urethra:

Cystitis:

Urethritis:

Hemodialysis:

Monitor:

**Identify** the main function of the excretory system. \_\_\_\_\_

\_\_\_\_\_



## Chapter 15: The Cardiovascular, Respiratory, and Digestive Systems

### Lesson 4: The Excretory System

**Describe** the ways in which each of the following body parts excretes waste from your body

Excretion	
Lungs	
Skin	
Intestine	
Liver	
Urinary System	

**List** five behaviors that will help you maintain your excretory health.

- 1.
- 2.
- 3.
- 4.
- 5.

**Identify** three types of kidney problems. Briefly describe each problem.

- 1.
- 2.
- 3.

## Chapter 16: Endocrine and Reproductive Health

### Lesson 1: The Endocrine System

**Directions:** Write the correct vocabulary term under each definition.

1. a gland that serves both the digestive and the endocrine systems
2. glands that help the body deal with stress and respond to emergencies
3. a gland that produces hormones that regulate metabolism, body heat, and bone growth
4. a gland that regulates and controls the activities of all other endocrine glands
5. ductless, or tubeless, organs or groups of cells that secrete hormones directly into the bloodstream
6. glands that produce a hormone that regulates the body's balance of calcium and phosphorus
7. chemical substances that help regulate many of the body's functions
8. being at a middle place or stage

#### Key Terms

endocrine glands  
hormones  
thyroid gland  
parathyroid glands  
pancreas  
pituitary gland  
adrenal glands  
intermediate

