



#### Faith Connection

*For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. (Psalms 139:13-14, NIV)*

# MEDICAL

All of God's creation is perfectly designed by Him to function in its own purposes. However, when sin entered the world so did disease, injury, and decay. God in His grace has given mankind the ability to learn about the functions of the body and has revealed ways to provide care through the practices of medicine and medical technology. Each generation brings more innovations to see us through this life as we prepare spiritually for the next life.



## TENDERHEART Complete All

- 1. Design an illustrated book about the parts and organs of the body.
- 2. Obtain or create your own stethoscope and listen to your heart. What sounds do you hear? Find out the average heartbeat for your age and how to measure beats per minute. How fast is your heart beating?
- 3. Your brain is a vital organ in your body. Learn about the major parts and functions of the brain. Design your own "thinking cap." Draw the functional areas of the brain on a hat or swim cap with fabric paint or permanent markers. Explain each region to your Unit or family.
- 4. Research a famous female health professional and her contributions to the medical field.

## TENDERHEART Complete One

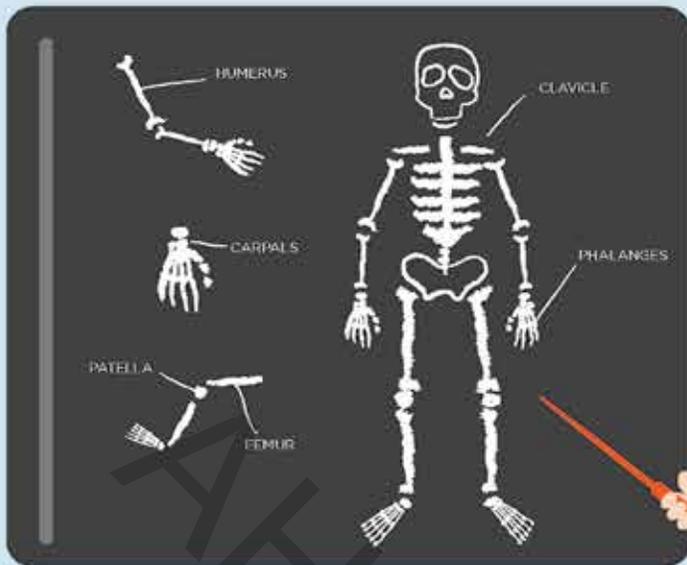
- 5. Learn about five tools, other than a stethoscope, that doctors use. Try to recreate one of these tools using materials found around your home.
- 6. During a visit to the doctor's office, you may have noticed a rack of pamphlets with various information. Design a trifold health brochure about a medical illness or the importance of a healthy habit.
- 7. Healthcare professionals take care of people of all ages. As people grow older, their needs change. Visit a nursing home and learn about the care of residents. Learn about the types of activities that are provided to help the residents maintain their highest level of independence and respect.

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Leader's Signature  
(Tenderheart Level)

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Date

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Leader's Signature  
(Explorer Level)

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Date



### EXPLORER Complete All

- 1. Your body contains over 200 bones with the smallest being in your ear and the largest being in your leg. Research five fun facts about bones to share with your Unit or family. Make a model of your spine using an egg carton, foam or felt, and string.
- 2. From cells to tissues to organs, each part of your body works together to carry out specific functions. Paint your inside organs in their proper placement on a blank t-shirt using fabric paint. Include the following major organs: heart, lungs, stomach, liver, kidneys, and intestines.
- 3. Our ability to clot and form a scab after an injury is an amazing process. Research the steps in forming a clot. What happens if one of the steps does not function well or fully?
- 4. The respiratory system works with your mouth, nose, pharynx, larynx, trachea, bronchi, lungs, and diaphragm to cycle oxygen to your blood throughout your body. Construct a model of the respiratory system using balloons, straws, and a plastic bottle.
- 5. Nutrition is important in maintaining good health. Learn to read a food label, what to look for in your foods, and what to avoid in your foods. Review three food labels with your Unit Leader or parent.

### EXPLORER Complete Two

- 6. You are a health expert who writes a column for a monthly magazine. Write a 300- to 400-word article about the importance of regular exercise and its benefits.
- 7. There are many types of health care professionals (i.e., doctors, nurses, paramedics, etc.). Learn about five types and what role they play in the medical field. Which one appeals most to you?
- 8. God has designed our bodies to signal us when we are becoming sick or provide warning signs when major trauma is about to occur. Research the most common warning signs of a female patient's heart attack and create a resource to share with your Unit or family.
- 9. Health fairs are interactive and educational events that reach out to the community to instruct, teach, and provide basic medical screening and ways to stay healthy. Attend a health fair or participate as a volunteer.



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## PIONEER & PATRIOT complete all

1. Identify the major systems of the body and discover three unique facts about each. Draw a diagram of three systems in your body illustrating components and function.
2. Our muscles are made of elastic tissue and allow us to move and be active. Learn about the different types of muscles. Tracing your hand, cut the silhouette out of cardstock, use straws, string, and tape to create a working model of how the tissues in your muscles work with your nerves to produce movement.
3. Research the importance of nutritious food, how physical movement helps your mind and body, why rest is essential for the human body, and how moods can affect our decisions. Talk with a health care provider about what balanced health looks like for you and create a balanced health tracker, making goals for yourself based on your doctor's recommendations. Track your progress for one month. What area could you improve on? Who could be your accountability partner to help?
4. Research three types of medical professions (i.e., doctor, nurse, physical therapist, etc.). What type of schooling is necessary for each? How long is schooling for each? Interview a healthcare professional. Learn about what motivated this person to choose her or her particular field of study. What are the best and worst parts of his or her job?
5. The fairy fly, which is a type of wasp, has the smallest heart of any animal. The blue whale has the largest heart of any animal which can weigh up to 1,500 pounds and measure as large as a small car. How big is your heart? Construct a heart model and identify its parts. Use your model to teach a younger girl about the heart.
6. Hormones are specialized chemicals produced in your body. Research the different female hormones and their functions. Where do they come from? How do hormones affect our moods? List as many moods as possible and track your moods for one month. Do you recognize any trends?

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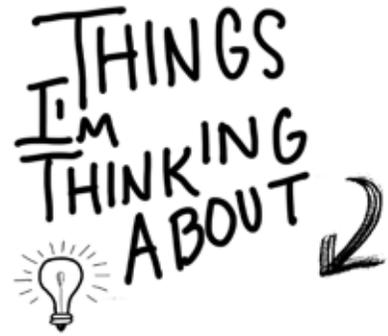
Leader's Signature  
(Pioneer and Patriot Levels)

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Date

PIONEER & PATRIOT complete all *(continued)*

- 7. Vitamins are organic molecules that are necessary for our health. They cannot be synthesized and must be extracted by the body from the food we eat. What are the two major groups of vitamins? List 12 vitamins and create a chart listing their function in the human body, signs of deficiency, and food that is high in that vitamin. Visit your grocery store's produce department or a farmer's market and pick five fruits or vegetables. Research what vitamins are in the food you picked and their benefits to the human body.



PIONEER & PATRIOT complete three

- 8. There are many types of doctors. Doctors can specialize and care for a particular organ system of their patients. There are over 120 specialties and subspecialties in medicine. Look up five medical specialists. Research the length of their training and how they care for their patients.
- 9. Knowing how to respond to a life-threatening emergency could save someone's life. Take a CPR class to learn how to respond in a dire situation.
- 10. Hippocrates (who lived in the 5th century BC) is considered to be the "father" of medicine in western culture. Doctors at the conclusion of medical school take the Hippocratic Oath. It is one of the oldest binding documents in history. Obtain copies of the Hippocratic Oath that all medical doctors pledge. Compare the old version to the modern version. What changes have been made?
- 11. In the medical realm, there are treatments for illnesses through conventional medical practices and also through traditional alternative medicine. Find five common ailments and the conventional and traditional alternative treatments for those illnesses. Then create a brochure presenting your research and presenting the pros and cons to your findings.
- 12. Sepsis is when you have a severe reaction to the chemicals in your body that normally fight off infection and instead these chemicals begin to attack your body through the bloodstream. Sepsis causes inflammation and pain and can lead to lethal symptoms. Create a public service announcement (PSA) to create awareness for your high school or teens in your community on the signs, symptoms, preventive treatment, etc., for sepsis.

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