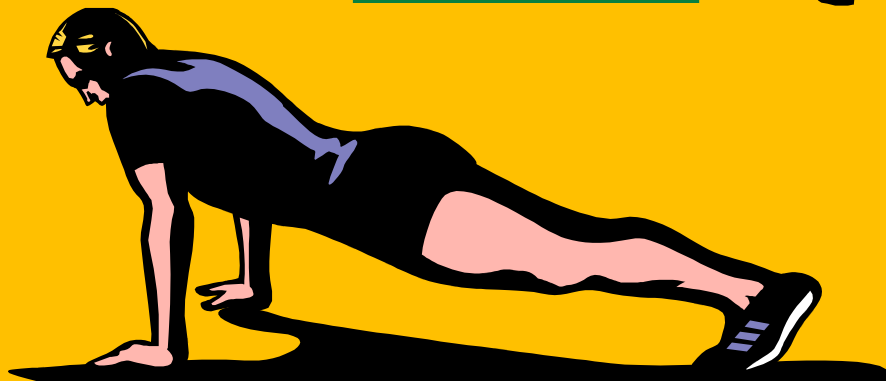


Human Anatomy, Physiology, Health, & Nutrition Lesson Plans 2010



This high school Human Anatomy Course with Lab was created in 2010 for my daughter to learn about the human body and how to care for it.

This is not a product.

We are just sharing our own notes to inspire you in your own lesson planning.

I used a wide variety of resources, including my knowledge from my nursing degree.

Warmly,
Meredith Curtis & Laura Nolette
Meredith@powerlinecc.com
Laura@powerlinecc.com

Class Requirements for



Human Anatomy

Textbook

Body by Design by Alan L Gillen

Human Anatomy Coloring Book by Margaret Matt

(or *Anatomy Coloring Workbook* by I Edward Alcamo, PhD)

Facts about the Human Body by Mary Ann & Mary Alice Tully

The Womanly Art of Breastfeeding by La Leche League (girls only)

Not even a Hint by Josh Harris (boys only)

Preparing for Adolescence by James Dobson

DK Guide to Human Body by Richard Walker

Class Assignments

Answer all chapter questions in textbook

Complete all charts and worksheet assignments

Color all pictures in coloring book

E-books

Life Begins

Nutrition 101: Choose Life

Teeth

Movies

The Wonder of God's Creation: Human Life

Osmosis Jones

The Newton's Workshop: The "Cell-a-bration"

The Newton's Workshop: The DNA Decoders

Lab Work

Complete assigned experiments and record

Top Shelf—Human Anatomy and Physiology (assigned labs)

Tendon Action Lab

Your Dental Record

Make yourself a second set of teeth

Stretching Lab

Target Heart rate Lab

Planning Personal Exercise Program Lab

Optional Nutrition Books

Protein Power by Michael & Mary Dan Eades, MDs

The 15 Minute Meal Planner by Emilie Barnes & Sue Gregg

Fit for Life by Harvey & Marilyn Diamond

Grading

To get a C grade, you must complete all assignments and combined test scores must be above a 70% average. (Test scores 50%; Verbal understanding 25%; neatness and quality work 25%)

To get a B grade, you must complete all assignments and combined test scores must be above 80% average.

To get an A grade, you must complete all assignments and combined test scores must be above a 90% average.



Human Anatomy, Physiology, Health & Nutrition



September Assignments

time comp

Read Not Even a Hint (Boys only)

Complete Book report sheet

Copy book report sheet and place in Motherhood folder

Week One

Read Body by Design chapter 1 (Design)

Answer chapter questions

Read Body by Design chapter 2 (Origins)

Answer chapter questions

Human Anatomy Coloring Book pg. 1

OR Anatomy Coloring Workbook read and color page 2-3

Body Systems & Ology Worksheet

Read Human Anatomy & Physiology pg. 1-8

Top Shelf Human Anatomy & Physiology pg. 4 Do on own

Top Shelf Human Anatomy & Physiology pg. 7-8 with lab partner

Read Life Begins E-book

Week Two

Read Body by Design chapter 3 (DNA)

Answer chapter questions

Human Anatomy Coloring Book pg.13-14

OR Anatomy Coloring Workbook read and color page 4-11

Watch Newton's Workshop: The DNA Decoders

Fill out Movie Review Sheet

Cell & Cell Division Worksheet

Read Top Shelf Human Anatomy & Physiology pg. 9-14

Top Shelf Human Anatomy & Physiology pg. 13-14 Do on own

Top Shelf Human Anatomy & Physiology pg. 15-17 with lab partner

Week Three

Read Body by Design chapter 4 (Development)

Answer chapter questions

Human Anatomy Coloring Book pg. 38-39

OR Anatomy Coloring Workbook read and color page 258-265

Watch Newton's Workshop: "Cell-a-bration"

Fill out Movie Review Sheet

Week Four

Watch Mystery of Life Video

OR Anatomy Coloring Workbook read and color page 266-275



October

Read Fearfully and Wonderfully Made

Complete Book report sheet

Week One

Read Body by Design chapter 5 (Skeletal)

Answer chapter questions

Human Anatomy Coloring Book pg. 2-4

OR Anatomy Coloring Workbook read and color page 18-33

Nutrition 101: Choose Life pg. 137-148 & disc questions

Osteoporosis worksheet

Read Top Shelf Human Anatomy & Physiology pg. 29-30 (Skeletal S)

Top Shelf Human Anatomy & Physiology pg. 31-33 with lab partner

(Calcium & Bone Strength)

Lab: Tendon Action

Week Two

Nutrition 101: Choose Life pg. 151-160 & disc questions

Read Teeth E-book

Lab: Your Dental Record Worksheet

Lab: Make a Second Set of Teeth

Interview someone with arthritis/write up

Bones & Broken Bones Worksheet

Human Anatomy Coloring Book pg. 5-7

OR Anatomy Coloring Workbook read and color page 34-55

Top Shelf Human Anatomy & Physiology pg. 34-37 with lab partner

(Height Estimation)

Week Three

Read Body by Design chapter 6 (Muscular)

Answer chapter questions

Nutrition 101: Choose Life pg. 173-182 & disc questions

Muscle Injuries

Motor Sequence of a Baby

Human Anatomy Coloring Book pg. 8-10

OR Anatomy Coloring Workbook read and color page 58-75

Week Four

Exercise & Stretching Plan

Exercise & Target Heart Rate Lab

Human Anatomy Coloring Book pg. 11-12

OR Anatomy Coloring Workbook read and color page 76-95)

Read Top Shelf Human Anatomy & Physiology pg. 40 (Muscular)

Top Self Human Anatomy & Physiology pg. 41-46 with lab partner

Collect Recipes and Menus for happy muscles and bones



November

Week One

Read Body by Design chapter 7 (Digestive)

Answer chapter questions

Nutrition 101: Choose Life pg. 53- 61 & disc questions

Human Anatomy Coloring Book pg. 30-32

OR Anatomy Coloring Workbook read and color page 216-225

Nutrition, Vitamins, and Minerals Chart

Draw Digestive System Organs

Top Shelf Human Anatomy & Physiology pg. 53 with lab partner

(Sense of Taste)

Week Two

Nutrition 101: Choose Life pg. 63- 73 & disc questions

Nutrition 101 baggie experiment pg 72

Acid & Alkaline Foods Worksheet

Acid Reflux and Peptic Ulcer Worksheet

Read Human Top Shelf Anatomy & Physiology pg. 61-66

Top Shelf Human Anatomy & Physiology pg. 65-66 Do on own

Top Shelf Human Anatomy & Physiology pg. 67-70 with lab partner

Digestion of Starch)

Human Anatomy Coloring Book pg. 33-35

OR Anatomy Coloring Workbook read and color page 226-233

Week Three

Nutrition 101: Choose Life pg. 75- 81 & disc questions

Your Ideal Weight

Diet Comparison Chart

Top Shelf Human Anatomy & Physiology pg. 71-74 with lab partner

(Digestion of Lactose)

Interview someone who is lactose intolerant/write up & post

Top Shelf Human Anatomy & Physiology pg. 67-70 with lab partner

(Enzymes in Pineapple)

Week Four

Nutrition 101: Choose Life pg. 83-95 & disc questions

Colon Health Worksheet

Interview someone who has had a colonoscopy/write up

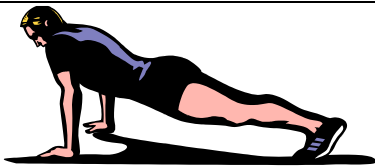
Read Dave Barry's Journey into my Colon and yours

Human Anatomy Coloring Book pg.23-24

Collect Recipes and Menus for a happy colon

Watch Osmosis Jones

Fill out Movie Review Sheet



December

Week One

Read Body by Design chapter 8 (Excretory)

Answer chapter questions

Human Anatomy Coloring Book pg. 36-37

OR Anatomy Coloring Workbook read and color page 248-255

Read Top Shelf Human Anatomy & Physiology pg. 106-111

Top Shelf Human Anatomy & Physiology pg. 108-111 with lab (Urinalysis)

Week Two

Interview Mr. Steve and Miss Mary about Kidney Failure & Kidney Transplant experience

Write up interview

Write a paragraph on diabetes mellitus

Write a paragraph on kidney failure

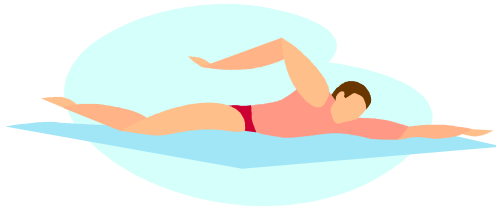
Write a paragraph on dialysis

Write a paragraph on kidney transplant

Week Three

Read Facts About the Human Body

Facts About the Human Body Questions



January

Read In His Image

Complete Book report sheet

Week One

Read Body by Design chapter 9 (Circulatory)

Answer chapter questions

Human Anatomy Coloring Book pg. 13-15

OR Anatomy Coloring Workbook read and color page 168-185

Read Top Shelf Human Anatomy & Physiology pg. 77-78

Top Shelf Human Anatomy & Physiology pg. 79 Do on own

Top Shelf Human Anatomy & Physiology pg. 86-90 with lab partner

(Blood Typing)

Human Anatomy Coloring Book pg. 16-17

Week Two

Nutrition 101: Choose Life pg. 191-198 & disc questions

Nutrition 101: Choose Life pg. 199-210 & disc questions

Heart and Circulatory System Questions

Read Understanding Coronary Artery Bypass Surgery booklet

Lab: Listen to each other's heart with stethoscope & take pulse

Lab: CPR

Lab: Take one another's Blood Pressure

Make a Model Heart (Maria)

OR Anatomy Coloring Workbook read and color page 186-201

Collect Recipes and Menus for a happy heart & circulatory system

Week Three

Read Body by Design chapter 10 (Respiratory)

Answer chapter questions

Nutrition 101: Choose Life pg. 97-110 & disc questions

Human Anatomy Coloring Book pg. 18-20

OR Anatomy Coloring Workbook read and color page 235-239

Read Top Shelf Human Anatomy & Physiology pg. 99-100 (Respiratory)

Top Shelf Human Anatomy & Physiology pg. 99-100 Do on own

Top Shelf Human Anatomy & Physiology pg. 104-105 with lab partner
(Calculation Lung Volumes Lab)

Week Four

Respiratory Health, Conditions & Diseases Worksheet

Personal Lung Capacity

Human Anatomy Coloring Book pg. 21-23

OR Anatomy Coloring Workbook read and color page 240-245

Write a paper on Smoking & Second-hand Smoke

Collect Recipes and Menus for happy lungs & respiratory system



February

Week One

Read Body by Design chapter 11(Nervous)

Answer chapter questions

Nutrition 101: Choose Life pg. 19-26 & disc questions

Nutrition 101: Choose Life pg. 27-36 & disc questions

Nutrition 101: pg 24 Dominant hand tooth brush experiment

Human Anatomy Coloring Book pg. 24-25

OR Anatomy Coloring Workbook read and color page 98-111

Week Two

Nutrition 101: Choose Life pg. 37-42 & disc questions

Nutrition 101: Choose Life pg. 43-52 & disc questions

Human Anatomy Coloring Book pg. 26-27

OR Anatomy Coloring Workbook read and color page 112-127

Watch Wonder of God's Creation: Human Life

Fill out Movie Review Sheet

Collect Recipes and Menus for a happy brain & nervous system

Week Three

Read Body by Design chapter 12 (Sensory)

Answer chapter questions

Nutrition 101: Choose Life pg. 111-118 & disc questions

Human Anatomy Coloring Book pg. 28-29

OR Anatomy Coloring Workbook read and color page 127-137

Read Top Shelf Human Anatomy & Physiology pg. 49-51

Top Shelf Human Anatomy & Physiology pg. 57 Do on own

Top Shelf Human Anatomy & Physiology pg. 57 with lab partner

Week Four

Nutrition 101: Choose Life pg. 119-124 & disc questions

Nutrition 101: Choose Life pg. 125-135 & disc questions

OR Anatomy Coloring Workbook read and color page 138-149

Eye Conditions Chart

Lab: Print Block Letter Eye Chart and test your family's vision

Lab: Sign Language & Blind Spot

Look @ Optical Illusions

Collect Recipes and Menus for happy eyes



March

Week One

Read Body by Design chapter 13 (Endocrine)

Answer chapter questions

Nutrition 101: Choose Life pg. 235-245 & disc questions

Nutrition 101: Choose Life pg. 247-257 & disc questions

Human Anatomy Coloring Book pg. 40

OR Anatomy Coloring Workbook read and color page 152-165

Read Top Shelf Human Anatomy & Physiology pg. 59

Top Shelf Human Anatomy & Physiology pg. 60 Do on own

Week Two

Nutrition 101: Choose Life pg. 259-269 & disc questions

Nutrition 101: Choose Life pg. 271-283 & disc questions

Endocrine System Worksheet

Read and Discuss Your Body's Response to a Stressor

Week Three

Read Body by Design chapter 14 (Immune)

Answer chapter questions

Nutrition 101: Choose Life pg. 211-219 & disc questions

Draw a picture of a white blood cell phagocytosing a germ

Human Anatomy Coloring Book pg. 41-43

OR Anatomy Coloring Workbook read and color page 204-213

Read Top Shelf Human Anatomy & Physiology pg. 91

Top Shelf Human Anatomy & Physiology pg. 92 Do on own

Week Four

Nutrition 101: Choose Life pg. 221-231 & disc questions

Complete Herbs Worksheet

Complete Treating Illness and Injury worksheet

Interview someone with an autoimmune disease/write up

Collect Recipes and Menus for a happy immune system



April

Read Preparing for Adolescence

Complete book report sheet

Week One

Read Body by Design chapter 15 (Exploration)

Answer chapter questions

Week Two

Read Body by Design chapter 16 (Wisdom)

Answer chapter questions

Complete Adolescence stressors worksheet

Week Three

Aging Chart & People

Week Four



May

Read DK Guide to the Human Body

Additional Activities:

Additional Books Read:

Additional Movies Watched:

Key to Highlighted Assignments

Labs that you do by yourself

Labs that you do in a group

Interviews



Human Anatomy, Physiology, Health & Nutrition



We hope you enjoyed these "Good Old Days" lesson plans that we used to homeschool our children years ago. They are compliments of Powerline Productions.

Our Websites



powerlineprod.com/
meredithcurtis.com/
joyfulandsuccessfulhomeschooling.com/
jshomeschooling.com/
finishwellcon.com/

Print Books Available @ amazon.com/ (look up Books by Title)

E-books Available at powerlineprod.com/
curreclick.com/browse/pub/247/Powerline-Productions

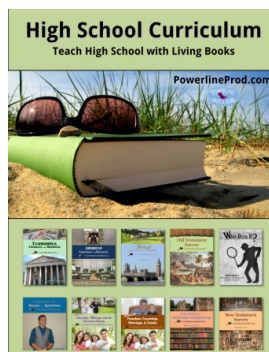
Contact Us: Laura@powerlinecc.com & Meredith@powerlinecc.com &
PastorMike@powerlinecc.com

Please Like Us on Facebook:

facebook.com/PowerlineProductionsInc/

We offer Unit Studies, Cookbooks, History Celebrations, One-Credit High School Courses, How-to-Homeschool Books, and Other Resources to Help You Be a World Changer & Raise World Changers.

Resources available at PowerlineProd.com:



High School Courses



Teach History the Fun Way

