

Health: Module 1

WHO AM I?

1. You are the expression of the _____ material you received from your biological parents at conception.
2. Nature vs nurture - nature is from your parents while nurture is from experiences.
3. Health is the pursuit of balance physically, socially, mentally, emotionally & _____.
4. Physical health would depend on _____, stamina, diet & exercise.
5. _____ health is a secure group of family & friends.
6. _____ health is living with a good grasp of reality.
7. Emotional health helps you express your feelings in _____ ways.
8. Spiritual health is confidence in growing your relationship with God.
9. _____ is about how you optimize your ability to engage fully in life.
10. Let's discuss genetics. Everyone is unique but we all carry genetic predispositions. These are inherited characteristics called _____.
11. _____ is the study of these traits carried on by chromosomes passed from generation to generation.
12. Basic building blocks of life are called _____.
13. Inside this nucleus are 46 chromosomes (23 pairs) which contain _____.
14. Life begins as a single cell that forms at conception when the father's sperm unites with the mother's egg.
15. DNA is shaped like a twisted train track called a _____.
16. Traits are produced by secretions of chromosomes called genes. The entire collection is called a _____.
17. Traits that can be observed are called _____ traits. Traits in your genotype but NOT seen are called _____ traits.
18. Some traits have _____. They are neither dominant nor recessive. Think about the blood types A, B, O or AB. The type AB is an example of codominance for both genes.
19. _____ studies chemical tags & protein spools on the DNA chain.
20. Genetic weakness & strengths can be passed along _____ lines.
21. _____ is a combination of emotions, behavior & thoughts.
22. _____ is your natural preference. 4 types: Sanguine, Melancholic, Phlegmatic & Choleric.
23. Dominant side of our body is called _____.
24. _____ means most active during the day while _____ means most active during the later hours or night.
25. Our individual daily cycle is called _____.
26. Humans, as far as food preferences are _____.
27. Relaxation is the need to _____ from our daily stress.
28. What is your personal activity level? Is it high - meaning you tend to keep moving without resting in between. Is it low - meaning you tend to rest frequently between tasks.