

Health Education

Appendix D: Glossary

A

Abortion: The spontaneous or medically induced ending of a pregnancy.

Abstinence: Deliberate or voluntary decision to refrain from behaviors such as sexual activity or the use of alcohol, tobacco and other drugs.

Abuse: Physical, emotional or sexual harm on one individual by another.

Acquired Immune Deficiency Syndrome (AIDS): An incurable communicable disease in which the immune system of the body becomes progressively weaker.

Addiction: A physiological dependence on a drug.

Aerobic activity: Rhythmic, steady exercise that requires more oxygen than sedentary behavior and promotes a healthy heart, lungs, and circulatory system. Examples of aerobic activities include jumping rope, cycling, long-distance swimming or running, and soccer.

Agility: The ability to change the position of the entire body in space quickly and accurately.

Adolescence: The segment of life between childhood and adulthood.

Anaerobic activity: Exercises of short duration, using explosive strength that deplete the energy sources of the body in the absence of oxygen. Examples of anaerobic activities are sprinting and other speed activities, weightlifting, and shot-putting.

Anal Sex: Penis to anus contact.

Anxiety: Feelings of worry or uneasiness.

Arrhythmia: Irregular heartbeats.

Assertiveness: Being firm in positive ways to justify personal beliefs.

Assessment: Using a number of different measures and observations to evaluate a student's performance, knowledge or achievement.

Atods: Alcohol, tobacco and other drugs

B

Bacteria: A single-celled micro-organism.

Benign: Noncancerous.

Binge Drinking: Consumption of five or more alcoholic drinks in one drinking episode.

Binge Eating Disorder: Compulsive overeating.

Bisexual: A person who feels sexual attraction to or has sexual contact with both sexes

Blood Alcohol Concentration: The percentage of alcohol in a person's blood used to define legal intoxication.

Body composition: A health-related component of physical fitness that relates to the percentage of fat and lean tissue in the body.

Body Image: The way a person sees his/her body.

Body Mass Index (BMI): A body measurement expressing ideal weight according to the ratio of a person's height and weight.

Bulimia: An eating disorder characterized by overeating followed by forced vomiting.

Bullying: Taking pleasure from inflicting physical, emotional, or psychological pain on another person.

C

Caloric content: The amount of energy supplied by food.

Calories in/calories out: Balance of daily calories consumed with the daily calories burned through activity.

Cancer: Disease in which abnormal cells grow in **an** uncontrollable manner.

Carbohydrates: Energy-rich substances found in foods like bread, potatoes, pasta, etc.

Carcinogen: Cancer-causing substance.

Carbon Monoxide: A poisonous gas that is colorless and odorless.

Cardiopulmonary Resuscitation (CPR): A first aid procedure combining chest compressions and rescue breathing to supply oxygen to the brain of a person who cannot breathe on his/her own.

Cardiovascular Disease: A disease that impacts the heart and blood vessels

Cardiovascular endurance: A physical fitness component that relates to the heart, lungs, and circulatory system as they supply oxygen to the body during sustained physical activity.

Cervix: The opening to the uterus.

Chain of Survival: A sequence of first aid actions that increase a victim's chances for survival.

Chlamydia: A sexually transmitted infection that attacks male and female reproductive organs.

Circuit training: Exercise program similar to an obstacle course, in which a person goes from station to station doing a different exercise at each station.

Clitoris: A highly sensitive structure of the female external genitals.

Club Drugs: Drugs associated with use at social events such as concerts, and all night parties.

Communicable Diseases: Disease spread from person to person or through the environment.

Community: A group of people whose members are connected to one another through a common identity, set of experiences, or a common place.

Conflict Resolution: A strategy to end conflict through cooperation, communication, and problem solving.

Contraception: Techniques, drugs or devices to prevent conception.

Coping: Ability to successfully deal with life's changes and challenges.

Culture: A group of people sharing a common belief, experience, identity, history, language, tradition, religion, etc.

D

Date Rape: One person forcing another to have sexual intercourse in a dating relationship.

Decision-Making Skills: Skills that help protect an individual in risky situations.

Defibrillator: A device that delivers an electric shock to the heart to restore normal rhythm.

Depressants: Drugs that slow down the central nervous system.

Depression: Long term feelings of hopelessness, helplessness, and sadness.

Developmentally appropriate: Teaching and learning that meet the needs of students as their abilities change with age, experience, and maturity.

Diabetes: Chronic illness that affects the way carbohydrates are metabolized leading to blindness, amputations and organ failure.

Dietary Supplement: A nonfood item containing one or more nutrients.

E

Eating Disorder: Harmful eating behavior/habit that can cause illness or death.

Ectopic Pregnancy: A fertilized ovum that implants in a location other than the uterus, usually in the fallopian tubes.

EIA: A screening test that detects HIV antibodies in the blood.

Ejaculation: The process whereby semen is expelled out of the body through the penis.

Embryo: A cluster of cells that develops between the third and eighth weeks of pregnancy.

Emotional Abuse: A behavioral pattern that attacks the emotional development and self-worth of an individual.

Emotional Maturity: The stage of life when the mental and emotional abilities of a person are fully developed.

Endurance: Stamina; the ability to exercise for long periods of time to develop cardiovascular and muscular endurance.

Empathy: The ability to understand the feelings that another person experiences.

Erection: The process of the penis and clitoris engorging with blood and increasing in size.

Estrogen: Sex hormone produced primarily in the female.

Euphoria: An intense feeling of well-being.

F

Fad Diet: A weight loss plan that is popular with people for only a short period of time.

Fallopian Tubes (Oviducts): Two tubes that extend from near each ovary and connect to the uterus allowing eggs to travel to the uterus for fertilization.

Fats: Energy-rich substances such as butter and oils.

Fertilization: The joining of the male sperm cell and the female egg cell.

Fetal Alcohol Syndrome (FAS): Physical and mental birth defects caused by alcohol consumption during pregnancy.

Fetus: The developing embryo in the uterus.

First Aid: Care given to an ill or injured individual until professional medical assistance arrives.

FITT principle: Frequency (exercise must be regular to be effective) Intensity (to produce fitness gains, exertion must be beyond daily exertion requirements), Time (duration of activity must be sufficient to improve fitness), Type (aerobic or anaerobic exercise).

Flexibility: The range of motion available at a given joint of the body.

Food guide pyramid: A visual, online tool used to assist children and adults to plan healthy eating habits based on the Dietary Guidelines for America.

Foster Care: A method of child care in which a child is placed with a family or an adult who is not related to the child by birth.

G

Gametes: Reproductive cells.

Gateway Drug: First drugs of use such as tobacco, alcohol and marijuana that may lead to the transition of use to more dangerous drugs.

Genes: Basic units of heredity.

Gender Identity: The way one psychologically perceives himself/herself as either male or female.

Genitals: The sexual organs of males and females.

Genital Herpes: A sexually transmitted disease (STD) caused by a virus.

Gonads: the ovaries in females and the testes in males.

Gonorrhea: A bacterial sexually transmitted disease that affects mucous membranes in males and females.

Group Therapy: A form of treatment where people with similar problems meet regularly with a trained counselor to discuss their issues.

Gynecology: The medical practice specializing in women's health and diseases of the reproductive and sexual organs.

H

Hallucinogens: Drugs that alter moods and senses perceptions including hearing, sight, smell, and touch.

Harassment: The act of continually annoying others.

Health Literacy: The ability to obtain, interpret, and understand basic health information, and to apply it in ways to enhance health throughout one's life.

Health Scam: The promotion and/or sale of worthless items claimed to prevent diseases or cure other health problems.

Herbal Supplement: A substance from plants that may be sold and used as a dietary supplement.

Heredity: Traits that are biologically passed from parents to children.

Heterosexual: A person whose primary social, emotional, and sexual orientation is towards members of the opposite sex.

Homosexual: A person whose primary social, emotional, and sexual orientation is towards members of the same sex.

Hormones: Chemical substances produced by endocrine glands that affect the functioning of body organs.

Human Immunodeficiency Virus (HIV): A virus that attacks the immune system.

Human Papillomavirus (HPV): A sexually transmitted virus that affects the genitals of men and women that can lead to cervical cancer in women.

Hymen: Tissue that partially covers the vaginal opening.

Hypertension: High blood pressure.

I

Illicit Drugs: Chemical substances (drugs) that are illegal to manufacture or use.

Immune System: A defense system in the body that prevents and fights disease.

Immunity: Being protected from specific diseases.

Incest: Sexual interaction between close relatives other than husband and wife.

Inhalants: Substance or chemicals that inhaled to achieve a mind-altering state.

Intentional Violence: Homicide, suicide or other acts of violence.

Intoxication: Poisoning of the body by alcohol or other substances significantly reducing physical and emotional control.

L

Labia Majora: The outer skin folds of the vulva on both sides of the vaginal opening.

Labia Minora: The inner folds of the vaginal opening.

Labor: The final stage of pregnancy in which the uterus contracts and pushes the baby through the birth canal.

Lesbian: A woman whose primary social, emotional, and sexual attraction is towards members of the same sex.

Lymph: A clear liquid in the body containing specialized white blood cells that provide the body with protection against disease.

M

Malignant: Cancerous growth.

Maximum Heart Rate: Highest heart rate attainable when exercising in an all-out effort to the point of exhaustion (general formula: 220 - age).

Marijuana: A plant whose leaves, buds and flowers are used to produce intoxicating effects.

Media: Radio, television, newspapers and magazines, the Internet, and other methods of communicating information.

Melanoma: The most serious form of skin cancer.

Menarche: The initial onset of menstrual cycles in women.

Menopause: The stage of life ending the reproductive years for women.

Menstruation: Shedding of the uterine lining through the vaginal opening.

Mental Disorder: An illness of the mind that can affect the body mentally, emotionally, and physically preventing a person from living a happy and healthful life.

Mental and Emotional Health: The ability of a person to accept his/her strengths and weaknesses, adapt to change, and to respond positively to challenges of life.

Metabolism: The process of breaking down and converting foods to energy.

Metastasis: The spreading of cancer from an original site to other sites in the body.

Miscarriage: The spontaneous premature ending of a pregnancy also known as a spontaneous abortion.

Moderate physical activity: Sustained, repetitive, large-muscle activities (e.g., walking, running, cycling) done at less than 60 percent of maximum heart range for age. The maximum heart rate is 220 beats/minute minus the participant's age.

Muscular endurance: The ability of the muscles to perform without fatigue for an extended period of time.

Muscular strength: The amount of force that is produced by muscles contracting, as measured by one maximum attempt in an activity.

My Pyramid: The government's guide for healthful eating

N

Narcotics: Prescription drugs used to relieve pain.

Nocturnal Emission: Involuntary ejaculation in males during sleep; also known as a "wet dream."

Non-communicable Disease: A disease that is not transmitted from person to person or through the environment.

Nutrient: A basic component of food that nourishes the body.

O

Obesity: An excess amount of body fat expressed through BMI or other method.

Osteoarthritis: A joint disease in which the cartilage weakens and breaks down.

Osteoporosis: Progressive loss of bone tissue as the body ages.

Oral Sex: Mouth to genital or anus contact.

Ova: Female reproductive cells.

Ovaries: Two female sex glands that produce ova and sex hormones.

Overdose: A reaction to taking a large amount of a drug sometimes resulting in death.

Ovulation: The release of a mature ovum from the ovary.

Ovum: Female reproductive cell.

P

Pandemic: A worldwide outbreak of infectious disease.

Peer pressure: Influence that friends or acquaintances may exert on an individual.

Penis: Male sexual organ including the internal root, external shaft and glans.

Physical activity: Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.

Physical education: A planned, sequential curriculum to develop strategies for students to develop and maintain a healthy lifestyle. It includes cognitive and physical aspects of sport and activity, goal setting, proper nutrition, and formal assessment.

Physiological Dependence: A condition where a drug user has a physical need for a drug.

Placenta: A disc-shaped organ that lines the uterus during pregnancy and provides nourishment to the embryo.

Pornography: Visual and written materials of a sexual nature for purpose of sexual arousal.

Premarital Sex: Sexual intercourse that occurs before marriage.

Proteins: Substances that build and repair the body, especially muscle tissue. Protein-rich foods include meat, eggs, cheese, nuts, soybeans, etc.

Psychological Dependence: A condition where a person believes a drug is necessary for normal daily functions.

Puberty: The stage of life between childhood and adulthood during which the reproductive organs mature.

Pulse: The rhythmic beat of the blood pumped by the heart through the arteries that can be felt on the wrist and at the side of the neck

R

Rape: Sexual intercourse that occurs without consent under actual or threatened force.

Rape Trauma Syndrome: The emotional difficulties women may experience after they have been raped.

Refusal Skills: Strategies that can help individuals say no when they are urged to take part in activities that go against their beliefs and values.

Remission: A period in time when symptoms of a disease disappear.

Repetitive Motion Injury: Injury to muscle and connective tissue caused by repeated movements over a prolonged period of time.

Resiliency: The ability to positively adapt and recover from disappointment, difficulty or loss.

Resting Heart Rate: The heart rate at rest, generally 60-80 beats/minute.

Road Rage: Losing emotional control while driving a car endangering the safety of self and others.

Rubric: A set of scoring guidelines for assessing student skills and knowledge.

S

Scrotum: The pouch of skin of the external male genitals that encloses the testicles.

Secondary Sex Characteristics: The physical characteristics other than genitals that indicate sexual maturity, such as, body hair, breast development, and deepened voice.

Sedentary Lifestyle: A lifestyle characterized by a lack of physical activity.

Self-Actualization: A person's quest to become the best he/she can become.

Semen: The fluid ejaculated through the penis that contains sperm and fluids from the male sexual glands.

Sexual Abuse: Any sexual contact that is forced upon a person without his/her consent.

Sexual Harassment: Uninvited sexual conduct, including comments, directed at another person.

Sexual Intercourse: Erect penis of the male entering the vagina of the female.

Sexually Transmitted Diseases (STDs): Contagious diseases spread from person to person through sexual behaviors.

Sexually Transmitted Infections (STIs): See Sexually Transmitted Diseases

Side Effects: Physical and psychological reactions to medicines other than those intended.

Sperm: Male reproductive cells.

Statutory Rape: Sexual intercourse with a person under the legal age of consent.

Sterility: The inability for a person to reproduce.

Stimulant: A drug that speeds up the central nervous system.

Stroke: A blockage to artery that interrupts blood flow to the brain.

Stress: The body's positive or negative physical and mental reactions to everyday challenges in life.

Stressor: Anything in life that causes stress.

Stress-Management Skills: Strategies to address stress in a healthy and effective manner.

Syphilis: A sexually transmitted bacterial disease that attacks many parts of the body including the brain.

T

Target heart rate: Maintaining an exercise rate between 60 and 80 percent of the maximum heart rate.

Testes: Two small glands in the male that produce sperm.

Testosterone: Sex hormone produced primarily in the male.

Toxin: A substance that may kill cells or interfere with their functions.

Tumor: An abnormal mass of tissue in the body that may or may not be malignant.

U

Unconditional Love: Love without qualifications or restrictions by one individual to another.

Universal Precautions: Measures taken to prevent the spread of communicable diseases by treating all blood and other body fluids as if they contaminated.

Urethra: The tube that leads from the bladder to the outside of the body.

Uterus: A hollow, pear-shaped female reproductive organ.

V

Vaccine: A mixture of dead or weakened cells introduced into the body to produce an immune response to diseases.

Vagina: A muscular, stretchable canal that extends from the uterus to the outside of the body.

Values: Personal ideas, attitudes and beliefs that guide individuals in decisions they make throughout their lives.

Verbal Abuse: Using words to harm or injure another person.

Virgin: Male or female who has never engaged in sexual intercourse.

Vulva: The female external genitals.

W

Warm-up: Activity that involves a gradual increase in the heart and breathing rates, and a slight rise in body temperature, and prepares the mind and body for activity.

Withdrawal: The physical/psychological reaction that takes place when a person stops using a drug to which that he or she is chemically dependent.