**VOCABULARY UNIT 1 PHYSICAL HEALTH CHAPTERS 1, 2, 15, 25 AND 27 (CPR/FIRST AID)**

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| **Word**  **THESE WORDS GO IN ORDER BY PAGE # IN BOOK**  Chapter 1 | **Definition IN YOUR OWN WORDS!!!** | **Simple picture or symbol to help you remember the definition.** |
| Health p.6 |  |  |
| Physical Health p.7 |  |  |
| Mental/Emotional Health p.7 |  |  |
| Social & Spiritual Health p. |  |  |
| Wellness p.9 |  |  |
| Health Continuum Chart 1.4 p. 10 |  |  |
| 6 Things that affect/influence your health p.11-15 (Read these to find the definitions. | 1 4  2 5  3 6 |  |
| Risk Behaviors p. 16 |  |  |
| Chapter 2  Health Skills Figure 2.1 | 1 4  2 5  3 6 |  |
| Health Skills Figure 2.1 Cont | 7 10  8  9 |  |

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| **Word**  **THESE WORDS GO IN ORDER BY PAGE # IN BOOK** | **Definition IN YOUR OWN WORDS!!!** | **Simple picture or symbol to help you remember the definition.** |
| Ch. 15  Cardiovascular System p. 408 |  |  |
| Blood Pressure p. 413 |  |  |
| Respiratory System p. 416 |  |  |
| Ch. 25  Non-Communicable Disease p. 685 |  |  |
| Cardiovascular Disease p.688 |  |  |
| Hypertension p. 689 |  |  |
| Stroke p. 692 |  |  |
| Cancer p. 695 |  |  |
| Tumor p. 695 |  |  |
| Carcinogen p. 697 |  |  |

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| Ch. 25  Metastasis p. 696 |  |  |
| Malignant vs. Benign Tumor p. 696 |  |  |
| Biopsy p. 700 |  |  |
| Remission p. 701 |  |  |
| Diabetes p. 705  TYPE 1  TYPE 2 |  |  |
| Arthritis p. 706-708  Osteoarthritis  Rhueumatoid |  |  |
| Asthma p. 704 |  |  |
| USE THIS EXTRA SPACE FOR | WORDS THAT YOU MAY NEED | EXTRA HELP WITH ☺ |
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