

Unit 1 HOPE Study Guide

Class 1: Intro to HOPE

Key Terms (Note: Definitions of Key Terms will not be given as a guide in the future)

Health: The combination of your physical, mental/emotional and social well-being

Wellness: An overall state of well-being or total health

Spiritual Health: A deep-seated sense of purpose and meaning in life

Health Continuum: A sliding scale of your overall state of health

Chronic Disease: An ongoing condition or illness

Self-Actualization: Becoming the best version of yourself!

Heredity: All traits biologically passed down to you from parents

Environment: (The Sum of) Your surroundings

Peers: People of same age who share similar interests

Culture: The collective beliefs, customs and behaviors of a group

Risk Behaviors: Actions that can potentially threaten your health or the health of others.

Cumulative Risks: Related risks that increase in effect with each added risk

Prevention: Steps taken to keep something from happening

Concepts:

1. The Health Triangle
2. Your Health Continuum
3. What factors influence your health?
 - a. Heredity
 - b. Environment: Peers, Culture and Physical environment
 - c. Attitude and Behavior: How you react to the environment
 - d. Media/Technology

Main Ideas:

1. It is important to balance your physical, mental/emotional and social health
2. Healthful behaviors will promote your wellness
3. You can take control of your health by understanding the factors that influence it.

Philippians 4:13

Class 2: Leadership

Objectives:

1. The Leadership Crisis and Why do we often not lead?
2. Power vs Leadership... Influence
3. Types of Leadership
 - a. Transactional
 - b. Transformational

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