

## HEALTH AND FITNESS

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

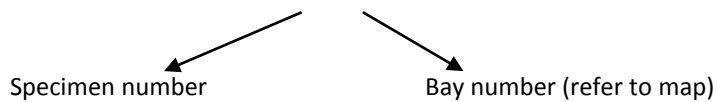
SCHOOL/ORGANISATION: \_\_\_\_\_

### INSTRUCTIONS

1. Make sure you read the bold text in boxes throughout the worksheet as they contain important information. These boxes contain instructions explaining how to complete the next section of your worksheet.

2. To find a particular disease or specimen you may need to refer to its specimen number. Once you have found the bay, the specimen will have a purple label to help you locate it on the shelf.

e.g. **1312.17**



3. Detailed information about a specific disease or specimen will either be found on an info sheet, poster or next to the specimen itself.

### NOTES

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## AUSTRALIA'S HEALTH PRIORITIES

The current Australian Institute of Health and Welfare report, Australia's health, identifies ten major categories of disease and injury as priority areas for Australian Health. These areas are; cancer, cardiovascular disease, diabetes, chronic kidney disease, mental health, dementia, respiratory diseases, arthritis and musculoskeletal conditions, injury and infectious diseases. In the next few sections, you will look at some diseases within these areas in detail.

### 1. SOCIAL & ENVIRONMENTAL DETERMINANTS OF DISEASE

Many diseases in the museum are related to the lifestyle of the individual. Lifestyle risk factors such as obesity, smoking and excessive alcohol consumption are also referred to as social and environmental determinants.

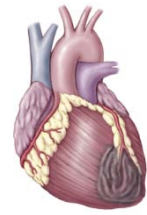


*In this section you are required to identify the links between these determinants and various specimens and diseases in the Museum. In most cases, multiple factors will combine to increase an individual's disease risk. (You may circle more than one for each disease/specimen)*

<b>722.8</b>	Genetics	Smoking	Alcohol	High Blood Pressure	Old age	Lack of exercise	Poor diet
TITLE:							
<b>478.24</b>	Genetics	Smoking	Alcohol	High Blood Pressure	Old age	Lack of exercise	Poor diet
TITLE:							
<b>156.9</b>	Genetics	Smoking	Alcohol	High Blood Pressure	Old age	Lack of exercise	Poor diet
TITLE:							
<b>388.5</b>	Genetics	Smoking	Alcohol	High Blood Pressure	Old age	Lack of exercise	Poor diet
TITLE:							
<b>1007.17</b>	Genetics	Smoking	Alcohol	High Blood Pressure	Old age	Lack of exercise	Poor diet
TITLE:							
<b>349.29</b>	Genetics	Smoking	Alcohol	High Blood Pressure	Old age	Lack of exercise	Poor diet
TITLE:							
<b>598.6</b>	Genetics	Smoking	Alcohol	High Blood Pressure	Old age	Lack of exercise	Poor diet
TITLE:							
<b>350.20</b>	Genetics	Smoking	Alcohol	High Blood Pressure	Old age	Lack of exercise	Poor diet
TITLE:							

## 2. CARDIOVASCULAR DISEASE

Cardiovascular disease is a general term that refers to diseases of the heart and blood vessels. Although death rates for CVD are declining, it remains a leading cause of morbidity and mortality in Australia. The process of atherosclerosis is the most common underlying cause of CVD and can ultimately lead to strokes, heart attacks, angina, heart failure and peripheral vascular disease.



**What is atherosclerosis? How does it affect blood flow around the body?**

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**Select one of the following specimens to study, using info sheets, posters and catalogues answer the questions below.**

- ♥ 1312.17 Myocardial Infarction
- ♥ 485.12 Cerebral Infarction
- ♥ 649.12 Pulmonary Embolism

Specimen name	
Brief history	
What lifestyle (risk) factors may have been involved with the illness or death of this person?	
In an individual who is recovering from a mild form of this disease/condition, what fitness or physical activity would you recommend?	
In an individual who is recovering from a mild form of this disease/condition, what special precautions would they need to consider when exercising?	
What types of medications or treatment may be subscribed to a patient with such a disease/condition?	

### 3. RESPIRATORY DISEASE

Respiratory disease or chronic obstructive pulmonary disease (COPD) includes a range of diseases that destroy lung tissue and air passages, obstruct oxygen intake and lead to chronic shortness of breath and death. The most common is emphysema.



**What is emphysema? What symptoms might emphysema cause for the individual?**

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**Select one of the following specimens to study, using info sheets, posters and catalogues answer the questions below.**

- ♣ 156.9 Emphysema
- ♣ 1872.9 Asthma
- ♣ 924A.18 Tuberculosis

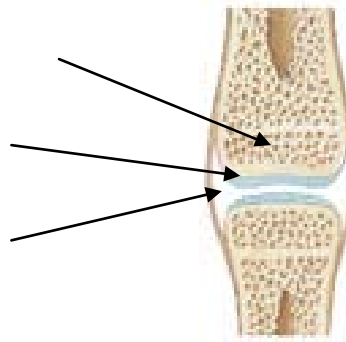
Specimen name	
Brief history	
What group(s) is at most risk of developing this condition? (if any)	
In an individual who has a mild form of this disease/condition, what fitness or physical activity would you recommend?	
In an individual who has a mild form of this disease/condition, what special precautions would they need to consider when exercising?	
What types of medications or treatment may be subscribed to a patient with such a disease/condition?	

#### 4. MUSCULOSKELETAL CONDITIONS





The skeleton and muscles function together as the musculoskeletal system. The skeleton provides protection for vital organs, support for the body and a framework for muscles to act against. Damage can occur through injury or disease. Arthritis is an example of one disease that can damage skeletal joints and affect the range of movement.



Label the components of a normal synovial joint:



Select one of the following specimens to study, using info sheets, posters and catalogues answer the questions below.

-  993.18 Osteoarthritis
-  554.6 Rheumatoid arthritis
-  486.6 Osteomyelitis
-  598.6 Osteoporosis

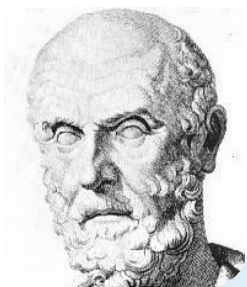
Specimen name	
Brief history	
What group(s) is at most risk of developing this condition/injury? (if any)	
In an individual who has a mild form of this disease/condition, what fitness or physical activity would you recommend?	
In an individual who has a mild form of this disease/condition, what special precautions would they need to consider when exercising?	
What types of medications or treatment may be subscribed to a patient with such a disease/condition?	

## 5. MEDICAL AND HEALTH TERMINOLOGY

Use common names and words to describe the types of organs, tissues or diseases found in each of these bays in the museum and in doing so understanding what each of the following words mean. In doing so, you may need to wander around the museum, visit each bay and read through some of the catalogues.



BAY 7:	HAEMATOLOGICAL	_____
BAY 8:	PULMONARY	_____
BAY 11:	CARDIAC	_____
BAY 12:	VASCULAR	_____
BAY 13:	CONGENITAL	_____
BAY 14:	INFLAMMATION	_____
BAY 18:	DEGENERATIVE	_____
BAY 19:	NEOPLASIA	_____
BAY 22:	ENDOCRINE	_____
BAY 24:	HEPATIC	_____
BAY 27:	NEUROLOGICAL	_____
BAY 30:	RENAL	_____

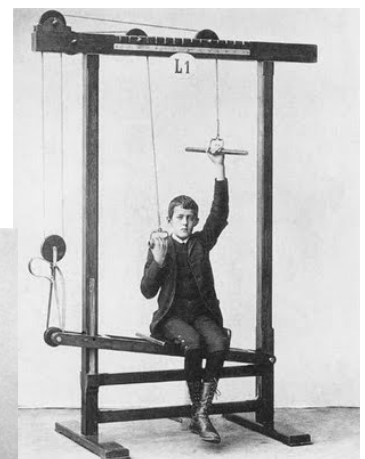
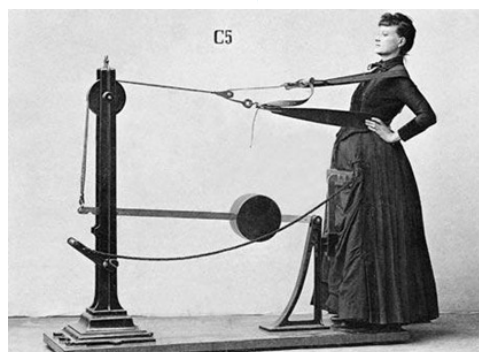


### Did you know?

In and around 400 BC, Hippocrates famously mentioned about exercise, *"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."*

### Did you know?

Exercise did not become fashionable until the late 1800's when people started to lead increasingly sedentary lifestyles due to less work involving manual labour.



# MUSEUM MAP

