

NP-AHEC WANTS TO COME TO YOUR SCHOOL!

We have a growing inventory of presentations to help your students learn about various health topics, parts of the human body, and healthcare careers. If you would like an AHEC representative to present to your students, please call (308) 635-6712. Choose from the following topics.

Career Exploration – This presentation, designed for students in grades 8 – 12, investigates careers by showing students different factors that affect career choice. It stresses the value of education and promotes self-assessment. Healthcare careers are highlighted, and students are taught why the healthcare industry is a good career choice. Duration: 60-80 minutes.

The Health Effects of Space Travel – Designed for students in grades 8 – 12, This presentation examines not only what they are, but why they are and how they pose a threat to human life and to space exploration. It stresses the fact that the human body is a holistic system, and how all health matters are related. Duration: 45-60 minutes.

All About Alcohol – This presentation, designed for students in grades 8 – 12, examines alcohol and its uses and abuses. Students will learn what alcohol is and how it is made, as well as how it is processed in the body. Students will also have the opportunity to use special goggles that simulate intoxicated vision. Along with an examination of the dangers of alcohol, this presentation offers tips for avoiding them. Duration: 60-80 minutes.

Why We Have Weather – Designed for students in grades 8 – 12, this presentation shows students *why* weather happens. Students will be introduced to the concept of feedback loops, and how they exist in nature. Looking at how the Sun, the Earth, and water all interact, students will gain an understanding of the interconnectedness of all things in nature, including nature's never-ending quest for equilibrium - and why it can never be achieved.

Dealing with Stress – This presentation, designed for students in grades 8 – 12, teaches students about the four kinds of stress, how stress can affect the human body, factors and indicators of stress, and offers techniques to manage it. Duration: 45-60 minutes.

What is a Watershed? – This presentation, designed for students in grades 8 – 12, promotes environmental responsibility as it pertains to our waterways. In addition to explaining the water cycle in both discussion and song form, it shows what a watershed is, why watersheds exist, and offers suggestions for keeping our water clean and healthy. Duration: 45-60 minutes.

All About Tobacco – This presentation, designed for students in grades 8 – 12, examines tobacco and its uses and abuses. Students will learn what tobacco is, and how various tobacco products are processed in the body. Along with a history of tobacco in America, this presentation also explores *why* tobacco remains a legal substance. Duration: 60-80 minutes.

Carpenter Math – This presentation, designed for students in grades 8 – 12, explores the different forms of math involved in building things. Incorporating concepts such as space, dimension, and estimation, students will learn how imagination and math work hand-in-hand in the minds of carpenters. An expose of measurements will lead students to understand the concepts of scale and unit conversion. Includes an introduction to trigonometric functions, and an exercise in cost-estimation. Duration: 45-60 minutes.

The Brain In A Nutshell – Designed for students in grades 8 – 12, this presentation explores the development of the human brain. Students will learn not only the 5 general areas of the brain and their functions, but also the order in which they develop and *why*. The science of thought is explored, and pattern theory is introduced, giving students a new way to think about the control they have over their own development. Duration: 30 – 45 minutes.

Diet and Nutrition – This presentation, designed for students in grades 8 – 12, examines what diet and nutrition are, and their importance. Students will learn what calories are, as well as various nutrients. Common threads will be highlighted to illustrate the concept of energy balance, and how obesity occurs. Duration: 45-60 minutes.

How the Heart Works – This presentation, designed for student in grades 3 – 8, investigates the human heart; its parts and its function. It shows how the heart is part of a holistic system. Students will actually listen to each other's heartbeats and calculate resting and active pulse rates. Duration: 45-60 minutes.

How the Ear Works – This presentation, designed for students in grades 3 – 8, teaches students how we hear. The nature of sound is investigated, and the parts of the ear are identified. An explanation of how the parts work together is included in both discussion and song form. Duration: 45-60 minutes.

Binary Math: From Othello and Mastermind to Computer Programming – Playing games is a great way to learn about math. This presentation, designed for students in grades 3 – 8, teaches the basics of these games, and relates those basics to computer programming, teaching binary math along the way. Duration: 45-60 minutes.

Blood Pressure – What's That All About? – This presentation, designed for students in grades 5 – 8, explains what blood pressure is and why it's important. Students will learn how to measure blood pressure through the use of actual sphygmomanometers. Duration: 45-60 minutes.

Welcome to POOP Industries – This presentation, designed for students in grades 3 – 8, takes students on a tour of the factory that is the Human Digestive System. Showing them the different “departments”, and “laborers” in the factory that produces poop, students are shown what happens to their food and how that food gets transferred into the body's needs. Duration: 45-60 minutes.

Investing Basics – This presentation, designed for students in grades 6 – 8, explores investments and the rules and principles that apply to investing. Students will learn what types of investments are available: cash; bonds; stocks; real estate; commodities; collectibles; and mutual funds. Reasons to invest are covered as well as the concept of financial risk. Duration: 45-60 minutes.

Portion Control – This presentation, designed for students in grades 1 – 5, introduces the concept of a portion, and illustrates the importance of controlling portions sizes. Students will be introduced to Nutrition Labels, and how portions are identified on them. Along with easy-to-remember tips, this presentation reinforces the concepts with original music. Duration: 20-30 minutes.

If you have an idea or a topic you would like us to cover, please let us know! We can be reached at www.np-ahec.org or (308) 635-6711.