

Be a Health Scientist!

LAB NOTEBOOK

Use this notebook to take notes, record your discoveries, and try new experiments at home.

NAME

Find out more!

Be a health
scientist at home!
Try the activity on
page 24!

WEBSITES

Be a Health Scientist! – scienceinthefall.com/be-a-health-scientist
Official website for 2024 GSK Science in the Summer™

The Franklin Institute – [fi.edu/en/science-and-education/franklin-at-home](https://www.fi.edu/en/science-and-education/franklin-at-home)
STEM activities and videos

Nova Online

https://www.pbs.org/wgbh/nova/education/resources/subj_05_03.html

Health Powered Kids

<https://healthpoweredkids.org/lessons/>

CDC Science Ambassador Program

<https://www.cdc.gov/science-ambassador/stem-lesson-plans/index-activities.html>

BOOKS

The Fantastic Body: What Makes You Tick & How You Get Sick by Dr. Howard Bennett

Happy and Healthy Human Body by Claudia Martin

Andrew Learns about Scientists by Tiffany Obeng

PHOTOGRAPHY CREDITS

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What is Health Science?

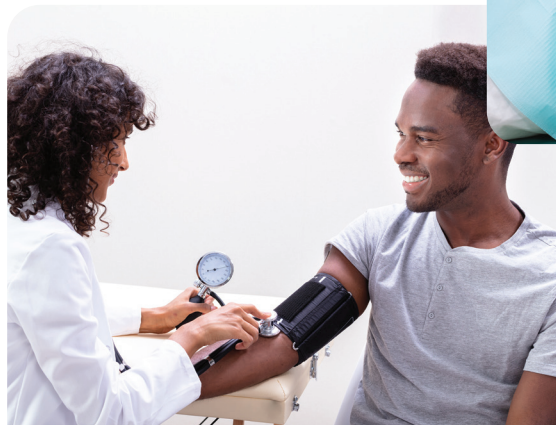
The goal of health science is to look after the overall health and well-being of ALL humans. Health scientists study ways to keep people healthy or treat them when they are sick. They ask questions like:

- How can people improve their health?
- How can we keep people from getting sick?
- How can we help sick people get well?
- What parts of people's lives and environments affect their health?

*Health Science is a big field with **MANY** different careers.*

Health scientists might:

- Treat sick people in hospitals and medical offices
- Research new medicines or treatments in a lab
- Teach people about their bodies and health in a classroom or community center
- Work in the government to make laws that affect people's health



Be an Athletic Trainer

Athletic trainers help athletes keep their muscles, bones, and joints working properly.

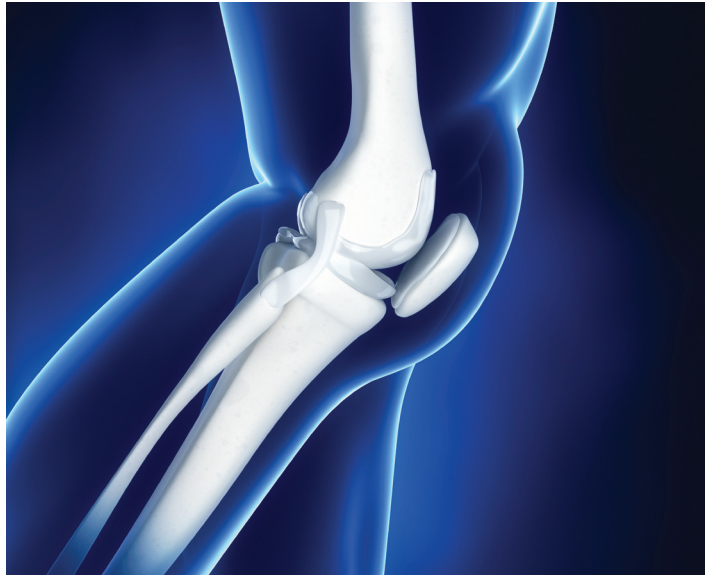


Big Question: How do athletic trainers identify problems with athletes' muscles and joints and find ways to solve them?



Your Project

Test a model knee to find its problem and suggest exercises to make the problem better.



<i>Patient</i> _____	
<i>Test</i>	<i>Results</i>
Straightness	
Side Wobble	
Other Test or Notes	

Patient _____

<i>Test</i>	<i>Results</i>
Straightness	
Side Wobble	
Other Test or Notes	

Patient _____

<i>Test</i>	<i>Results</i>
Straightness	
Side Wobble	
Other Test or Notes	

Notes



Reflect

How were you like an athletic trainer? What skills did you practice?



PLACE
STICKER
HERE