

Using the Program

Getting Started

Select *Body Balance* from your NAL window

To log on as a new user, follow the screen prompts to create a unique user ID and access the program.

Use this ID for all future use of SteckVaughn programs at the same computer. To log in as a returning user at the same computer, type the previously created user ID. Follow the screen prompts to verify the ID and access the program. Logging in makes it possible for users to come and go in the program and build a body of saved work to which they can return.

Suggested Progression

Once you have logged on, the opening animation of *Body Balance* begins. You can stop this animation by clicking it. The opening screen shows the Base Camp. From there, users can follow a path such as the one below.

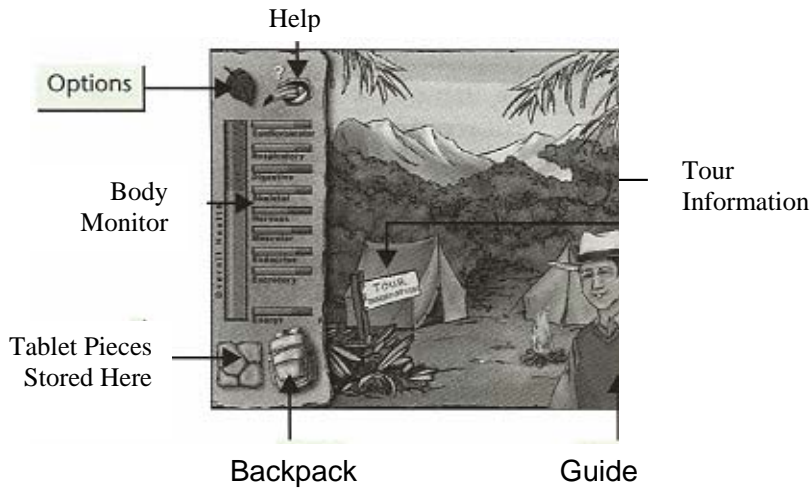
- Listen to the Guide's tour.
- Observe the **Body Monitor**.
- Familiarize yourself with the **Backpack**.
- Use the **Map** or click the signpost trails to navigate to an **Environment**.
- Click to view a **Body Graphic**.
- Click to find an interactive **Health Investigation**.
- Use the Personal Digital Assistant and the **Super Goggles** for the investigation.
- Complete the investigation and collect a **Tablet** piece.
- Pursue other investigations until you have collected four **Tablet** pieces. While doing so, maintain good health levels on the **Body Monitor** by eating nutritional food, drinking water, and making other good health choices.
- Visit the Incan Temple.
- Investigate the artifact and print an **Award of Excellence**.

Program Elements

Body Balance takes students on a simulated rain forest expedition to help them explore body systems.

Base Camp

After signing on, students arrive at the **Base Camp**. The **Guide** provides complete instructions for student explorers. He explains that the goal of student explorations is to find missing pieces of an Incan tablet. Students find pieces of the tablet by meeting health challenges they encounter in the Peruvian jungle. After collecting four tablet pieces, explorers can enter an Incan temple to discover an Incan artifact. However, only explorers with a strong overall health status can climb the temple stairs. If a student chooses beer or cigarettes, he or she will not be able to climb the steps, regardless of other health choices.



Click the tour information sign to hear the Guide explain how to use the **Body Monitor**, **Backpack**, **Map**, **Personal Digital Assistant**, and **Super Goggles**. He also provides a few hints for navigating among Environments and completing the health investigations.

Click the **Guide** once to skip a section of the introduction. Click him twice to end the introduction.

Body Monitor

The **Body Monitor**, on the left side of the screen, shows the status of the student explorer's health. An explorer's health is affected by his or her decisions and experiences. Healthy decisions will result in increased or maintained health. Unhealthy decisions will damage specific body systems.

Blue **Body Monitor** levels indicate strong health. When students make poor health choices, their overall health decreases and the specific body systems affected by the decision turn red. Red levels in the **Body Monitor** indicate that an explorer needs to improve his or her health decisions.

Monitor (Unblocked)



Overall Health

Nine Systems and an Energy Level

Monitor (Blocked)



Overall Health

Nine Systems and an Energy Level

The **Body Monitor** shows an **Overall Health** level as well as the current status for the following energy level and body systems:

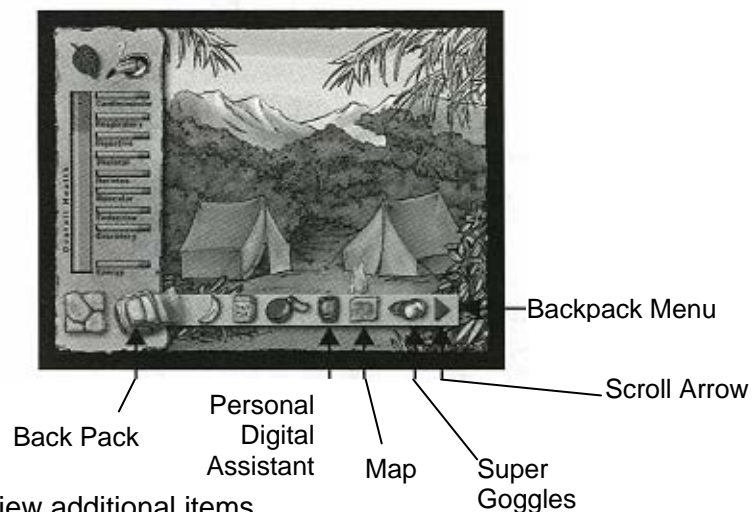
- Cardiovascular
- Respiratory
- Digestive
- Skeletal
- Nervous
- Muscular
- Endocrine
- Excretory
- (Reproductive)
- Energy

Note that the level for the Reproductive system does not appear as part of the **Body Monitor** if you have installed the Blocked version of **Body Balance**. The Blocked version restricts access to sensitive material relating to the Reproductive, Endocrine, and Excretory systems. When the Blocked version is installed, this content cannot be accessed in any text, animation, or image. The Unblocked version provides age-appropriate information on these sensitive topics.

The Backpack

Each student explorer's **Backpack** contains supplies to maintain health and resolve specific health conditions. For example, when a message appears warning explorers about the dangers of sunburn, students can open their **Backpacks** and click the sunscreen and sunglasses to prevent harm.

Click the **Backpack** to open the **Backpack Menu** and see the items inside.



Click the **Scroll Arrow** to view additional items.

Click any item in the **Backpack Menu** to use it. For example, click the canteen to drink water, the flashlight to turn on a light, or the banana to eat a snack. Explorers need to eat and drink healthy foods at regular intervals to maintain high overall health.

The **Personal Digital Assistant** opens the glossary and references, which provides helpful information about health and body systems. See page 8 for more information.

The **Map** opens a map of the rain forest Environments. Students can click any **Environment** on the map to travel there. See page 4 for more information about navigating between and within Environments.

The **Super Goggles** provide an interactive diagram of the body system explored in the current Environment. See page 10 for more information.

Explorers can refill their **Backpack** supplies by visiting the **Village** and clicking **Get Supplies**.

The Navigation

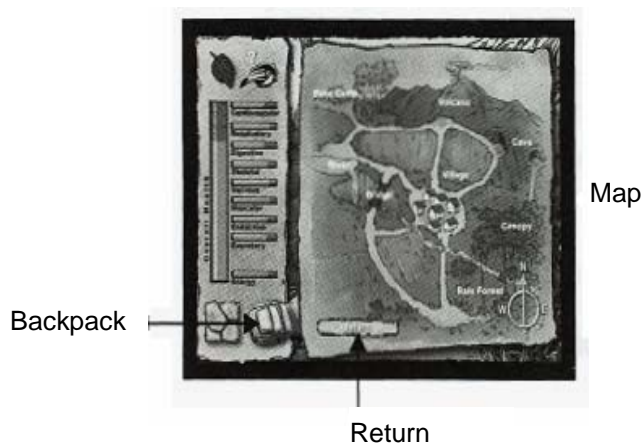
Student explorers travel through the rain forest to investigate health topics and problems in different **Environments**. There are two ways explorers can travel between Environments. They can follow the paths and Signposts or use the **Map** found in their **Backpack**.

To use paths, students move the cursor around an **Environment** screen. When it turns to a right, left, up, or down arrow, students can click to move to the next screen. Students can also look for Signposts that point to specific Environments. Clicking the name of the Environment will take the user there.



Signpost

To use the **Map**, students click the **Backpack** and then click the **Map** icon. The Map appears, showing each available **Environment**. Click any Environment to travel there directly. Click **Return** to put away the map without traveling to a new **Environment**.



Exploring Environments

As students explore the **Environments**, they encounter people, animals, and objects that help them investigate health issues and body systems. Each environment focuses on one body system. For example: The **Bridge** focuses on the skeletal system.

Bridge (Skeletal System)



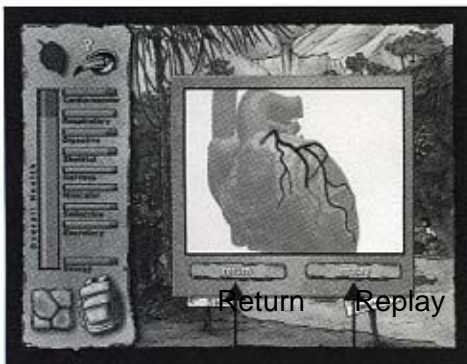
Volcano (Respiratory System)



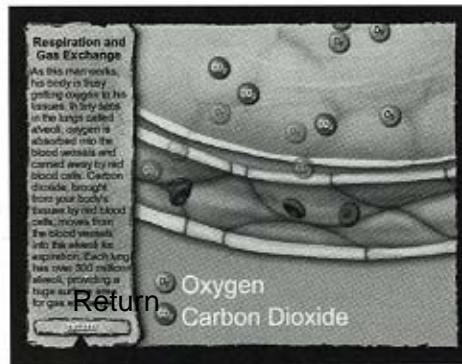
To explore an Environment students click the screen to find hotspots. The cursor changes from an arrow to a pointing hand when it is on a hotspot. Each hotspot opens a **Body Graphic** or a Health Investigation.

Body Graphics

The **Body Graphics** hidden within each Environment illustrate the body systems at work. Audio narration and/or animations explain the process being shown. Students can click **Replay** to view a Body Graphic again or click **Return** to go back to the Environment.



Return Replay



Return

Some Body Graphics do not include a Replay button. To view them again, students can click the hotspot that launched the Body Graphic.

Health Investigations

Student explorers uncover **Health Investigations** by clicking hotspots on the Environment screens.

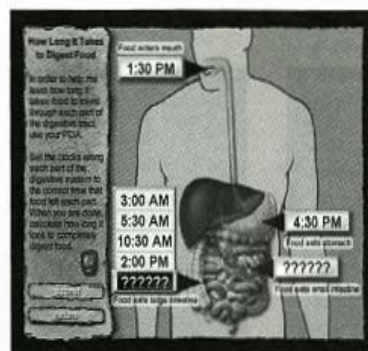
Health Investigations are interactive activities that help students extend and apply their knowledge of body systems and health. When students successfully complete a Health Investigation, they are awarded a **Tablet** piece.

Each **Health Investigation** is unique. Complete audio and written instructions are provided with each activity. Most Health Investigations include the **Personal Digital Assistant** icon, that students click to get information they need for completing the activity. See page 8 for more information about the Personal Digital Assistant.

Below are some examples of the Health Investigations students will encounter.



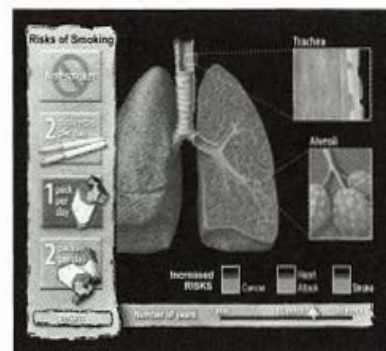
Digestive System (Village) — Vitamins and Minerals.
Students complete a nutrition booklet showing which foods are high in specific nutrients.



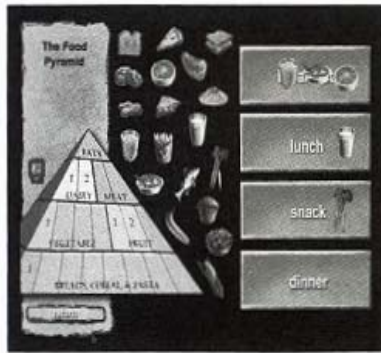
Digestive System (Village) — How Long It Takes to Digest Food.
Students complete a diagram by choosing correct times from pull-down menus. Then they calculate the total time needed to digest food.



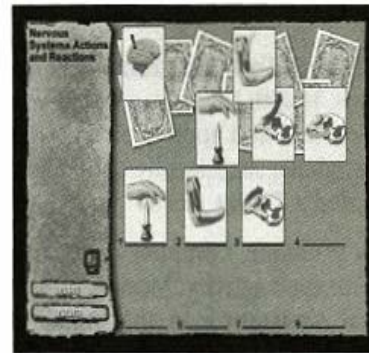
Skeletal System (Bridge) — Growing and Maintaining Healthy Bones
Students choose 3 items from a list, infuse them into a bone, and then test the bone's strength.



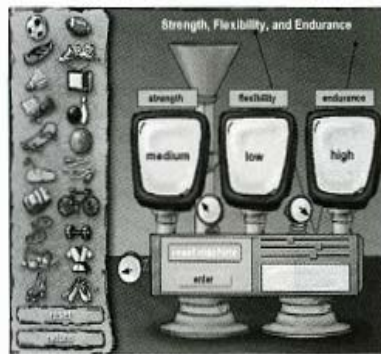
Respiratory System (Volcano) — Risks of Smoking.
Students use a time slider to evaluate the effects of smoking on lungs.



Digestive System (Village) —The Food Pyramid.
 Students complete a daily menu using The Food Pyramid and a selection of food choices.



Nervous System (Cave) — Actions and Reactions.
 Students place the cards in order to show the sequence of events in the reflex arc.



Muscular System (Rain Forest) — Strength, Flexibility, and Endurance.
 Students evaluate a variety of daily activities by dragging icons into the Activity Analyzer.



Cardiovascular System (River) —Exercise and your Heart.
 Students select an overall fitness level, a period of time for swimming, and a current strength for an appropriate fitness level.

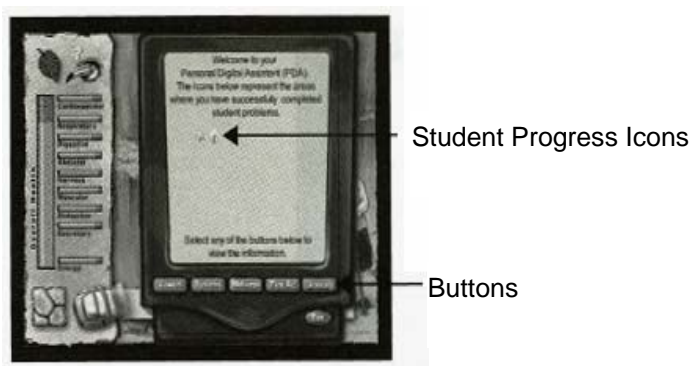
Minor Health Problems

In addition to **Body Graphics and Health Investigations**, random health problems occur throughout the exploration. Students receive warning messages and must make a safe decision (often by selecting an appropriate item from the **Backpack**). For example, students may get a message indicating they have a thorn in their finger. They must select the antibiotic from the Backpack to prevent infection, then click **Continue** to close the window.



Personal Data Assistant

While exploring the Environments and solving health problems, students always have access to the **Personal Digital Assistant**, a powerful, multi-part reference source that includes information and graphics concerning body systems, health, and wellness. The opening screen of the Personal Digital Assistant presents icons that show student progress. Each icon represents a successfully solved Health Investigation.



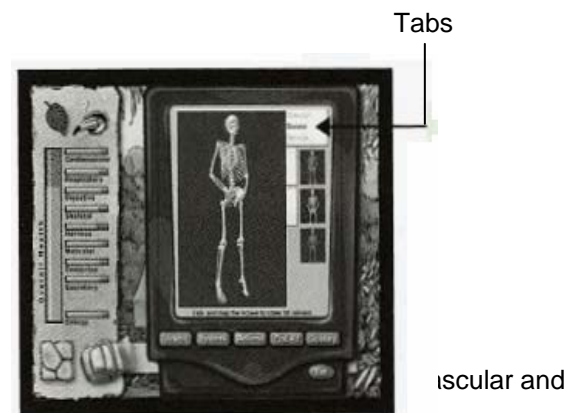
Personal Digital Assistant is divided into five sections: **3-D Viewers**, Systems, Wellness, **First Aid**, and Glossary. To use a section, click the buttons at the bottom of the screen. Click **Exit** to leave the Personal Digital Assistant and return to the previous screen.

3-D Viewer

The **3-D Viewer** displays interactive models that depict related body systems. To use a 3-D Viewer, select a tab and body system. Then click and drag the mouse to the left or right to rotate the model.

There are four three-dimensional models that display nine body systems in these combined views:

- Cardiovascular and respiratory systems
- Muscular, Skeletal, and Nervous Systems
- Digestive Systems Digestive System
- Reproductive, Excretory, and Endocrine Systems (not available in Blocked version)



Body Systems

The Systems section of the **Personal Digital Assistant** provides thorough background information about body systems. In addition to detailed descriptions of the organs in each system, the Systems texts emphasize the interrelatedness of the body systems.

To read information in Systems, click the topic of your choice. Use the Scroll Arrows to view additional text. Click **Close** to return to the previous screen.



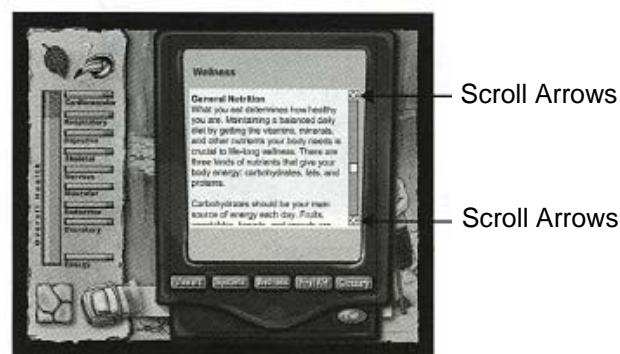
Systems is divided into these sections: Digestive, Respiratory, Cardiovascular, Muscular, Skeletal, Nervous, Immune, Endocrine (Unblocked), Reproductive (Unblocked), and Urinary (Unblocked).

Students may click blue underlined words to hear the text narrated.

Wellness

The **Wellness** section of the **Personal Digital Assistant** provides an overview of essential health topics including Exercise, Harmful Substances, Health Conditions, and General Nutrition.

Use the Scroll Arrows to locate desired topics in **Wellness**.



First Aid

The **First Aid** section of the **Personal Digital Assistant** provides an overview of essential first aid topics including Minor Cuts and Scrapes, Sunburn, Allergy, Dehydration, and Heat Exhaustion.

Use the **Scroll** Arrows to locate desired topics in **First Aid**.

Students may click blue underlined words to hear the text narrated.



Glossary

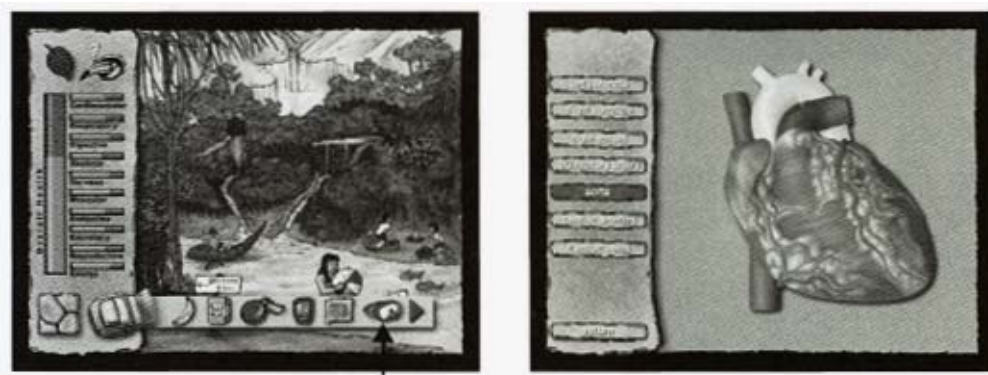
The Glossary provides definitions and pronunciations of **Body Balance** vocabulary terms. Students can locate specific words by typing a word into the **Keyword** box. Words highlighted in green in the definition are also in the Glossary. Click a term in the list to view its definition.



If a student types in a letter or a partial word, a list of terms beginning with that letter or those letters appears in the **Terms** window. Click a word to see its definition.

Super Goggles

The **Super Goggles**, found in each student explorer's **Backpack**, are another source of interactive information. Students can use the Super Goggles to see inside the human body to view and identify the organs in the body system related to that environment.



Super Goggles

To use the **Super Goggles**, click the **Backpack** and then click the Super Goggles icon. An interactive anatomy diagram appears if you are in one of the following Environments:

- **River:** Cardiovascular System
- **Volcano:** Respiratory System
- **Village:** Digestive System
- **Bridge:** Skeletal System
- **Cave:** Nervous System
- **Rain Forest:** Muscular System
- **Waterfall:** Urinary System (Unblocked)

The buttons on the left side of the screen name the organs in the displayed body system. Move the cursor over the organ labels and the organ will highlight in the **Super Goggle** view. Move the cursor over the organs and the related labels will highlight.

Get Supplies

Student explorers need to eat and drink their food supplies in order to maintain their health. Supplies can be restocked at any time by visiting the **Village** and clicking the **Get Supplies** sign.

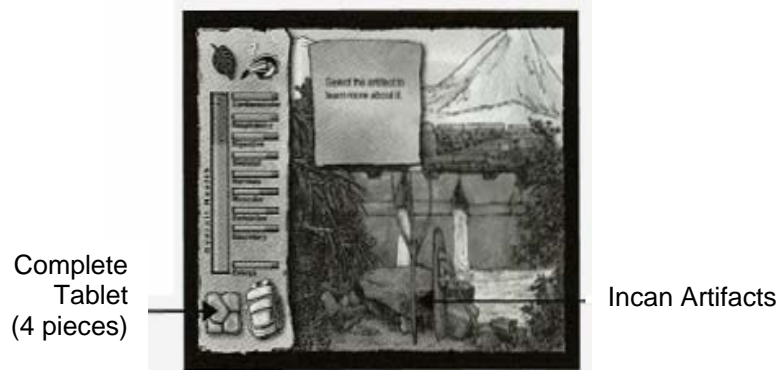


The Temple

When students successfully complete four **Health Investigations**, they will have collected four pieces of the **Incan Tablet**. They can click the **Tablet** to go to the **Temple**.

Students who arrive at the **Temple** with high overall health levels in the **Body Monitor** can enter the Temple, find and learn about an **Incan Artifact**, and receive an **Award of Excellence** for their healthy exploration. If students arrive at the Temple with low health levels in the Body Monitor, they cannot enter the Temple. They must return to a simulation and improve their overall health before they can enter.

Students click the **Temple Stairs** to enter. Then they click the **Incan Artifact** to learn about its use.



Award of Excellence

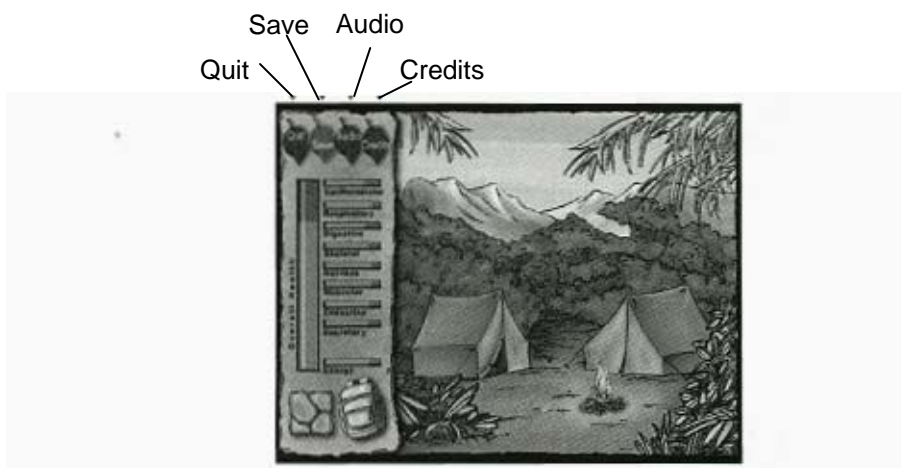
After students earn four tablet pieces, they can climb the steps to the **Museum of Ancient Incan Artifacts**. There they will receive their award. The Award of Excellence shows the body systems they explored.

Click **Print** to print an **Award of Excellence**. Click **Return** to return to the simulation. After receiving an Award of Excellence, students may continue to explore, gathering more Tablet pieces and finding new **Incan Artifacts**, or they can quit the program.



Options

The student can roll the cursor over the **Options** icon, the green leaf, at any time to open the Options menu.



Click **Quit** to Exit the Program

Click **Save** to save the game in progress.

Click **Audio** to adjust the volume level of program sounds. Use the slider to increase or decrease the sound level.

Click **Credits** to read about the people who created **Body Balance**.

Help

If users have a question about any screen option, they may click the **Help** icon, the Toucan. In Help mode, the user can roll the cursor over an area to view a Help balloon that describes the area's function. The user can click Help and roll the cursor over an Environment scene to see all the activities within that scene.

Click the Help icon again to leave Help.

