



Grade LEVEL 10 - (HEALTH)

Topic Outline

SY 2021 - 2022

Teacher: Fritzie Termoso

1st Quarter

A. Substance and Drug Abuse

- i. Introduction
- ii. Scenario in the Philippines
- iii. Factor Influencing Substance Use and Abuse

B. Classification of Drugs According to Effects

- i. Stimulant
- ii. Depressant
- iii. Narcotic
- iv. Hallucinogen

C. Harmful Effects of Substance Abuse

- i. Short- term Effects
- ii. Long- term Effects

D. Prevention and Control

- i. Alternatives
- ii. Rules and Laws
- iii. Community, Agencies and Organizations Effort

2nd Quarter

A. First Aid

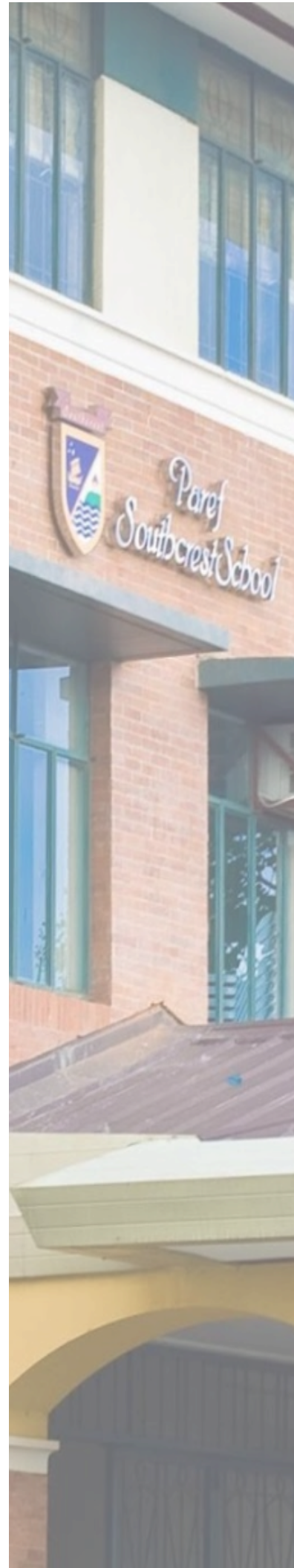
- i. Nature and Objectives
- ii. First Aid Myths

B. First Aider

- i. Definition
- ii. Good Characteristics

C. First Aid for Common Injuries (Bandaging, Dressing)

- i. Wound (open and closed)
- ii. Nosebleed
- iii. Insect bite





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- iv. Animal bite
- v. Burn and scald
- vi. Food poisoning
- vii. Fainting
- viii. Sprain, strain, cramps
- ix. Bruise

D. Intentional Injuries

- i. Concept and Nature
- ii. Types
- iii. First Aid for common Unintentional Injuries
- iv. Prevention and Control of Intentional Injuries

