



Grade LEVEL 8 - (HEALTH)

Topic Outline

SY 2021 - 2022

Teacher: Jasmin Yurag

1st Quarter

I. Health

- a. Definition
- b. Dimensions of Health
- c. Importance of Health

II. Wellness

- a. Definition
- b. Six Dimensions of Wellness

III. The Different Senses

- a. Its Parts and Functions
- b. Common Problem
- c. How to take care of the different senses
 - i. Eyes
 - ii. Ears
 - iii. Nose
 - iv. Mouth
 - v. Skin

IV. Proper Body Mechanics

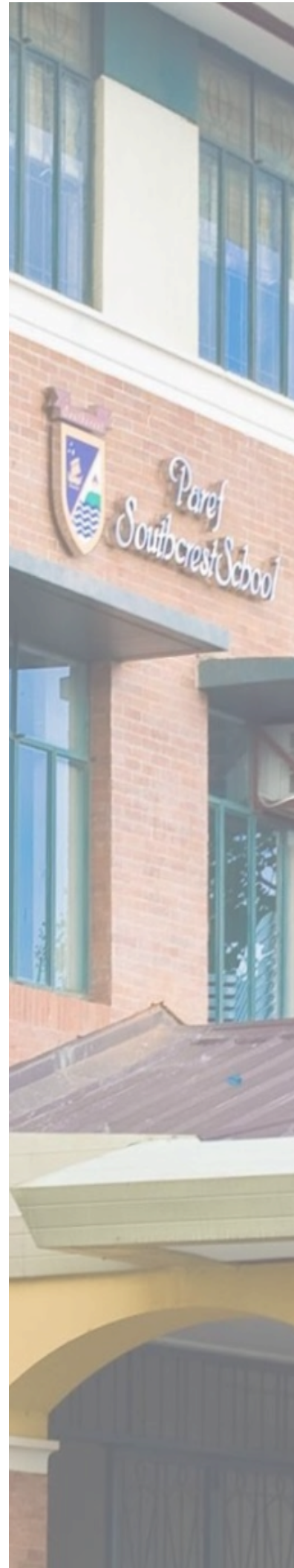
- a. Standing
- b. Sitting
- c. Stooping, Squatting and Kneeling
- d. Lifting an Object

2nd Quarter

I. Sanitation

II. Pollution

- a. Air Pollution
- b. Water Pollution
- c. Land Pollution
- d. Noise Pollution





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III. Asepsis

- a. Infectious Diseases
- b. Types of Microorganism
- c. Transmission of Infectious Diseases

IV. Diseases caused by Improper Nutrition/ Sanitation

- a. Hepatitis A
- b. Cholera
- c. Diarrhea
- d. Leptospirosis
- e. Dysentery

