



ATENEO DE DAVAO UNIVERSITY
HIGH SCHOOL

MUSIC, ART, PHYSICAL EDUCATION, AND HEALTH (MAPEH)
SCOPE AND SEQUENCE
SY 2014-2015

**Fourth Year
Health Education 4**

Unit 1: Mental Health

Content Standard: The learners demonstrates understanding of the principles in protecting the environment for community wellness

Performance Standard: The learners consistently demonstrates healthful practices to protect the environment for community wellness

PerformanceTask : Integration with the sip of the students through the programs of the CMO office, students have the chance to visit Home for the Aged wherein they can apply what they learn in unit 1, which focuses on mental health and aging and death. They have to pass reflection paper wherein they share their experiences with the aged person.

Topics:

- Mental Health: Definition and Characteristics
- Factors affecting mental health
- Types of Mental Disorder
- Prevention of Mental Disorder
- Aging and Death
- Programs and services for the Aged and Death of Loved one

Textbook:

- MAPEH Compilation for Fourth Year by Cadorna, Barry Brown P.,et al.,
- Health Teens

References:

Unit 2: Population Education

Content Standard: The learner demonstrates understanding on prevention and control

Performance Standard: The learner on his/her own participates in community activities related to responsible parenthood

Performance Task: Reflection Paper- Students are to watch a documentary about Early pregnancy entitled "NANAY NA SI NENE"

Topics:

- Responsible Parenthood
- Family Planning
- Ways of family planning
 - 1.1 Natural
 - 1.2 Artificial
- Family Planning within the context of the community and country

Textbook:

- MAPEH Compilation for Third Year by Cadorna, Barry Brown P., et al.,
- Health teens

References:

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Unit 3: CONSUMER HEALTH EDUCATION

Content Standards: The learner demonstrates understanding of the Health products and services.

Performance Standards: The learner practices the habit of observing appropriate way of making decision in buying health products and services.

The Learner demonstrates understanding on the importance of Consumer Health education in promoting a healthy lifestyle through proper or right sources of information about products and health services.

Performance Task: The students will make an advertisement appeal that Lure Customer. They are going to come up their own Product that will be recorded and presented to the class..

Topics:

- Product and Health Services
- Advertisement of Health Products and Services
- Quacks: Danger of Quackery
- Health Consumerism: basic right and responsibilities
- Legal protections of consumers

Textbook:

- MAPEH Compilation for Fourth Year by Cadorna, Barry Brown P., et al.,
- Health teens Third Edition

References:

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UNIT 4: Safety Education

Content Standard: The learner demonstrates understanding of personal safety to prevent/avoids injuries

Performance Standard: The learner practices the habit of observing appropriate personal safety measures at all times

Performance Task: Your goal is to perform the basic steps of giving first aid- **CARDIO PULMONARY RESUSCITATION**, Splinting, Emergency Rescue Transfer and Bandaging to a victim/casualty who suffered from an emergency situation. You are to demonstrate the safety measures during an emergency (such as ABC, Transfer of patient from unsafe area to safe area) and the step by step sequence of performing other emergency techniques.

Topics:

- | | |
|--------------------------------|-----------|
| Cardio pulmonary Resuscitation | Bandaging |
| • Adult CPR | Splinting |
| • Child CPR | |
| • Infant CPR | |
| Emergency Rescue Transfer | |

- 2 Man Carry
- 5 Man carry
- 6 man carry

Textbook:

- MAPEH Compilation for Third Year by Cadorna, Barry Brown P., et al.,
- Health Teens Fourth Edition

References:

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