



Department of Education

HEALTH SCIENCE COURSE OUTLINE



*GRADE: 10 ACCELERATED
2023-2024*

The Ministry of Education
Health Science Course Outline
Accelerated Version - 1 Year

Term I – Christmas: September - December

Duration (weeks)	Topic / Focus
1	<ul style="list-style-type: none"> • <i>Introduction to Health Science</i> (Definition of Health Science, Five Components of Health, Hygiene, Career related to Health Science) • <i>Diseases</i> (Definition, categories of disease, examples & descriptions)
0.5	<ul style="list-style-type: none"> • <i>Characteristics of Living Things</i>
0.5	<ul style="list-style-type: none"> • General Structure of the Human Body (body cavities and typical organs found within them).
1	<ul style="list-style-type: none"> • <i>Features of a Typical Animal Cell</i> • <i>Levels of cellular organization</i> • <i>Specialized Cells</i> (RBC, WBC, Neurons, Gametes, Muscle, Fat & Bone) • <i>Systems of the Human Body (Outline)</i>
2	<i>The Skeletal System</i> (structure and function, types of joints, skeletal injuries)

2	The Muscular System (Types of muscle tissues and their functions, voluntary & involuntary muscles, how muscles work, antagonistic muscles).
1 2 1	<i>The Digestive System</i> <ul style="list-style-type: none"> - Teeth; internal & external structures; tooth types - Digestive Structures & Functions, types of digestion, the digestive process - Food & Nutrition: Food Groups, Food Nutrients, Simple Molecular structures of carbohydrates and proteins, fats and oils, and deficiency diseases).

Term II – Easter: January – April

Duration (weeks)	Topic / Focus
3	<ul style="list-style-type: none"> • The Circulatory System (Types of Circulation, Blood Composition, Blood Vessels, Blood Diseases, Human Heart, Cardiac Diseases)
3	<ul style="list-style-type: none"> • The Respiratory System (definition of respiration, word and simplified chemical equations of respiration, respiratory structures and their functions, lung model, breathing process (inhalation & exhalation), gas exchange, features of the alveolus, air composition (both inspired and expired air), common respiratory diseases.
1	<ul style="list-style-type: none"> • Excretory System (Structures and their functions, features of the urinary system, urine formation)
1	<ul style="list-style-type: none"> • The Endocrine System (structures and their function, relevant hormones and their characteristics, common disorders of the endocrine system)

3	<ul style="list-style-type: none"> • The Nervous System (structures & their functions sub-systems, Reflex Actions, Voluntary & Involuntary Actions, Sensory System: Tongue, Nose, Eye, Ear, Skin)

Term III – Summer: April – June

Duration (weeks)	Topic / Focus
4	<i>The Reproductive System</i> (Foundational information : characteristics of sex cells, heredity, chromosomes, sex determination, Male Reproductive System, Female Reproductive System, Menstrual Cycle, Pregnancy & Birth (including Types of Twins), Sexually Transmitted Diseases & Infections)