

تم تحميل هذا الملف من موقع المناهج الإماراتية



الملف ملخص الوحدة الأولى Health to Introduction

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روابط مواقع التواصل الاجتماعي بحسب الصف الحادي عشر



روابط مواد الصف الحادي عشر على تلغرام

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المزيد من الملفات بحسب الصف الحادي عشر والمادة علوم صحية في الفصل الأول

علوم صحية ملخص علوم صحية	1
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Unit 1 – Introduction to Health

1.1/1.2 – Dimensions of health



What is health?

WHO: "A state of complete physical, mental and social well-being. Not just the absence of illness"

Physical – any physical aspect of health, including the body

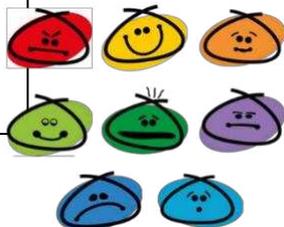


Social – the ability to build and keep relationships through communication

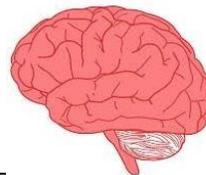


Dimensions of health

Emotional – refers to feelings and emotions



Mental – cognitive aspect, the way the brain works

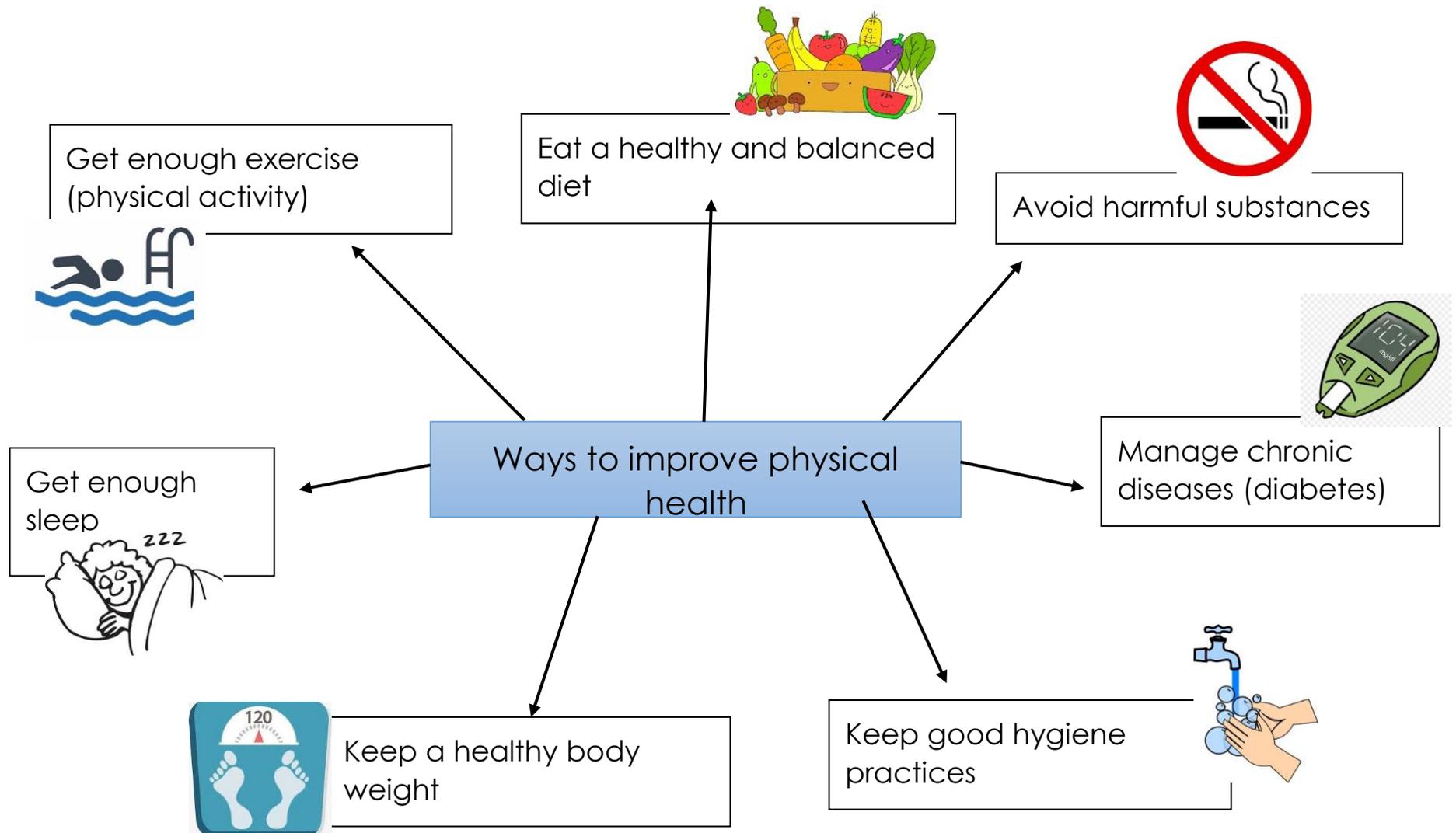


Barriers to health

- The weather
- The facilities in the community
- Other people's behaviour
- Access to health services
- The food available in the community



1.3 Physical Health



1.4 Social Health

Types of communication 

- o **Verbal:** through words, or talking and listening
- o **Non-verbal:** without words (how you speak) 



Ending negative relationships



Keeping positive

Planning time with friends and family



Ways to improve social health

Enjoying time spent with other people



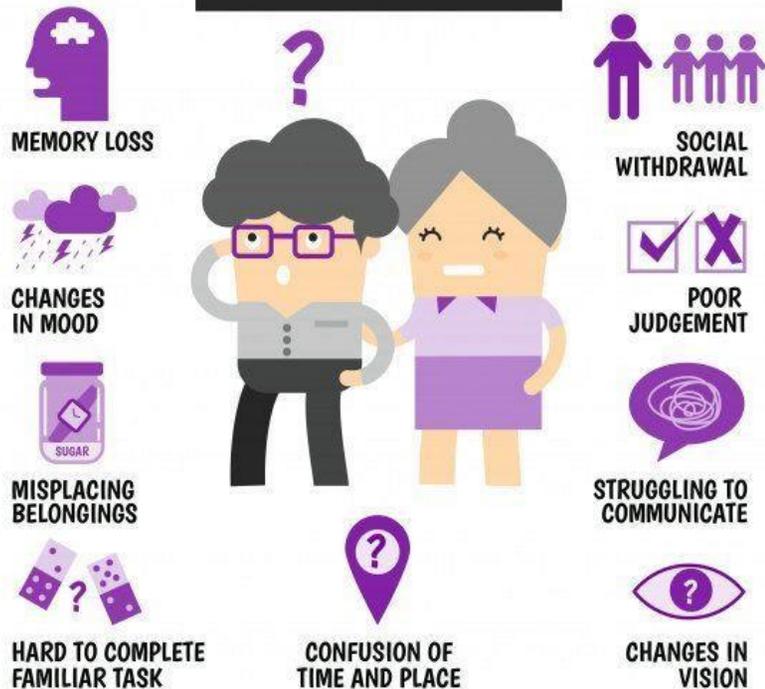
Rewarding positive relationships



1.5 Mental Health

ALZHEIMERS

TOP 10 EARLY SIGNS



Dementia

- Reduced brain function (thinking, memory)
- Most common type is Alzheimer's disease

Symptoms:

- Memory loss
- Personality changes
- Confusion
- Problem with speech and language
- Low mood or anxiety
- Difficulty making decisions and planning

1.6 Emotional Health



Emotions			
Angry	Happy	Annoyed	Jealous
Fear	Lonely	Nervous	Embarrassed
Sad	Surprised	Anxious	Excited



Thoughts			
Bored	I can't	Friendly	Silly
I can	Too old	Too difficult	Useless
Cold	Too Young	Not fair	Not good enough

You should have positive

- Ability to adapt to
- A sense of
- A feeling of complete contentment
- The ability to create relationship
- Self-confidence and positive esteem
- The ability to have fun of yourself
- Resilience in difficult



Emotion: a strong feeling that is based on personal experiences

Thoughts: ideas or opinions

1.7 Human growth and development



Stages of human development

Foetal development



Infancy



Childhood



Adolescence



Adulthood



Older adulthood



Foetal development

The first stage of the human life cycle starts before a baby is born; as an embryo which develops into a foetus in the womb.



At first, the embryo looks like a group of cells.

From around 8 weeks, this group of cells turns into the shape of the human body.



The foetal stage officially starts after **10 weeks** of pregnancy.

Before the foetus has formed, there have already been a lot of physical developments



Infancy

Weeks of pregnancy

Development

13 – 16

The foetus will start to move; muscles develop, liver and pancreas secretes hormones and enzymes

14

Develop male or female physical characteristics

19

Heartbeat can be heard with a stethoscope

23

Lungs and alveoli develop, the nervous system starts to function

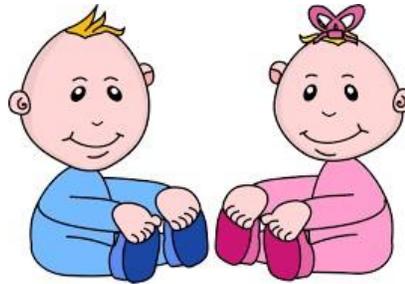
31

Tissues and body systems are present, more growth and development occur until birth

36 - 40

The foetus is 'full term'

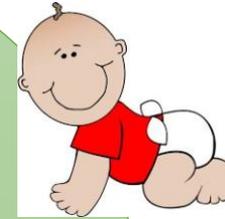
- 0 – 2 years
- Huge amount of physical development happens
- An infants' weight usually doubles in this time



Motor Skills = the physical abilities of a person

From birth to 1-year infants will learn to:

- Lift their chin while lying on the ground
- Raise their chest off the ground
- Hold things like small toys on their own
- Sit up with support
- Roll over
- Walk



Childhood

- 2-6 years is younger childhood
- 6-11 years is older childhood
- Growing very quickly (physically and mentally developing)



Common Illnesses:

- Colds
- Coughs
- Stomach Ache



Gross motor skills = **large** body movements

Running, jumping, skipping, hopping, twisting, throwing and balancing

Fine motor skills = **small** body movements

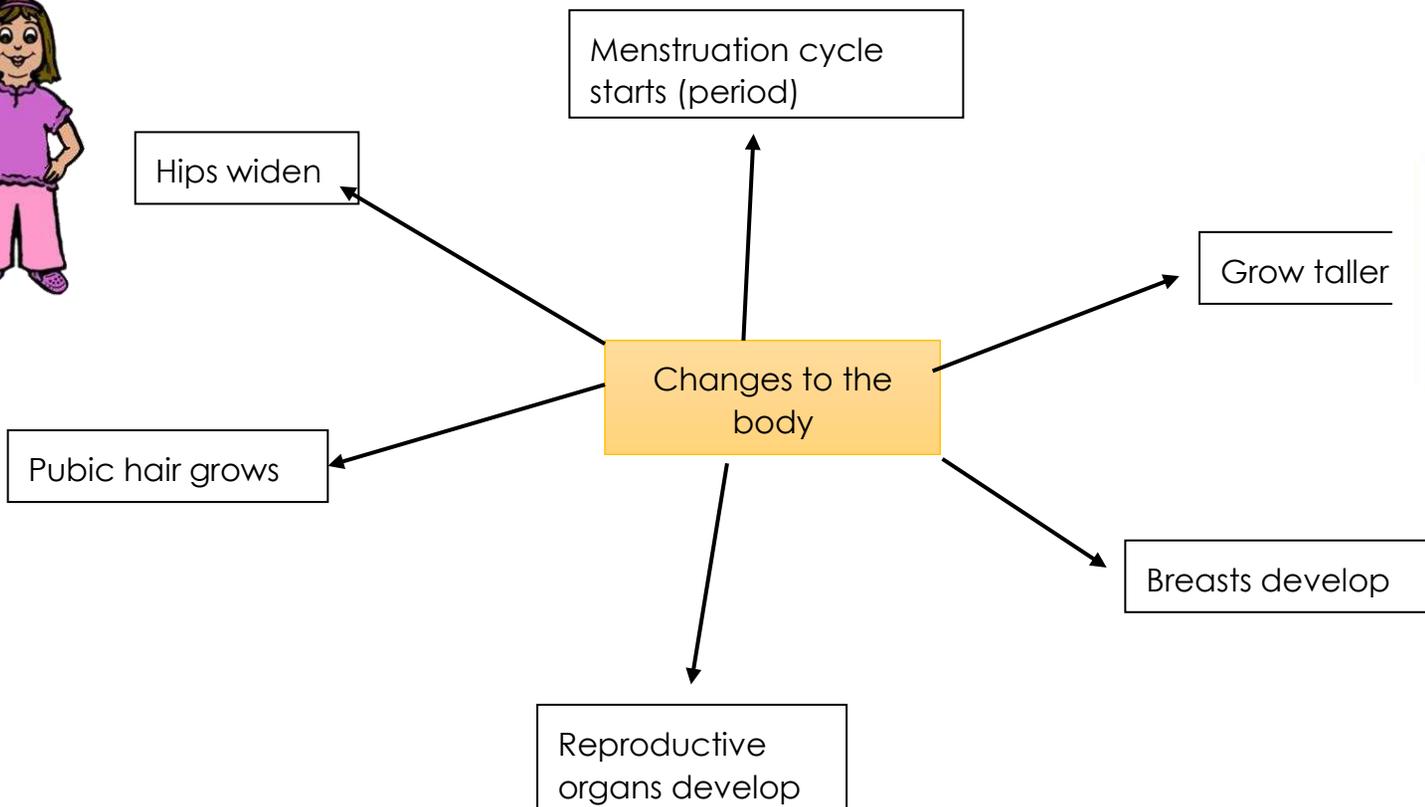
Writing, drawing and tying shoelaces



Adolescence



- 12-18 years
- Puberty is the change between childhood and adulthood
- Puberty is started by hormones (chemical substances that send messages around the body)



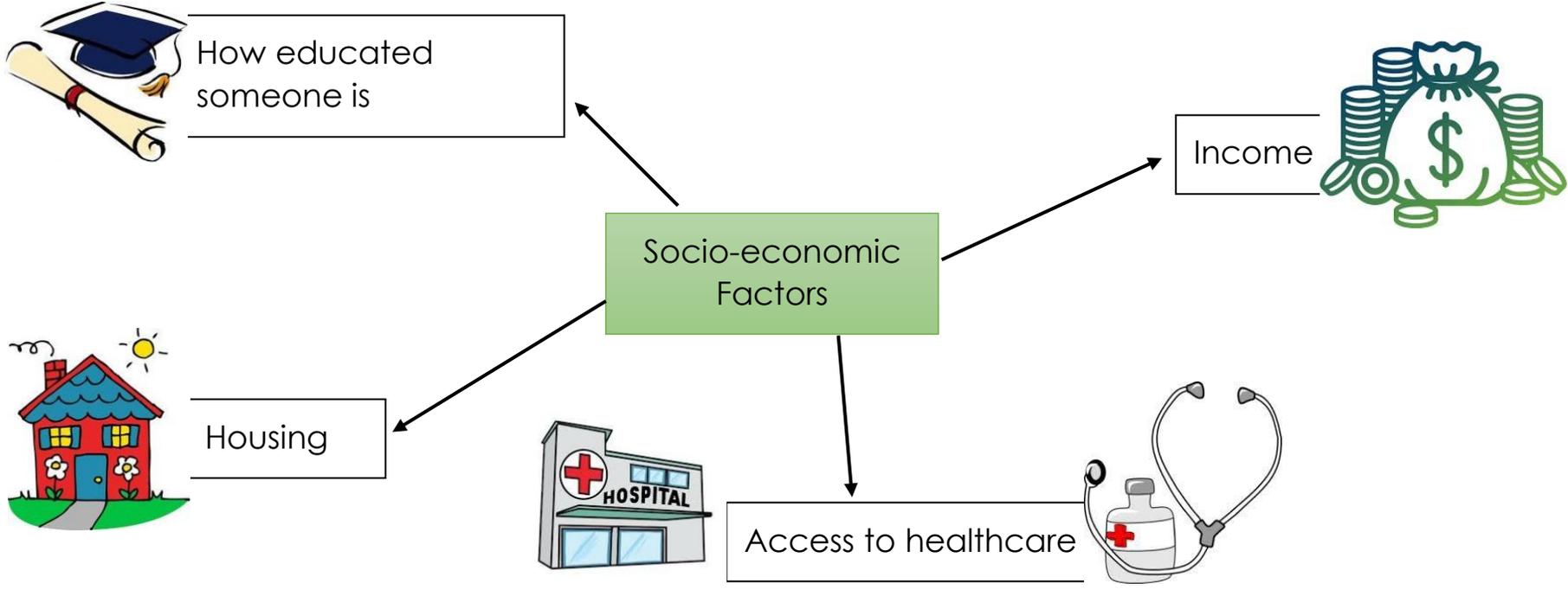
Adulthood



- From 19-65 years
- Adults no longer develop physically like before
- Young and older adulthood

Socio-economic factors can affect the health of an adult





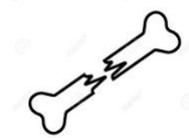
Older Adulthood

- 65 years and over
- Will be ageing in this stage



Older adults will decline (get worse) in:

- Physical fitness
- Energy levels
- Muscle mass
- The immune system
- Senses (eyesight and hearing)
- Motor skills and reflexes



Fractures



Dental problems



Vision problems

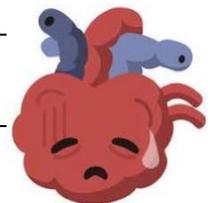
Hypertension
BLOOD PRESSURE



Cancer



Heart disease



Diabetes



Common illnesses

