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Most Essential Learning Competencies (MELCs)



	concepts and principles of safety education in the prevention of intentional injuries	resilience, vigilance and proactive behaviors to prevent intentional injuries	describes the types of intentional injuries	Week 5 to Week 8	H9IS-IVa-d-32
			analyzes the risk factors related to intentional injuries		H9IS-IVe-h-33
			identifies protective factors related to intentional injuries		H9IS-IVe-h-34
			demonstrates ways to prevent and control intentional injuries		H9IS-IVe-h-35

* These learning competencies were rephrased and deemed essential in the achievement of content and performance standards.

Grade Level: Grade 10

Subject: Health

Quarter	Content Standards	Performance Standards	Most Essential Learning Competencies	Duration	K to 12 CG Code
1st Quarter	The learner... understands the guidelines and criteria in the selection and evaluation of health information, products, and services.	The learner... demonstrates critical thinking and decision-making skills in the selection, evaluation and utilization of health information, products and services.	explains the guidelines and criteria in the selection and evaluation of health information, products and services	Week 1 to Week 2	H10CH-Ia-b-20
			discusses the various forms of health service providers and healthcare plans		H10CH-Ia-b-21
			selects health professionals, specialists and health care services wisely	Week 3	H10CH-Ic-22
			reports fraudulent health services		H10CH-Ic-24
			explains the different kinds of complementary and alternative health care modalities	Week 4	H10CH-Id-25
			explains the importance of consumer laws to protect public health		H10CH-Id-26
			identifies national and international government agencies and private organizations that implement programs for consumer protection	Week 5 to Week 6	H10CH-Ie-f-27
			participates in programs for consumer welfare and protection	Week 7 to Week 8	H10CH-Ig-h-28

2nd Quarter	demonstrates understanding of current health trends, issues and concerns in the local, regional, and national, levels	consistently demonstrates critical thinking skills in exploring local, regional and national health trends, issues, and concerns	discusses the existing health related laws	Week 1	H10HC-IIa-1
			explains the significance of the existing health related laws in safeguarding people's health	Week 2 to Week 3	H10HC-IIb-2
			critically analyzes the impact of current health trends, issues, and concerns		H10HC-IIc-d-4
			recommends ways of managing health issues, trends and concerns	Week 4 to Week 5	H10HC-Ile-g-5
3rd Quarter	demonstrates awareness of global health initiatives	demonstrates competence in applying knowledge of global health to local or national context global initiatives	discusses the significance of global health initiatives	Week 1	H10HC-IIIa-1
			describes how global health initiatives positively impact people's health in various countries	Week 2 to Week 3	H10HC-IIIb-c-2
			analyzes the issues in the implementation of global health initiatives		H10HC-IIIb-c-3
			recommends ways of adopting global health initiatives to local or national context	Week 4 to Week 5	H10HC-IIId-e-4
4th Quarter	demonstrates understanding of the concepts in planning a health career	prepares an appropriate plan of action in pursuing a health career	discusses the components and steps in making a personal health career plan	Week 1 to Week 2	H10PC-Iva-b-1
			prepares a personal health career following the prescribed components and steps		H10PC-Iva-b-2
			explores the various health career paths selects a particular health career pathway based on personal competence and interest; participates in a health career orientation program	Week 3 to Week 4	H10PC-IVc-d-3
			decides on an appropriate health career path		H10PC-IVc-d-4