

DSL 034 Health and Guidance

- describe and discuss ways to increase self-awareness and improve interpersonal relationships;
- name the systems of the human body and explain their functions;
- identify and discuss nutrition, exercise, and environmental factors that contribute to physical health;
- list and analyze the effects of drug, alcohol abuse and smoking on the body;
- recognize, compare and contrast causes and effects of communicable and noncommunicable diseases;
- identify the factors that effect safety and specify ways people can control them.