

تم تحميل هذا الملف من موقع المناهج الإماراتية



الملف أسئلة هيكل امتحان وزاري الفصل الثالث

[موقع المناهج](#) ← [المناهج الإماراتية](#) ← [الصف الحادي عشر المتقدم](#) ← [علوم صحية](#) ← [الفصل الثالث](#)

روابط مواقع التواصل الاجتماعي بحسب الصف الحادي عشر المتقدم



روابط مواد الصف الحادي عشر المتقدم على تلغرام

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

[نموذج هيكل الوزارة امتحان نهاية الفصل الثالث](#)

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[أسئلة هيكل امتحان وزاري الفصل الثالث مع الحل](#)

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MINISTRY OF EDUCATION

# Health Science

End of Term 3

2021-2022

Exam specification \ Advance

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## Exam information:

- 25 questions
- 5 marks per each question
- All the questions are multiple choice
- The exam is on swift-assess
- Unit 9 (7 lessons) and unit 10 (4 lessons)
- Best 20 answers out of 25 will count.



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المنهج الإماراتية

# Social media and online health U9

1	HSC.5.5.01.003 Identify how social media can have a positive impact on health.	How can social media positively affect health and wellbeing?	15-19
2	HSC.5.5.01.003 Identify how social media can have a positive impact on health.	Why is social media important?	16

9.1

## Positives of social media

Social media can make meeting people with the same interests easier.

- Learn new skills and find information about many different things.
- People who are not confident meeting other people face to face can benefit by connecting with others through social media.
- People who live in small communities can talk with different groups of people on social media.
- Find an outlet for your creativity and self-expression.
- Find sources of information and learning.



• Use is as inspiration to positively improve your lifestyle.

• Social media can be used to learn new skills and find information about many different things.

• Join or promote worthwhile causes; raise awareness on important issues.

• Find emotional support during difficult times, and allows you to offer support to others.

• Social media platforms can create easier distance learning. It can give students access to school lessons without having to attend school.



3

HSC.5.5.01.004 Identify how social media can have a negative impact on health affect.

What is a negative use of social media?

20

9.2

Using social media can mean that people sometimes experience **cyberbullying, trolling and comparing themselves with other people.**



4

**HSC.5.5.01.004 Identify how social media can have a negative impact on health affect.**

**How can social media negatively affect health and wellbeing?**

21

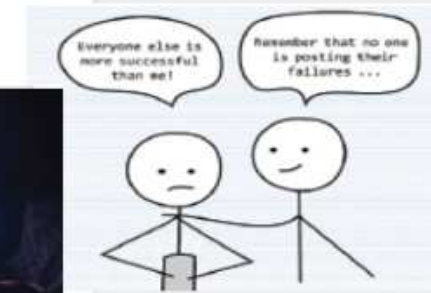
9.2

## The negative side to social media

Your mental health is as important as your physical health, one can affect the other. Identifying a problem early will prevent it from becoming a big issue.

**Negative effect on health include:**

- Having fake friends
- Less face-to-face time
- Sleep problems
- Feeling inadequate about your life
- Comparing yourself with others on social media
- Fear of missing out
- Isolation
- Depression and anxiety
- Becoming self-obsessed
- Using social media to avoid social engagement
- Hiding other underlying problems



5

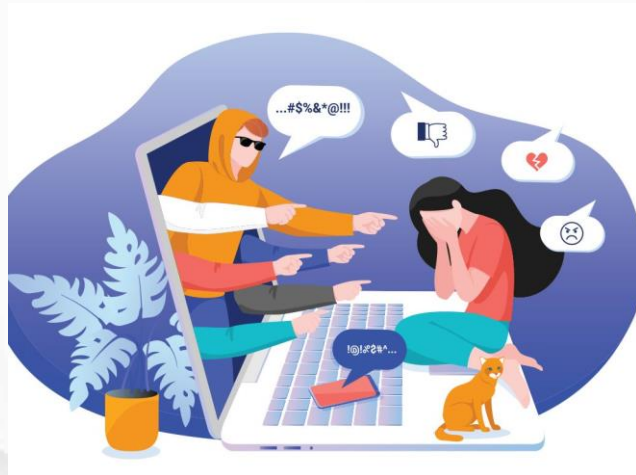
HSC.5.5.01.005 Describe how cyber bullying can impact health.

What is cyberbullying?

24

9.2

Online bullying, which is often called cyberbullying, is when technology is used to threaten, embarrass, or target another person. This includes sending mean, angry, or rude texts, tweets, and posts.





6

HSC.5.5.01.002 Explain how social media is used as a communication tool between healthcare providers and the public.

What healthcare information should be shared on social media?

29-30

9.3

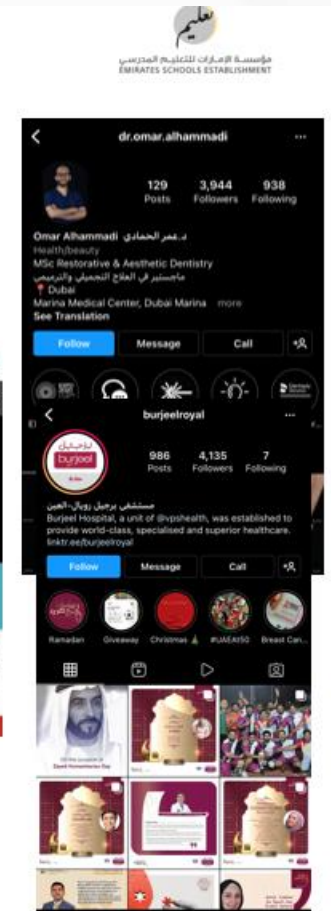
Healthcare providers can use the internet and social media to:

- communicate with their patients.
- improve their patients' experience.
- train medical staff.

## Healthcare provider's use of social media

Healthcare providers can use social media in many ways, including:

- Using online communication platforms to connect with patients.
- Using social media to share health updates with the public. For example, you could get updates about when to get a COVID-19 vaccination and learn tips on how to avoid spreading the virus.
- Health facilities can share information about:
  - how to reach a doctor, opening times, services available online and on social media.
- Medical professionals can join social media groups to talk about their area of healthcare and communicate with other experts all around the world.



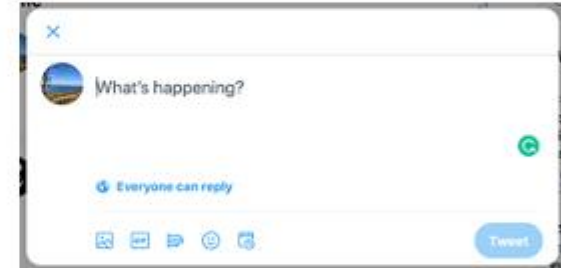
# Digital footprint

All the actions that you take online shape a piece of what is called your 'digital footprint'.

This footprint could be seen by your family, friends, teachers, future university, or future employer.

There is a large amount of personal information available online that people would not want others to see.

Did you know? Lots of companies do an online search to check the social media profiles and backgrounds of new job applicants.



### How to search and find your digital footprint

1. Start with a search engine, but go beyond the basics. ...
2. Search some specific sites. ...
3. Run an image search. ...
4. Check HaveIBeenPwned. ...
5. Give yourself Google Privacy and Security Check-Ups. ...
6. Check your social media.

9	HSC.5.5.01.006 Describe how to have a positive online presence.	How can you keep your personal information safe online?	33-35
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9.4

## There are things you can do to make sure that no one can access your personal online information:

- Do not give out your personal information over the phone or the Internet unless you know who you are talking to.
- Do not share too much information on social networking websites. People can use this information to pretend to be you.
- Try not to give your full name, your address and phone number on these websites.
- When shopping online, only use websites that you know and trust. Most websites will have a 'lock' symbol at the top of the webpage. This means that your information is safe.
- Use strong passwords for your phone, laptop, bank, and other accounts. Make sure your password is difficult for other people to guess.
- Use security software on your computer. This can protect your computer against malware such as computer viruses that can damage it.

1. **Government health advice websites**
2. **Online helplines or forums**
3. **Your doctor or nurse**
4. **Other reliable health information websites**
5. **Medical journals**

## How to search for reliable information

When searching for health information online, checking for the following should help you decide whether it is reliable or not:

1. Use websites you know, such as government websites.
2. Who wrote it? Find out who the author is.
3. Is the website safe? Be careful of websites that ask for private information.
4. Check how old the information is.
5. Make a judgement. Once you have completed the above checks, you can decide whether the information is reliable or not.



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# Psychology U9

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11

HSC.2.2.01.001 Discuss the history, philosophy and sub-divisions of psychology.

What is psychology?

46

10.1

the study of the mind and behaviour

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# What is psychology?

**Psychology examines the way that people think and behave.**

There are many different types of psychology:

1. **Clinical** = diagnosis and treatment of mental illness
2. **Cognitive** = process of the brain: thinking, learning, memory, language
3. **Developmental** = people learn, develop and change behavior
4. **Forensic** – investigate criminal cases
5. **Health** = why people behave the way they do in relation to health
6. **Personality** = behavior, personality and motivation
7. **Social** = people interact
8. **Sport** = performance in sport





13

HSC.2.2.01.001 Discuss the history, philosophy and sub-divisions of psychology.

What is the structuralism school of thought?

48-49

10.1



Structuralism and functionalism school of thought

This is considered the first school of thoughts in psychology and it studies the most basic mental processes.



Behaviourism psychology

This school of thoughts explains that all behaviours are influenced by the environment around us rather than genetics.



The psychoanalytic school of thought

This school of thought focuses on how the unconscious mind can influence our behaviour.

Sigmund Freud was the founder of this school of thought.



The humanistic school of thought

This school of thoughts focuses on individual growth and achievement. This school of thought focuses on helping people achieve and fulfil their potential.



The gestalt school of thought

This school of thoughts suggests that humans experience things as a whole. This school doesn't separate between the mind, behaviour or emotion.

Cognitive school of thought

This school of thoughts studies processes including how people think, remember and understand thing.



14

HSC.2.2.01.004 Explain the higher cognitive processes of learning, memory, language, thinking and intelligence.

Which cognitive process allows people to communicate?

60-63

10.3

- **Learning** : how people gain knowledge
- **Memory** : how people remember things
- **Language** : how people communicate

**Thinking** : people's thinking processes

**Intelligence** : people's skills and abilities

## Language

- Refers to how we communicate with each other.
  - This can be **verbal**, written, or non-verbal.
- Important for healthcare professionals to know and use different forms of language because:
  - help them to communicate well with patients.
  - use simple language to explain medical terms and procedures to patients.
  - communicate with other health professionals using medical terminology.



15

HSC.2.2.01.004 Explain the higher cognitive processes of learning, memory, language, thinking and intelligence.

What is an example of short-term memory?

61

10.3

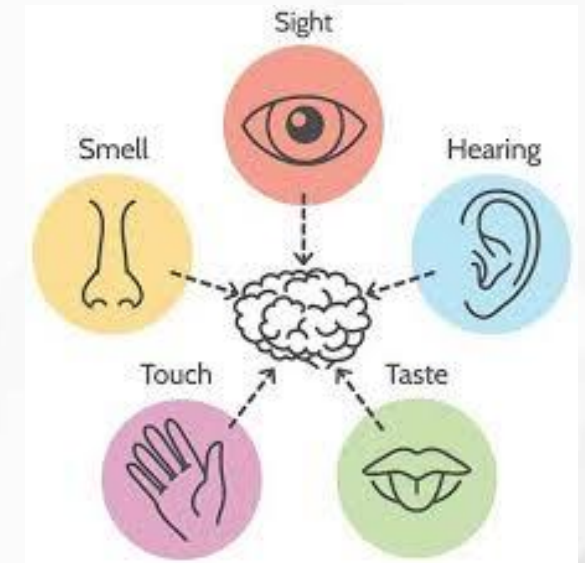
Memory can be broken down into three categories:

- **Sensory memory:** last for seconds like when you look to a picture and then you forgot the details
- **Short-term memory:** take from 30 seconds to few days, small amount of information will be remembered for short period of time
- **Long-term memory:** few weeks to many years large amount of information will be stored for over long period of time



# Perception

- The process of getting, selecting and organising the information that is being sent from the senses
- The brain processes the information then **tells the body what to do**
- **Past experiences play a part in perception**



Sensory receptors found in the skin include the following:

**Free nerve endings** – responsible for identifying a number of sensations including cold, heat, pain and touch.

**Krause end bulbs** – identify touch and pressure.

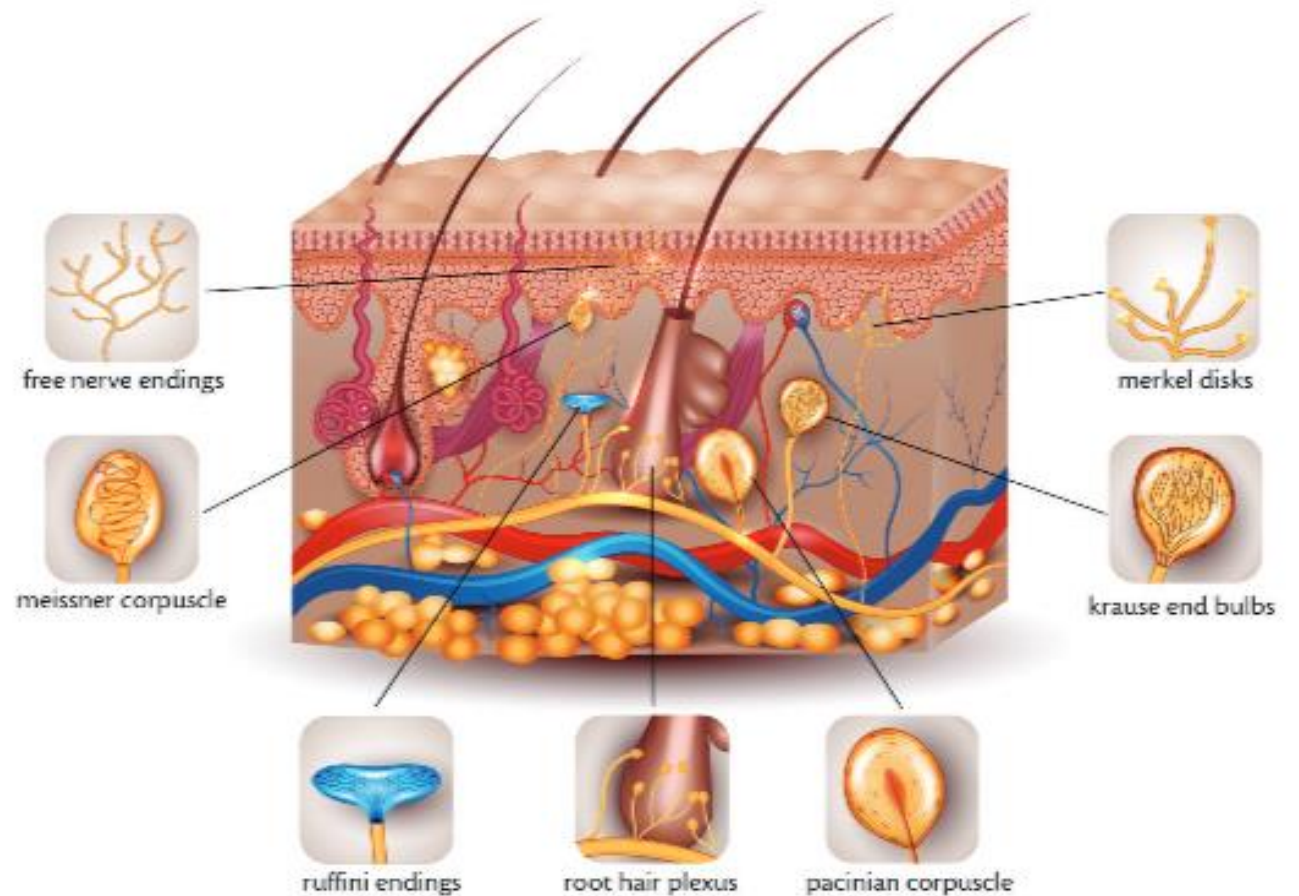
**Meissner corpuscle** – identify touch and vibration.

**Merkel disks** – responsible for identifying shapes and edges of objects against the skin.

**Pacinian corpuscle** – these are responsible for identifying pressure or vibration; they are located deep in the dermis.

**Root hair plexus** – identify when the hair moves. **Ruffini endings** – identify touch, pressure, vibration and stretch of the skin.

## Sensory receptors in skin



## 5 senses



sight



hearing



smell



taste



touch

19	HSC.2.2.01.005 Describe two psychological theories used to explain human behaviour and development.	What happens at the pre-operational stage of cognitive development?	66
20	HSC.2.2.01.005 Describe two psychological theories used to explain human behaviour and development.	At what age does the formal operational stage of cognitive development occur?	66

### Sensorimotor

0-2 years

- Infants start to build an **understanding** of the world through their **senses** by touching, grasping, watching and listening.



### Pre-operational

2-7 years

- Children **develop language** skills and begin to use pretend play, draw pictures, and talk about things that happened in the past.
- They begin to **understand different objects**, their names and uses.



### Concrete operational

7-11

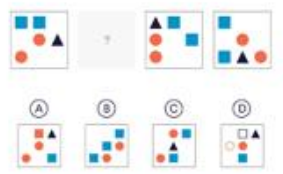
- Children **learn** logical concrete (physical) rules about objects, such as height, weight, and volume.
- They can **understand conversations** and the feelings of others.



### Formal operational

11+ years

- At this stage, children and young adults can **critically analyse situations**, use reasoning and understand abstract ideas.
- This stage lasts throughout adulthood.



21

**HSC.2.2.01.010 Evaluate the concepts of stress and coping, and how they can affect the behaviour of yourself and others.**

**How can stress affect your behaviour?**

**72-74**

**10.5**

**Stress can also affect how a person behaves (or acts), a stressed person might start behaving differently, they also might:**

- stop seeing friends or family.
- have problems with eating, by eating a lot or very little.
- exercise less or nothing at all.
- consume toxic substances such as smoking



22

HSC.2.2.01.010 Evaluate the concepts of stress and coping, and how they can affect the behaviour of yourself and others.

What is the 'fight or flight' response?

72

10.5

**Fight or flight is a biological response, it happens naturally. This response has increased the chances of human survival during dangerous situations.**

For example, the fight or flight response can happen when we see an angry dog barking and approaching us....



23

**HSC.2.2.01.010 Evaluate the concepts of stress and coping, and how they can affect the behaviour of yourself and others.**

**What are coping mechanisms?**

**75**

**10.5**

**strategies can help a person adapt to stressful events and still feel good psychologically (mentally) and physically.**

The first step to learn how to cope (deal) with stress is getting to know ourselves better. Ask yourself the following questions:

- ⊙ what makes me feel stressed?
- ⊙ can I change or find easy solutions to the things that stress me?
- ⊙ how does stress show in my body?
- ⊙ how do I feel when I am stressed?
- ⊙ am I kind to myself? What do I do to take care of myself?
- ⊙ do I give myself time to relax and do my hobbies?
- ⊙ who from my family and friends can help me and give me advice?

24	HSC.2.2.01.008 Demonstrate scientific report writing.	What information is included in the abstract of a scientific report?	79-80
25	HSC.2.2.01.008 Demonstrate scientific report writing.	What information is included in the methods of a scientific report?	79-80



**1. Hypotheses** : the question you are trying to find the answer to.

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**2. Title**: give the reader a small amount of information.

**3. Abstract**: This is a brief summary of the report.



**4. Authors**: names of all authors who worked on your report or findings.



**5. introduction**: some information about the topic, the reasons and the objectives.



**6. Methods**: The process of the research, experiment or **questionnaire = Survey**



**7. Research design:** the type of research.



**8. Results:** include the findings from your research.

**9. Discussion:** explain your findings.



**10. Conclusion:** end summary of your report.



**11. Recommendations:** future research.



**12. References:** record of any sources of information or text that you used in report.