

Subject: Basic Science

Year: 9

Week: 1

Topic: Family traits

A trait is a particular characteristics or feature in an individual.

Family traits refer to resemblance among family members through skin colour and height.

Example of family traits are: being able or unable to roll tongue,
attached or unattached earlobes and normal hair growth or male baldness.

Dominant and recessive traits

Gene is the unit of inheritance or heredity.

Dominant gene often dominates the other gene while the hidden gene is the recessive.

Week: 2

Personal, school and community health I

Family is the smallest or basic unit of the society.

Types of families: There are three (3) types of family

Nuclear family : It is comprised of father, mother and their children

Single-parent family: It's a family where there is only one parent, either a mother
or a father, live with one or more children

Extended family: It's a family that has relatives living together with parents
and their children

Duties of each family members: The duties of each family members include

The father is the breadwinner of the family

The mother manages the household chores and looks after each family member

The children help their parents with household duties

Puberty: It's a time of natural development and maturation in a person's life.

It occurs between the ages of nine (9) and sixteen (16).

Primary sexual characteristics: These are physical characteristics that make a person male or female .

Secondary sexual characteristics: These are primary sexual characteristics that develop at puberty .

Male characteristics: The voice deepens, the sex organs increase in size, sperm are produced in the testes.

Female characteristics: The breasts grow larger, the hips become wider, menstruation may start.

Teenage pregnancy: This refers to a girl below the age of 18 falling pregnant.

Week:3

Personal school and community health II

Health is a state of well-being of a person such that the person can cope with the normal stresses of life.

Health education agencies in Nigeria

Health institutions in Nigeria include:

National Health Insurance Scheme (NHIS)

National Agency for the Control of Aids (NACA)

National Drug Law Enforcement Agency (NDLEA)

Child care: This refers to the action or skills of looking after a child to ensure the well-being of the child or protection against danger .

Prenatal care: It's the care a woman receives from from the moment she becomes pregnant until birth .

Intrapartum care: It's the care given to the pregnant woman during labour.

Postnatal care: It's the care given to the mother and her newborn baby immediately after the birth and for the first six weeks of life.

Drugs: It's any substance apart from food that is taken into our body and because of its nature, affects the structure or function of the body of the person that takes it.

Week:4

Topic Family health

Types of diseases

Disease is an abnormal condition of the body or mind that causes discomfort or dysfunction .

There are two types of diseases, communicable and non-communicable diseases.

Other types are inherited, degenerative, social deficiency diseases

Communicable diseases: They are diseases that can transfer from one person to another

Non-communicable diseases: They are diseases that cannot be transferred from one person to another.

Transfer of communicable diseases

They can be transferred by air, by water, by blood

Sexually transmitted infection

They are transmitted from one person to another during unprotected sexual contact.

e.g HIV/AIDS, Gonorrhea, Syphilis.

Week:5

Topic: Pathogens, diseases and prevention

Pathogens are microorganisms that cause diseases

Communicable diseases: They are diseases that can be transferred from one person to another e.g typhoid, fever, malaria, ringworm

Mode of transmission of communicable diseases

Communicable diseases can spread through: air,water, blood and

sexual intercourse

Prevention and management of communicable diseases

These include: immunization, quarantine, increased awareness

better public hygiene

Non-communicable diseases: They are diseases that cannot be passed from one person to another .

Prevention and management of non -communicable diseases

These include: public awareness, early detection and counseling

Impact of diseases on Nigeria

Diseases impact on Nigeria include: depopulation, low labour force, there's need for health enlightenment programme

Week:6

Topic Drugs and substance abuse

Drug :It's any substance apart from food that is taken into our body and because of its nature, affects the structure or function of the body of the person that takes it.

Effect of drug abuse

The effects of drug abuse include the following:

Stomach upset, nostril and lung damage, skin problems, injection problems

Strategies for a healthy, drug-free life style

The strategies are the following: inculcating coping skills, positive social interaction, a healthy lifestyle, self-education, self-determination

Role and activities of national drug control agencies

NDLEA: In charge of arresting and arraigning drug carriers and their sponsors

NAFDAC: It regulates the quality of drugs manufactured and sold in the country.

APCON: It regulates all forms of advertisement in the country.

Misuse of herbal medicine

Herbal medicines are misused because there is no scientific rationale in the content, mechanism of action or the dosage to be taken.