At Junior Certificate level the student can:

Describe some of the major systems of the human body and explain their links with health

**Learning Targets** - This has been demonstrated by your ability to:

1. Measure one of the following: heartbeat, lung capacity, body temperature, pulse before and after activity; or show the presence of carbon dioxide in exhaled breath
2. Name each of the five sense organs and give their functions
3. Describe how the skeleton and muscles support, protect and move the body
4. Understand the importance of the breathing system, its parts and their functions
5. Name the major parts of the breathing system
6. Label a diagram of the heart and say how it works
7. Explain the functions of blood and blood vessels
8. Label a diagram of the kidneys and explain how they work
9. Explain what a balanced diet is and its importance for physical health
10. Name and list some good sources of the five food types
11. Explain the effects of lifestyle on physical health (smoking, drugs etc.)
12. Discuss risks and benefits of vaccination on small babies against diseases such as polio, whooping cough, measles etc.

Refer also to: Art, Home Economics, Personal and Social Development, Physical Education.