

HEALTH & HUMAN DEVELOPMENT

UNITS 1 & 2



SUBJECT OVERVIEW

Students examine health and wellbeing, and human development as dynamic concepts, subject to a complex interplay of biological, sociocultural and environmental factors. They look at the Australian healthcare system and research what is being done to address inequalities in health and development outcomes.

UNIT 1 DESCRIPTION

Students look at multiple dimensions of health and wellbeing, the complex interplay of influences on health and wellbeing and the indicators used to measure and evaluate health status. Students identify personal perspectives and priorities relating to health and wellbeing, and enquire into factors that influence health attitudes, beliefs and practices. They build health literacy through interpreting and using data, through investigating the role of food, and through inquiry into one youth health focus area.

UNIT 2 DESCRIPTION

This unit investigates transitions in health and wellbeing, and development, from lifespan and societal perspectives. Students enquire into the Australian healthcare system and extend their capacity to access and analyse health information. They investigate the challenges and opportunities presented by digital media and health technologies and consider issues surrounding the use of health data and access to quality health care.

WHAT KNOWLEDGE & SKILLS WILL I BUILD?

- Various definitions of health and wellbeing
- Variations in perspectives of and priorities relating to health and wellbeing, according to age, culture, religion, gender
- Explain the functions of major nutrients for general health and wellbeing
- Use research and data

HOW WILL I BE ASSESSED IN THIS SUBJECT?

- A range of school-based assessment tasks including case studies, written responses, data analysis and multimedia presentations.

WHAT ELSE DO I NEED TO KNOW?

- Excursions or incursions may be a feature of this subject, so if you would like to attend, payment may be asked per activity.

HEALTH & HUMAN DEVELOPMENT

UNITS 3 & 4

SUBJECT OVERVIEW

This study presents concepts of health and wellbeing, and human development, from a range of perspectives: individual and collective; local, national and global; and across time and the lifespan.

UNIT 3 DESCRIPTION

This unit looks at health, wellbeing and illness as multidimensional, dynamic and subject to different interpretations and contexts. Students begin to explore health and wellbeing as a global concept and to take a broader approach to inquiry. Students look at various public health approaches and the interdependence of different models as they research health improvements and evaluate successful programs.

UNIT 4 DESCRIPTION

This unit examines health and wellbeing, and human development in a global context. They consider the health implications of increased globalisation and worldwide trends relating to climate change, digital technologies, world trade and the mass movement of people. Students also examine global action to improve health and wellbeing and human development, focusing on the United Nations' (UN's) Sustainable Development Goals (SDGs) and the work of the World Health Organization (WHO).

WHAT KNOWLEDGE & SKILLS WILL I BUILD?

- Analyse the role of Medicare, private health insurance, the Pharmaceutical Benefits Scheme and the National Disability Insurance Scheme in promoting Australia's health
- Describe characteristics of high-, middle- and low-income countries
- Evaluate data

HOW WILL I BE ASSESSED IN THIS SUBJECT?

- A range of school-based assessment tasks including case studies, written responses, data analysis and multimedia presentations and an end of year examination

WHAT TYPES OF FURTHER STUDY OR CAREERS COULD THIS SUBJECT LEAD TO?

- Health Professional
- Aged Care Worker
- Youth Worker
- Medicine
- Nursing
- Advertising

WHAT ELSE DO I NEED TO KNOW?

- Excursions or incursions may be a feature of this subject, so if you would like to attend, payment may be asked per activity.



OUTDOOR & ENVIRONMENTAL STUDIES

UNITS 1 & 2

SUBJECT OVERVIEW

Outdoor and Environmental Studies focuses on the ways humans interact with outdoor environments. Outdoor and Environmental Studies teaches students to live sustainably and to understand the importance of environmental health, particularly in local contexts. Students gain practical knowledge whilst on camps in various environments.

UNIT 1 DESCRIPTION

- How humans understand and relate to nature.
- Motivations for interacting with outdoor environments and the factors that affect an individual's access to outdoor experiences.
- Practical skills and knowledge to help them live sustainably in outdoor environments.

UNIT 2 DESCRIPTION

- Characteristics of outdoor environments and different ways of understanding them
- The impact of humans on outdoor environments.
- Understanding of the impact of technologies.
- Practical experiences enable students to make comparisons between outdoor environments.

WHAT KNOWLEDGE & SKILLS WILL I BUILD?

- Range of motivations for seeking outdoor experiences
- Use appropriate practical skills for safe participation in outdoor experiences

HOW WILL I BE ASSESSED IN THIS SUBJECT?

- School assessed coursework will assess your knowledge of the course and demonstrate links between theoretical content studied and practical experiences undertaken.

WHAT ELSE DO I NEED TO KNOW?

- Attendance of practical learning experiences is compulsory. These will occur in a variety of environments.
- There will be a cost for the practical experiences within the subject. You will be charged per experience. This must be paid prior in order to attend.



OUTDOOR & ENVIRONMENTAL STUDIES

UNITS 3 & 4

SUBJECT OVERVIEW

Outdoor and Environmental Studies focuses on ecological, historical and social contexts of relationships between humans and outdoor environments. Outdoor and Environmental Studies teaches students the importance of the maintenance of natural environments and examines the capacity of the natural environment to support the future needs of the world's human population.

UNIT 3 DESCRIPTION

This Unit considers the ecological, historical and social contexts of relationships between humans and outdoor environments in Australia. It examines the impact of these relationships on the outdoor environment.

UNIT 4 DESCRIPTION

This Unit focuses on the sustainable use and management of natural environments. It examines the contemporary state of environments in Australia, considers the importance of the maintenance of natural environments and examines the capacity of the natural environment to support the future needs of the world's human population.



WHAT KNOWLEDGE & SKILLS WILL I BUILD?

- Changing relationships with Australian outdoor environments
- The impact of increasing environmental awareness in Australia on the policies of political parties.

HOW WILL I BE ASSESSED IN THIS SUBJECT?

- School-assessed Coursework ranging from written reports, practical lab reports, tests and an end of year examination.

WHAT TYPES OF FURTHER STUDY OR CAREERS COULD THIS SUBJECT LEAD TO?

- Outdoor Ed Teacher
- Park Ranger
- Professional Guide eg. World Challenge Leader
- Conservationist

WHAT ELSE DO I NEED TO KNOW?

- Attendance of practical learning experiences is compulsory. These will occur in a variety of environments.
- There will be a cost for the practical experiences within the subject. You will be charged per experience. This must be paid prior in order to attend.

PHYSICAL EDUCATION

UNITS 1 & 2

SUBJECT OVERVIEW

In this unit, students explore how the musculoskeletal and cardiorespiratory systems work together to produce movement. Students investigate the role and function of the main structures in each system and how they respond to movement.

UNIT 1 DESCRIPTION

Through participation in practical activities, students explore and analyse the relationships between the body systems and movement, and how these systems interact and respond at various intensities. Students investigate possible conditions and injuries associated with the musculoskeletal system and recommend and implement strategies to minimise and manage such injuries and conditions.

UNIT 2 DESCRIPTION

Through a series of practical activities, students experience and explore different types of physical activity promoted within and beyond their community. Students explore and apply the social-ecological model to critique a range of individual- and settings-based strategies that are effective in promoting participation in regular physical activity.

WHAT KNOWLEDGE & SKILLS WILL I BUILD?

In Units 1 and 2, students participate in a variety of practical activities to examine the core concepts that underpin movement and that influence performance and participation in physical activity.

HOW WILL I BE ASSESSED IN THIS SUBJECT?

- School assessed coursework will allow you to demonstrate your knowledge of the links between theoretical and practical content.

WHAT ELSE DO I NEED TO KNOW?

- Excursions or incursions may be a feature of this subject, so if you would like to attend, payment may be asked per activity.



PHYSICAL EDUCATION

UNITS 3 & 4

SUBJECT OVERVIEW

Students explore the complex interrelationships between biophysical (anatomical, biomechanical, physiological and skill acquisition) and psychosocial (psychological and sociocultural) principles to understand their role in producing and refining movement for participation and performance in physical activity, sport and exercise.

UNIT 3 DESCRIPTION

This unit introduces students to principles used to analyse human movement from a biophysical perspective. Students use a variety of tools and coaching techniques to analyse movement skills and apply biomechanical and skill-acquisition principles to improve and refine movement in physical activity, sport and exercise.

UNIT 4 DESCRIPTION

Students analyse movement skills and fitness requirements and apply relevant training principles and methods to improve performance at various levels. Students assess fitness and use collected data to justify the selection of fitness tests based on the physiological requirements of an activity, including muscles used, energy systems and fitness components.

WHAT KNOWLEDGE & SKILLS WILL I BUILD?

- In Units 3 and 4 students participate in a variety of practical activities to examine the core concepts that underpin movement and that influence performance and participation in physical activity.

HOW WILL I BE ASSESSED IN THIS SUBJECT?

- School-assessed coursework ranging from written reports, practical lab reports, tests and an end of year examination.

WHAT TYPES OF FURTHER STUDY OR CAREERS COULD THIS SUBJECT LEAD TO?

- Personal Trainer
- Biomechanics
- PE Teacher
- Sports and Exercise Science
- Coaching
- Physiotherapy
- Human Movement

WHAT ELSE DO I NEED TO KNOW?

- Excursions or incursions may be a feature of this subject, so if you would like to attend, payment may be asked per activity.

