

## **Course: PERSONAL DEVELOPMENT, HEALTH AND PHYSICAL EDUCATION**

2 units for each of Preliminary and HSC Board Developed Course

**Exclusions:** Nil



### **Course Description:**

**Preliminary course** examines a range of areas that underpin health and physical activity. This includes how people think about health and physical activity, the management of personal health and the basis for how the body moves. Students have the opportunity to select from a range of practical options in areas such as first aid, outdoor recreation, composing and performing and fitness choices.

**HSC course** students focus on major issues related to Australia's health status. They also look at factors that affect physical performance. They undertake optional study from a range of choices. This includes investigating the health of young people or of groups experiencing health inequities. In other options students focus on improved performance and safe participation by learning about advanced approaches to training or sports medicine concepts. There is also an opportunity to think critically about the factors that impact on sport and physical activity in Australian society.

### **Main Topics Covered:**

#### **Preliminary Course**

Core Topics (60%)

- Better Health for Individuals – 30%
- The Body in Motion – 30%

Optional Components (40%)

Students to select two options each from

- First Aid
- Composition and Performance
- Fitness Choices
- Outdoor Recreation

#### **HSC Course**

Core Topics (60%)

- Health Priorities in Australia
- Factors Affecting Performance

Optional Component (40%)

Students to select two options each from

- The Health of Young People
- Sport and Physical Activity in Australian Society
- Sports Medicine
- Improving Performance
- Equity and Health

### **Particular Course Requirements:**

In addition to core studies students select two options in each of the Preliminary and HSC courses

### **Assessment HSC course only:**

<b>External Assessment</b>	<b>Weighting</b>	<b>Internal Assessment</b>	<b>Weighting</b>
A three hour written paper		Core	60
		Options	40
	100		100