

# PERSONAL DEVELOPMENT, HEALTH AND PHYSICAL EDUCATION

## Description

The course examines a range of areas that underpin health and physical education. Study of this course focuses on human anatomy and physiology, the management of personal and community health, as well as factors that affect and improve physical performance.

Students develop skills of critical inquiry and practical application in investigating the course content.

**Year 11 Topics include:** The Body in Motion, Better Health for Individuals, Fitness Choices, First Aid.

**Year 12 Topics include:** Factors Affecting Performance, Health Priorities in Australia, Sports Medicine, Improving Performance.



## Assessment

This involves written research in the form of reports, practical application, case studies, short and extended responses, and an examination.

## Additional Information

This course is suitable for ATAR students.

Students wishing to pursue careers in medicine, health, wellbeing, sport, recreation, leisure, aged care, teaching and nursing would be well suited to study this course.

This course is more theoretical than practical in nature like in years 7-10 PDHPE. Students wishing to engage in more practical aspects of physical education are encouraged to study Sport, Lifestyle and Recreation.

Students are required to purchase two A4 exercise books, a folder and paper or use their own device to take notes.

## Costs

Excursion costs are additional.

