Health Education

Level: Stage 1
Course length: 1 semester
Credit value: 10 Credits

Advice to students
No background knowledge required. Health Education is a course for students who want to become more aware of issues affecting their health.

Course overview
Students will recognise the various factors that shape the behaviour and attitudes of individuals and groups in relation to healthy living, caring for themselves and the environment. Students will develop skills to consider how changing social structures, community values, environmental issues, and new technologies affect health and well-being of individuals and communities.

Students will study at least one core concept and one option study.

Core concepts
Core Concept 1: Ways of defining health
Core Concept 2: Health literacy

Option Studies
Option Study 1: Health and participation in an active lifestyle
Option Study 2: The effects of alcohol, tobacco, and other drugs on health
Option Study 3: Health and the environment
Option Study 4: Contemporary health priorities in Australia
Option Study 5: Health and relationships
Option Study 6: Mental and emotional health
Option Study 7: Growing up healthy
Option Study 8: Careers and vocational studies in health

Assessment
There will be three to four assessment tasks with at least one assessment from each assessment type with a weighting of at least 20% per task.

Assessment types are:
• Issues Response
• Group Activity
• Investigation

Pathways
Although not essential, this subject is recommended as preparation for SACE Stage 2 Health.