

Health Education A/B

(Healthy Lifestyles / Healthy Minds, Healthy Bodies)

Level: Stage I

Course length: 1 semester or
2 semesters

Credit value: 10 Credits
20 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. Topics will be selected from the options below.

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.