

# Personal Development, Health and Physical Education

The following contains a description of the course we offer to students at St Marys Senior High. It is intended as a guide to help you select your subjects and you should read it carefully.

Please note:

- The details given represent the way that the course is delivered at St Marys Senior High and may involve different choices from the way other schools might operate the same course.
- Classes can only be formed where sufficient students select the particular course. The fact that a course is listed here is not a commitment to run the course in a particular year.
- The arrangements for particular courses are subject to change for a variety of reasons.

Personal Development, Health and Physical Education - Course Details			
Units	Type	ATAR	Faculty Teaching This Course
2	Board Developed Course – Examinable at the HSC, marks can be used to count towards an ATAR	A – Counts towards an ATAR with no restrictions	PDHPE

## ***What will I be doing in this course?***

In PDHPE students will learn about the importance of maintaining an active, healthy lifestyle and explore the strategies to improve health status. There is a focus on health within the broader community and students will investigate a range of current health issues. The course also covers the factors that influence movement skill and physical activity levels. There is an emphasis on the importance of research and critical inquiry in the learning process.

Preliminary Course:

- Core Strands
  - Better Health for Individuals – definitions and perceptions of health, behaviours of young people, health promotion, the Ottawa Charter and social justice.
  - The Body in Motion – skeletal, muscular, respiratory and circulatory systems, physical fitness, aerobic and anaerobic training and the principles of motion, balance, stability, fluid mechanics and force.
- Options
  - First Aid – crisis management, management of injuries and medical conditions, legal issues and moral dilemmas
  - Composition and Performance – elements of composition and how they apply to different movement mediums.

HSC Course:

- Core Strands
  - Health Priorities in Australia – measuring health status, identifying priority health issues, groups experiencing health inequities, health care in Australia and health promotion.
  - Factors Affecting Performance – energy systems, training, motivation, recovery strategies and skill acquisition.
- Options
  - Sports Medicine – sports injuries, athletes, sports policy, taping and bandaging, rehabilitation procedures and return to play
  - The Health of Young People - students examine the nature of young people's lives and the developmental factors that significantly influence their health.
  - Sport and Physical Activity in Australian Society – examines the sociocultural perspective of sport and physical activity in the Australian Society.

***What should I be able to do at the end of the course?***

Students will develop:

- Values and attitudes that promote healthy and active lifestyles and communities.
- Knowledge and understanding of the factors that affect health.
- A capacity to exercise influence over personal and community health outcomes.
- Knowledge and understanding about the way the body moves.
- An ability to take action to improve participation and performance in physical activity.
- An ability to apply the skills of critical thinking, research and analysis.

***How will this course help me in the future?***

Students will be able to make informed decision that support and contribute to healthy, active lifestyles and communities. They will be able to assess the conflicting influences on lifestyle and improve their own personal health status by making good health and lifestyle choices.

Studying PDHPE will provide foundation studies for those students with a vocational interest in human movement and individual and community health issues. The course would be of great benefit to anyone wishing to take up a career in any of the sport sciences, nursing, teaching, medicine, personal training, coaching, physiotherapy and occupational therapy.