

# Health and Movement Science

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.

| Health and Movement Science<br>- Course Details |   |   |                              |
|---|---|---|------------------------------|
| Units   | Type  | ATAR  | Faculty Teaching This Course |
| 2   | Board Developed Course<br><br>– Examinable at the HSC,<br>marks can be used to count<br>towards an ATAR | A<br><br>– Counts towards an<br>ATAR with no restrictions | PDHPE                        |

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

In Health and Movement Science 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:

- **Health for Individuals and Communities** – this strand focuses on the meanings of health from different perspectives, the health of young people, how government and non-government organisations advocate and support the health of young people and explores health promotion as a way to improve health.
- **The Body and Mind in Motion** – this strand investigates how body systems influence movement, how movement skills are acquired and developed, and investigates the relationship between performance and psychological factors.
- **Collaborative Investigation** – students are provided with opportunities to positively interact with others and work collaboratively to reach agreements and decisions. They develop skills to negotiate plans and tasks, distribute leadership, create and maintain a positive group environment, and give and receive feedback.
- **Depth Studies** – students are required to complete 2 depth studies, totalling 20 hours of in class time. The depth study can focus on Health for Individuals and Communities and/or The Body and Mind in Motion.

HSC Course:

- **Health in an Australian and Global Context**– explores how healthy Australians are by comparing the health status of Australians across population groups, examines major chronic conditions, explores the impact of a growing and ageing population, and investigates actions needed to promote and improve the health of Australians.
- **Training for Improved Performance** – examines the importance of personalised exercise assessment, explores various training types and methods, investigates biomechanical principles, and injury prevention.
- **Depth Studies** - students are required to complete 2 depth studies, totalling 30 hours of in class time. The depth study can focus on Health in an Australian and Global Context and/or Training for Improved Performance.

### ***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 Health and Movement Science 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.