

## PERSONAL DEVELOPMENT, HEALTH AND PHYSICAL EDUCATION - 2 UNIT

Personal Development; Health and Physical Education (PDHPE) involves students learning about, and practising, ways of maintaining active, healthy lifestyles and improving their health status. It is also concerned with social and scientific (anatomy, physiology and biomechanics) understandings about movement, which lead to enhanced movement potential and appreciation of movement in their lives. The syllabus provides a direct work with study and vocational pathways in the areas of recreation, para-medical, movement and health sciences.

### COURSE STRUCTURE

The PDHPE Syllabus includes two 120 hour courses. The Preliminary course consists of two core modules representing 60% of course time. An options component representing 40% of course time includes four options of which students are to study two.

The HSC course consists of two core modules representing 60% of course time. An options component representing 40% of course time includes five options of which students are to study two.

PRELIMINARY COURSE	HSC COURSE
Core Strands (60% total)	Core Strands (60% total)
<ul style="list-style-type: none"> <li>• <u>Better health for individuals (30%)</u> What health means to individuals and the factors that influence the health of individuals</li> <li>• <u>The body in motion (30%)</u> How the musculoskeletal and cardiorespiratory systems work together to produce efficient movement and how biomechanical principles influence movement.</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Health priorities in Australia (30%)</u> What are the key health priorities in Australia and what actions are needed to address these, also the role that health care facilities and services play in achieving better health for Australians.</li> <li>• <u>Factors affecting performance (30%)</u> How training, nutrition, recovery strategies and psychology affect performance.</li> </ul>
Options (40% total)	Options (40% total)
Select two of the following options: <ul style="list-style-type: none"> <li>• First Aid (20%)</li> <li>• Composition and Performance (20%)</li> <li>• Fitness Choices (20%)</li> <li>• Outdoor Recreation (20%)</li> </ul>	Select two of the following options: <ul style="list-style-type: none"> <li>• The Health of Young People (20%)</li> <li>• Sport and Physical Activity in Australian Society (20%)</li> <li>• Sports Medicine (20%)</li> <li>• Improving Performance (20%)</li> <li>• Equity and Health (20%)</li> </ul>