

Course Description

The Preliminary course examines a range of areas that underpin health and physical activity. This includes how people think about health and physical activity, the management of personal health and the basis for how the body moves. Students have the opportunity to select from a range of practical options in areas such as first aid, outdoor recreation, composing and performing, and fitness choices.

In the HSC course, students focus on major issues related to Australia's health status. They also look at factors that affect physical performance. They undertake optional study from a range of choices. This includes investigating the health of young people or of groups experiencing health inequities. In other options, students focus on improved performance and safe participation by learning about advanced approaches to training or sports medicine concepts. There is also an opportunity to think critically about the factors that impact on sport and physical activity in Australian society.

Main Topics Covered

Preliminary Course

Core Topics (60%)

- Better Health for Individuals
- The Body in Motion

HSC Course

Core Topics (60%)

- Health Priorities in Australia
- Factors Affecting Performance

Particular Course Requirements

In addition to core studies, there are two options in each of the Preliminary and HSC courses.

Faculty: PDHPE

BOS Course No: 15320

2 units for each of Preliminary and HSC Board Developed Course.

Exclusions: Nil

