

HEALTH & HUMAN DEVELOPMENT

Unit 1

Understanding Health & Wellbeing

COURSE OUTLINE:

In this unit students are introduced to the concepts of health and wellbeing. This unit focuses on students identifying personal perspectives and priorities related to health and wellbeing and they enquire into factors that influence health attitudes, beliefs and practices. There is a focus on youth and students consider their own health as individuals and as a cohort. They build health literacy through interpreting and using data, through investigating the role of food and through extended inquiry into one youth health focus area.

AREAS OF STUDY:

- Health perspectives and influences
- Health and nutrition
- Youth health and wellbeing

OUTCOMES:

On completion of this unit, students should be able to:

1. Explain multiple dimensions of health and wellbeing. Explain indicators used to measure health status and analyse factors that contribute to variations in health status of youth.
2. Apply nutrition knowledge and tools to the selection of food and the evaluation of nutrition information.
3. Interpret data to identify key areas of improving youth health and wellbeing and plan for action by analysing one particular area in detail.

ASSESSMENT:

S or N based on demonstrated achievement in the outcomes specified for the unit. A letter grade will be given for achievement in assessment tasks such as: general coursework, School-assessed Coursework and a written examination.

Unit 2

Managing Health & Development

COURSE OUTLINE:

This unit investigates transitions in health and wellbeing, and development, from lifespan and societal perspectives. Students enquire into the Australian healthcare system and consider issues surrounding the use of health data and access to quality healthcare.

AREAS OF STUDY:

- Developmental transitions
- Health care in Australia

OUTCOMES:

On completion of this unit, students should be able to:

1. Explain developmental changes in the transition from youth to adulthood, analyse factors that contribute to healthy development during prenatal and early childhood stages of the lifespan and explain health and wellbeing as an intergenerational concept.
2. Describe how to access Australia's health system, explain how it promotes health and wellbeing in their local community and analyse a range of issues associated with the use of new and emerging health procedures and technologies.

ASSESSMENT:

S or N based on demonstrated achievement in the outcomes specified for the unit. A letter grade will be given for achievement in assessment tasks such as: general coursework, School-assessed Coursework and a written examination.