

Respect. Responsibility. Reliability.

Year 10

Subject Selection Guide

Health & Physical Education

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Health & Physical Education

Year 10

Health

Prerequisites:
ENG (C)

Physical
Education

Prerequisites:
HPE (C) or HPS (C), ENG (C)

Sport &
Recreation

Prerequisites:
NIL

Early
Childhood Studies

Prerequisites:
NIL

Senior
Pathways

Health
GENERAL SENIOR
SUBJECT
Prerequisites:
ENG (B) or ENX (B)

Physical Education
GENERAL SENIOR
SUBJECT
Prerequisites:
ENG (B) or ENX (B)

Sport & Recreation
APPLIED SENIOR
SUBJECT
Prerequisites:
REC (C)

Early Childhood
Studies
APPLIED SENIOR
SUBJECT
Prerequisites:
ESC (C)



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Subject: Health

Course Outline: *Prerequisites ENG (B) ENX (B)*

Health provides students with a contextualised strengths-based inquiry of the various determinants that create and promote lifelong health, learning and active citizenship. Drawing from the health, behavioural, social and physical sciences, the Health Syllabus offers students an action, advocacy and evaluation-oriented curriculum.

Health uses an inquiry approach informed by the critical analysis of health information to investigate sustainable health change at personal, peer, family and community levels.

Students define and understand broad health topics, which they reframe into specific contextualised health issues for further investigation.

Students plan, implement, evaluate and reflect on action strategies that mediate, enable and advocate change through health promotion.



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Pathways

Health (General Senior Subject)

A course of study in Health can establish a basis for further education and employment in the fields of health science, public health, health education, allied health, nursing and medical professions.



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Subject: Physical Education

Course Outline: *Prerequisites HPE (C) or HPS (C) & ENG (B) ENX (B)*

Physical Education provides students with knowledge, understanding and skills to explore and enhance their own and others' health and physical activity in diverse and changing contexts.

Physical Education provides a philosophical and educative framework to promote deep learning in three dimensions: about, through and in physical activity contexts. Students optimise their engagement and performance in physical activity as they develop an understanding and appreciation of the interconnectedness of these dimensions.

Students learn how body and movement concepts and the scientific bases of biophysical, sociocultural and psychological concepts and principles are relevant to their engagement and performance in physical activity. They engage in a range of activities to develop movement sequences and movement strategies.



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Pathways

Physical Education (General Senior Subject)

A course of study in Physical Education can establish a basis for further education and employment in the fields of exercise science, biomechanics, the allied health professions, psychology, teaching, sport journalism, sport marketing and management, sport promotion, sport development and coaching.



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Subject: Sport & Recreation

Course Outline: *Prerequisites REC (C)*

Active participation in sport and recreation activities is central to the learning in Sport & Recreation. Sport & Recreation enables students to engage in sport and recreation activities to experience and learn about the role of sport and recreation in their lives, the lives of others and the community.

Engagement in these activities provides a unique and powerful opportunity for students to experience the challenge and fun of physical activity while developing vocational, life and physical skills.

Each unit requires that students engage in sport and/or recreation activities. They investigate, plan, perform and evaluate procedures and strategies and communicate appropriately to particular audiences for particular purpose



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Pathways

Sport & Recreation (Applied Senior Subject)

A course of study in Sport & Recreation can establish a basis for further education and employment in the fields of fitness, outdoor recreation and education, sports administration, community health and recreation and sport performance.



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Subject: Early Childhood Studies

Course Outline: *Prerequisites ESC (C)*

6-month course (Year 10), then move into Certificate 3 Traineeship.

Early Childhood Studies focuses on students learning about children aged from birth to five years through early childhood education and care.

The course of study involves learning about ideas related to the fundamentals and industry practices in early childhood learning. Investigating how children grow, interact, develop and learn enables students to effectively interact with children and positively influence their development.

Units are implemented to support the development of children, with a focus on play and creativity, literacy and numeracy skills, wellbeing, health and safety, and indoor and outdoor learning environments. Throughout the course of study, students make decisions and work individually and with others.



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Pathways

Early Childhood Studies (Applied Senior Subject)

A course of study in Early Childhood Studies can establish a basis for further education and employment in health, community services and education. Work opportunities exist as early childhood educators, teacher's aides or assistants in a range of early childhood contexts.

6-month course (Year 10), then move into Certificate 3 Traineeship.

