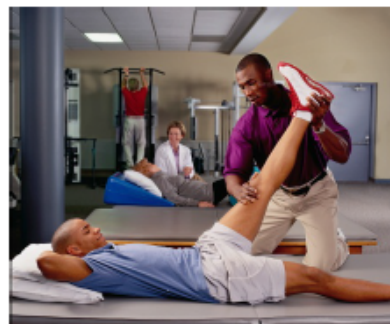


ATAR

**PERSONAL DEVELOPMENT/HEALTH/
PHYSICAL EDUCATION (PD/H/PE)**



UNITS OF STUDY

2 Units

What will I do in this subject?

Personal Development, Health and Physical Education (PDHPE) is an integrated area of study that provides for the intellectual, social, emotional, physical, and spiritual development of students. It 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 understandings about movement, which lead to enhanced movement potential and appreciation of movement in their lives.

The syllabus includes a detailed study of movement and physical activity. The emphasis is on understanding how the body moves and the sociocultural influences that regulate movement. Scientific aspects to be studied include anatomy, physiology, biomechanics and skill acquisition. The syllabus also focuses on the health of individuals and communities and the factors that influence movement skill and physical activity levels.

Topics in Year 11 Preliminary include:

(Two Core 60%): The Body in Motion; Better Health for Individuals.

(Two Options 40%): First Aid; Composition and Performance; Fitness Choices; Outdoor Recreation.

Topics in Year 12 HSC include:

(Two Core 60%): Factors Affecting Performance; Health Priorities in Australia.

(Two Options 40%): Sports Medicine; Improving Performance; The Health of Young People; Sport and Physical Activity in Australian Society; Equity and Health.

What skills will I gain from this subject?

- An ability to apply the skills of critical thinking, research and analysis.
- Knowledge of the biomechanical factors that influence the efficiency of the body in motion.
- An ability to take action to improve participation and performance in physical activity.
- An ability to assess and monitor physical fitness levels and physical activity patterns.
- Develop strategies that promote healthy and active lifestyles and communities.
- A capacity to exercise influence over personal and community health outcomes.

How much practical/theory work is in this subject?

This course has a substantial theory component and all practical work directly relates to the theory work in class. Students will be given the opportunity to participate in the practical aspects of the course throughout the preliminary and HSC course.

What background and skills are recommended for this subject?

Students who select this subject should have a strong interest in PDHPE and human movement. Students who have a strong health and sporting interest would benefit from doing this course. This course is open to all serious students who want to expand their knowledge, skills and understanding in Health and Physical Education.

Are there any additional requirements for this subject? No

Are there any exclusions for this subject? Nil

How will this course help me in the future?

This course is beneficial for those with career goals in medical science, sports coaching, health science, nursing, PDHPE teaching, personal training or with any interest in health and physical activity.