



PERSONAL DEVELOPMENT, HEALTH & PHYSICAL ACTIVITY (PHDPE)

Stage 6: Years 11-12 Subject Overview

PDHPE involves students learning about and practicing ways of maintaining active, healthy lifestyles and improving their health status. It is also concerned with the social and scientific understandings about movement, which leads to enhanced biomechanical efficiency.

Preliminary Course

Core 1: Better Health for Individuals

This module examines the meanings of health, perceptions individuals have about health and the range of factors and behaviours that influence health. They are also introduced to health promotion.

Core 2: The Body in Motion

This module examines human movement. Students explore how the body moves and why. They focus on the relationship between anatomy, physiology fitness and biomechanics.

Options: Select 2 of the following

- First Aid
- Composition and Performance
- Fitness Choices
- Outdoor Recreation

HSC Course

Core 1: Health Priorities in Australia

This module examines the health status of Australians. Students investigate current health priority issues and examine the roles that the health system and health promotion play in achieving better health for Australians.

Core 2: Factors Affecting Performance

This module examines the factors that affect performance. Students explore physical and psychological bases of performance and investigate contributions of psychology, nutrition and recovery strategies to performance.

Options: Select 2 of the following

- The Health of Young People
- Sport and Physical Activity in Society
- Sports Medicine
- Improving Performance
- Equity and Health

The structure of this 2 unit course is theory based, although students will have the opportunity to participate in some practical components (physiology labs) during the course, including the completion of their First Aid Certificate.