

HEALTH AND PHYSICAL EDUCATION

STATUS:	CORE SUBJECT		
COURSE OVERVIEW:	<p>This subject extends student knowledge, processes, skills and attitudes related to:</p> <ul style="list-style-type: none"> • skill learning and the development of the performer; • health and engagement in physical activity; • the media and its influence on health; • the use and abuse of digital technology; and • personal development, relationships and sexuality. 		
COURSE OUTLINE:	<p>Students will study units of work relating to:</p> <ul style="list-style-type: none"> • a wide variety of physical activities throughout the year; • health messages in the media; • cyber safety and use of digital technologies; and • personal identity in relationships. 		
COURSE ASSESSMENT:	<p>60% skills, strategies and tactics within the physical activity being studied 40% written, spoken or multimodal assessment Access to a computer is essential as all assessment is undertaken and submitted electronically, no paper copies are provided.</p>		
STUDY REQUIREMENTS:	<ul style="list-style-type: none"> • High levels of enthusiasm for physical activity. • 20 minutes written work/reading/study twice per week. • High level of ability to process data to reach meaningful conclusions. • High level of ability to complete tasks independently. • High level of initiative to complete assignment research outside of school hours. 		
SPECIAL REQUIREMENTS:	<p>Recommend students are part of the College laptop or BYOx program due to learning and assessment requirements. Recommended participation in at least one sport out of school.</p>		
POSSIBLE CAREER PATHWAYS:	Sports Marketing & Sales Sport Physical Activity Policy Child Advocacy Development Sport Journalism Department of Nursing Physiotherapy Dentistry/ Dental Professional Sports Coaching	Sports Psychologist Life-style Coach Fitness Instructing Personal Trainer Health Promotion Leisure Management Medicine Health Agencies Hospital/ Medical Administration or Secretarial Health Promotion	Optometry Natural Health Therapies Development Counselling Social Work Roles Government Sport & Recreation Teaching Assistant Sports person Pharmacy
PARENT/CARER SUPPORT:	<p>Monitor the completion of key assessment tasks and encourage students to seek assistance outside of class time when it is required. Ensure ongoing active engagement in physical activity lessons. Encourage children to engage in physical activity or sports away from the College. Support students to maintain a healthy and balanced diet.</p>		