In this course, students will explore health as a dynamic quality of life. They will consider the way in which beliefs and attitudes influence health decisions and learn how to plan and take action that will promote their own and others’ health.

Health Studies 1AB

Recommended Background
C grade minimum in Year 10 English and Health Education.

Course Content (1A)
During this course students will:
∞ Define health and wellness;
∞ Identify the dimensions of health (physical, social, mental, emotional and spiritual);
∞ Discuss individual responsibility for health;
∞ Examine the role of lifestyle factors and methods of reducing the risk of lifestyle disease;
∞ Research the Healthcare systems in Australia;
∞ Identify the relationship between knowledge, beliefs, attitudes and health behaviour;
∞ Discuss the influence of peer-group and cultural norms and expectations on personal health behaviours;
∞ Learn the styles of decision-making in determining personal health priorities and goals e.g. Impulsive, intuitive, rational;
∞ Research the importance of effective communication for better health and wellbeing; and
∞ Identify reliable sources of health information.

Course Content (1B)
During this course students will:
∞ Measure their own personal health status for each dimension of health;
∞ Be introduced to the concept of health promotion and design their own campaign;
∞ Identify models that enhance and promote personal health i.e. stages of change model;
∞ Research strategies for building motivation to change behaviour;
∞ Learn the structure of the current healthcare system i.e. two tiered system of state/federal;
∞ Investigate private health insurance and how it fits into the healthcare system;
∞ Define and describe the three types of communication (assertive, passive and aggressive); and
∞ Develop skills for working in pairs and groups i.e. cooperation, negotiation.

Health Studies 1CD

Recommended Background
C grade minimum in Year 10 English and Health Education. It is recommended, but not essential, that students have completed Health Studies 1AB.

Course Content (1C)
During this course students will:
∞ Define the determinants of health i.e. social, environmental and biological;
∞ Identify models that enhance and promote health i.e. “Health Promoting Schools Program”;;
∞ Research preventative actions such as resilience, social competence, assertiveness;
∞ Realise the importance of health care as prevention versus health care as treatment;
∞ Identify the range and type of preventative health care services available;
∞ Develop skills for monitoring and modifying health behaviour such as

Health Studies 1D

Course Content (1D)
During this course students will:
∞ Research the characteristics of communities and groups e.g. common features, diversity;
∞ Gain an understanding of health promotion in their local community: What agencies are accessible, where are they located and what is their role in promoting health?
∞ Measure the health status of Australia i.e. life expectancy, morbidity and mortality, incidence and prevalence of disease;
∞ Identify the major issues being dealt with by health care in Australia e.g. workforce shortages, waiting lists, funding for health;
∞ Discuss and debate the role of the wider community in construction, transmission and promotion of beliefs, attitudes and values;
∞ Learn and use practical decision-making tools and strategies such as PMI, cost-benefit analysis and six thinking hats; and
∞ Learn and put into practice, skills for effective communication in groups such as mediation, negotiation, supporting others and managing group dynamics.