

## **STAGE 6 Elective Subjects (Years 11 – 12)**

### **Personal Development, Health and Physical Education (PDHPE)**

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 enhance movement potential and appreciation of movement in their lives.

Young people are growing up in a world of rapid change. Expanding technologies, new social structures, shifting community values and emerging environmental issues are complex interrelated factors that affect the way individuals live their lives. At a time when there is tremendous opportunity for good health there are numerous conflicting influences on lifestyle.

It should be a goal of every individual to lead a fulfilled life that is active and healthy. Furthermore, it is desirable to be a part of a society that promotes this as a key value and supports its members in leading healthy lifestyles. In order for students to enhance personal growth and to make a significant contribution to the wellbeing of others, this syllabus focuses on the health of individuals and communities and the factors that influence movement skill and physical activity levels.

The aim of PDHPE at Stage 6 is to develop in each student a capacity to think critically about key issues related to health and physical activity in order to make informed decisions that support and contribute to healthy, active lifestyles and communities.

Through the study of PDHPE, students will develop:

- values and attitudes that promote healthy and active lifestyles and communities
- knowledge and understanding of the factors that affect health
- a capacity to exercise influence over personal and community health outcomes
- knowledge and understanding about the way the body moves
- an ability to take action to improve participation and performance in physical activity
- an ability to apply the skills of critical thinking, research and analysis.

The PDHPE Syllabus includes two 120 hour courses. The Preliminary course consists of two core modules representing 60% of course time. An options component representing 40% of course time includes four options of which students are to study two.

The HSC course consists of two core modules representing 60% of course time. An options component representing 40% of course time includes five options of which students are to study two.

## **Preliminary Course**

### **Core Strands (60% total)**

- Better Health for Individuals (30%)
- The Body in Motion (30%)

## **HSC Course**

### **Core Strands (60% total)**

- Better Health for Individuals (30%)
- The Body in Motion (30%)
- Health Priorities in Australia (30%)
- Factors Affecting Performance (30%)

### **Options (40% total)**

- First Aid (20%)
- Fitness Choices (20%)