

# Health and Physical Education

## General Health Studies



Year 11 Course	General Health Studies Unit 1 and 2
<b>Structure</b>	<p>Health Studies is a General course useful for those who have interest to go into health and community service industries.</p> <p>The Health Studies General course focuses on the study of health as a dynamic quality of human life.</p> <p>Students undertaking this course develop the knowledge, understanding and skills necessary to promote an understanding of the importance of personal and community action in promoting health. The influence of social, environmental, economic and biological determinants of health is a key focus of the course.</p> <p>Other course content includes the influence of beliefs, attitudes and values on health behaviour, and the importance of self-management and interpersonal skills in making healthy decisions.</p> <p>Students will have the opportunity to develop key employability and life skills, including communication, leadership, initiative and enterprise.</p>
<b>Assessment Weighting</b>	100% Theory
<b>Prerequisites</b>	None
<b>Assessment Load</b>	<p>In each year:</p> <ul style="list-style-type: none"> <li>• Inquiry investigation (20%)</li> <li>• Project (50%)</li> <li>• Response tasks (30%)</li> </ul>
<b>WACE External Examinations in Year 12</b>	None although there is an externally set task to be completed in class time
<b>Performance History</b>	New to RSHS
<b>Recommendations</b>	Students who enrol in this course need to be prepared to present in front of their peers, be prepared to push themselves out of their comfort zone and have enthusiasm and passion for what they are doing.