Health & Wellbeing

Level: Stage 1

Subject Code: 1HEW10

Duration: Semester

Prerequisite: None

Additional Cost: None

Further Enquiries:

- Please contact HPE coordinator Mr Nick Wedding
- Phone: 8647 3300

Who Is This Course For?

This course is recommended to students who want to develop their understanding of health, fitness and wellbeing, without needing to perform physical activities. Students will explore strategies to improve physical, emotional and social health and develop their health literacy skills through individual and collaborative tasks.

What Will I Learn?

Students will individually and collaboratively investigate health determinants and health promotion strategies, with a focus on physical, social and emotional health.

They consider the role of health and wellbeing in different contexts and explore ways of promoting positive outcomes for individuals, communities and global society. Students will apply knowledge and understanding of health and wellbeing concepts to contemporary issues to make informed decisions.

How will I be assessed?

Students will need to complete 3 Assessment Tasks

- 3000 words or 18 minutes of oral/multi-modal presentation

They will complete at least one:

Assessment Type 1: Practical Action (minimum 20%)

- 1000 words or a 6 minute oral/multi-modal presentation

Assessment Type 2: Issue Inquiry (minimum 20%)

- 1000 words or a 6 minute oral/multi-modal presentation