



PERSONAL HEALTH AND WELLBEING

Guide to New TASC Course

The new *Personal Health and Wellbeing Level (2)* course will replace the current course - *Personal Health and Wellbeing Level 2 (PER215113)* in 2018. This course prepares learners for a broad spectrum of future life pathways by examining a broad range of holistic elements that are important in establishing and maintaining personal health.

It may provide a pathway to other 11/12 HPE courses such as *Physical Recreation, Sports Science Foundation, Level 2*, and *Outdoor Recreation, Level 2*, as well as providing background to support the transition to studying level 3 subjects in the HPE area.

WHAT IS SIMILAR?

Teachers will continue to:

- have flexibility to make decisions about the sequence of learning and any adjustments required based on the needs, interests and abilities of their students.

Learners will continue to:

- work with a personalized focus on establishing and maintaining health and wellbeing
- complete a minimum of 5 core and 2 elective units
- experience similar concepts, content, opportunities and approaches
- develop awareness of health issues at various life stages and build capacity to make informed personal life choices.

WHAT IS DIFFERENT?

- Update of learning outcomes, criteria and standards to meet current requirements and provide greater clarity
- Amended terminology (e.g. to become Units and Modules) for consistency across courses
- Adjusted unit topics to ensure all fundamentals are covered
- Minor amendments to content - updates for currency and balance in course structure, alignment of terminology to Australian Curriculum - 9/10 Health and Physical Education v8.2.
- work requirements are clearly defined - inclusion of minimum work requirements and example products
- Elaboration of Personal Wellbeing Plan

HOW DOES THE COURSE CATER FOR ALL STUDENTS?

- Complements other Level 2 courses
- Inclusive of diverse learning needs
- Focus on developing applied lifelong skills.

WHAT SUPPORT IS PROVIDED?

- A teaching and learning supplement designed to support teachers who are new or returning to teaching this course
- The current course, included resources and support materials are available on the VLE
- Professional Learning to support course implementation
- Advice on programming (example scope and sequence documentation)