



Health Studies Level I

Overview and Key Features

Years 9 to 12 Learning 2020



The purpose of this paper

The purpose of this paper is to provide information regarding the overview and key features of the proposed *Health Studies Level 1*

It is designed to enable all interested stakeholders to reflect and provide feedback on key features including learning outcomes, structure, sequencing and likely content. This feedback will be considered in writing the draft course.

Consultation

Throughout the course development process there will be four opportunities for formal stakeholder consultation:

- Course Scope
- Structural Overview and Key features (Nov/Dec 2020)
- Initial Draft Course (March 2021)
- Final Draft Course (June 2021)

This paper represents the second of four course consultation points for teachers to engage in the course development process for *Health Studies Level 1*.

Course Rationale

The Health group of courses provide opportunities for learners to consider their impact on others, review their personal values and decisions, and their role and capacity to contribute to the wider community.

Health Studies Level 1 provides an opportunity for learners to connect and explore a broad range of health concepts with an approach centering on building personal knowledge, skills and understanding through application and individual reflection around their own context whilst considering wider impacts on community health. It supports learners in developing responsibility and capacity for managing their personal health, for considering and supporting positive health management in others and it also provides a platform for those who may be interested in progressing to further study of Health group courses at Levels 2 and 3.

Health Studies Level 1 aims to develop awareness and skills in relation to:

- recognising and dealing with issues, communication and choices related to personal health and wellbeing
- developing resilience through building risk awareness, coping strategies and protective behaviours
- managing lifestyle choices impacting personal health and wellbeing, safety, hygiene and diet
- awareness and access to information, support agencies, and community health support.
- monitoring and managing mental health, social connection, active lifestyles, and relationships

This level 1 course will address fundamental knowledge and some specialist or technical knowledge. It will primarily focus on exploring personal impacts and context before considering local, state, national and global perspectives.

Years 9 to 12 Curriculum Framework

[Years 9 to 12 Education Framework](#) informs the design of the *Health Studies Level 1* course and it fits within the Personal Futures focus area of the [Years 9 to 12 Curriculum Framework](#).



Pathways in

Health Studies Level 1 continues to build from the [Australian Curriculum - 9/10 Health and Physical Education](#).

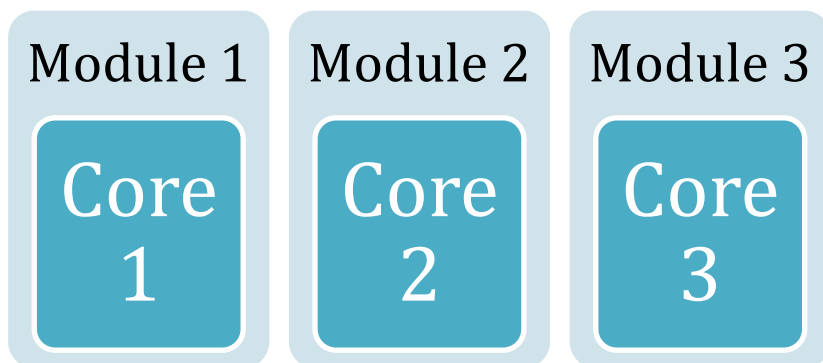
Level One

Learning Outcomes

On successful completion of this course learners will be able to:

- recognize and explain health literacy concepts
- discuss and apply health understanding
- describe and choose health management approaches
- communicate effectively
- apply inquiry and reflection skills
- demonstrate personal and social capability

Course Structure



Module 1
Module 2
Module 3

Health of Individuals
Community Health
Health Issues

Course Delivery

To be developed through consultation.

Module Content

Module 1: Health of Individuals

- Personal Wellbeing
- Self-Awareness
- Personal Fitness
- Personal and Community Health Support

Module 2: Community Health






- Community Health Issues

- Social Connection & Relationships
- Active Living
- Lifestyle Choices and Management

Module 3: Health Issues

- Change and Resilience
- Diet and Nutrition
- Mental Health
- Safety, Accidents and First Aid

Relationship to possible Future Provision

Focus Area	P	I	2	3	4
 DISCIPLINE-BASED		Sport Studies	Sport Science Sport Studies		Sport Science
 TRANSDISCIPLINARY					
 PROFESSIONAL STUDIES		Outdoor Education	Health Care Health and Nutrition Outdoor Education		
 WORK-BASED		Athlete Development	Recreation Studies Athlete Development		
 PERSONAL FUTURES	Health and Physical Education	Health Studies Personal Development Community Sport and Recreation	Health Studies Personal Development Community Sport and Recreation		

Note: Subject to ongoing accreditation considerations in line with the Accreditation Framework