

# STAGE 1 HEALTH EDUCATION STUDENT INFORMATION

**Are you interested in health issues that have an effect on the lives of you as an individual, your friends, your family and Australian society? Do you enjoy assignment based assessment tasks? Then Health Education is a subject that you would enjoy!**

*Health Education is offered as a Semester based subject or one unit subject. Students can expect to study a range of health related topics that cover Personal and Social Health. Topics can be negotiated with the teacher according to student interest:*

## **1. Personal and Social Health**

### **Social determinants of health**

- Social issues e.g. drug use, sexual health, mental and physical health, diet and nutrition, diet related disorders, depression, and more.....
- Social factors that impact on the health of individuals and groups e.g. children, adolescents, elderly

### **The effects of alcohol and other drugs on health**

- Social influences and reasons people use drugs
- Nature and prevalence of illicit and legal drugs
- Factors associated with harm from drug misuse
- Harm minimisation – ways to reduce risk to self and others

## **2. Health of Individuals and Populations**

### **Current trends in health status for Australians**

- The role of the media
- Health status of Australians and groups at risks
- Lifestyle related disease...cancer, heart disease, diabetes...

### **Key issues affecting the health status for all Australians**

- Physical, sociocultural, economic, and environmental factors impacting on health
- Health Care in Australia
- Impact of social justice and gender
- Role of community agencies and health professionals



- **ASSESSMENT: Students will work individually and in small groups. There are three types of tasks, all of which are assignment based and open to student interest and choice:**
  - **Health Issues Response**
  - **Group Task**
  - **2 Research Based Assignments**