

STAGE 2 HEALTH STUDIES

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 assessment tasks which are assignment based and involve research? Then Health Studies is a subject that you would enjoy!

Health Studies is a HESS Restricted Stage 2 subject that is studied for the full year. Students can expect to study from a combination of compulsory core and option topics, which are negotiated with the teacher according to student interest. The course covers::

1. Determinants of Health

- Social determinants of health and influences on health at personal, family, community, national and global levels
- Nutrition and its effect on the health of individuals and groups
- The effects of alcohol and other commonly used legal and illicit drugs
- The role of relationships for health and well-being
- Factors that impact on the health of communities and the role of social factors such as income, employment, access to health services
- Life-skills for personal health e.g, impacts on self esteem and self confidence, personal strengths, interpersonal skills, conflict resolution and resilience

2. Health Priorities in Australia

- Changing trends in health status for Australians
- Priority areas and emerging health issues
- Health care and health promotion in the community
- Environmental health issues
- Role of community agencies and health professionals



3. Challenge Risk and Safety

- Current health issues in society e.g. alcohol, drugs, sexuality, stress, eating disorders, communicable diseases and infections, mental health, depression....
- Current attitudes and values that impact of physical, mental, emotional, social and spiritual health of individuals and communities
- The role of the media e.g. body image, relationships, gender issues
- Societal health issues e.g. stem cell research, IVF, abortion....

4. Sexuality and Relationships

- Sexual development, sexuality and relationships, sexual safety
- Importance of and characteristics of successful relationships

ASSESSMENT: Students will work individually and in small groups. There are four types of tasks, all of which are assignment based and open to student interest and choice:

1. Group Communication Exercise
2. Analytical Folio consisting of four research based tasks
3. Two Practical Exercises
4. Major Investigation

