



Health

What is Health?

Health deals with what it means to be healthy. There are many influences on the health of an individual. The health of an individual is concerned with the relationships between lifestyle, social behaviour, environment, and health care systems, and the challenges that these factors present for health.

Health emphasises the development of confidence, self-esteem, and assertiveness, and the building of resilient and positive relationships. It also emphasises how important it is for the individual to develop a sense of identity and belonging, and to show sensitivity and tolerance to beliefs when dealing with health issues in different contexts.

Why study Health?

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 is a subject that you would enjoy!

An increased awareness of health and lifestyle issues enables people to improve their understanding of what it means to be healthy. Individuals and groups can influence interactions within the complex and rapidly changing economic, physical, political, socio-cultural, and spiritual environments, and improve their quality of life.

Course content of Health

Health is based on a study of a core topic and at least two option topics.

Core Topic

- Ways of Defining Health

Option Topics

- The effects of Alcohol and Drugs on Health
- Mental and Emotional Health
- Health and Relationships
- Growing Up Healthy

Assessment Components

Assessment in Stage 1 Health consists of the following components.

- Assessment Component 1: Issues Response
- Assessment Component 2: Group Activity
- Assessment Component 3: Investigation

The weighting of each component should be between 20% and 30%.

Health continued

Learning Requirements of the Course

At the end of the program in Stage 1 Health, students should be able to:

- Identify and understand influences on personal and community health and well-being
- Investigate the roles and responsibilities of individuals, communities, and governments in addressing health and well-being
- Analyse current trends and issues affecting the health of Australians
- Understand the role of education in promoting health
- Work collaboratively in a practical area related to health
- Reflect on personal and social actions to promote improved health outcomes

Future Pathways in Health

- Advocacy
- Aged Care & Health
- Ambulance Studies
- Behavioural Science
- Child Care Worker
- Community Work
- Dementia Care
- Dental Surgery
- Disability Studies
- Disability Care
- Food Services
- Health Science
- Human Movement
- Justice Administration
- Justice & Society
- Masseur
- Medicine & Surgery
- Midwifery
- Nursing
- Nutritionist
- Occupational Therapy
- Oral Health
- Palliative care
- Pharmacy
- Physiotherapy
- Podiatry
- Psychology
- Radiography
- Social Work
- Speech Pathology
- Youth Work

Required Text(s) for Health

There are no specific text books for Health. Associated costs are for printing purposes and resources.

What are the prerequisites?

A C grade in Year 10 English and Year 10 Health is required

Contact Details

For more information about studying Year 11 at Trinity College Senior, please contact the Head of Year 11 on 8523 8705 or visit: www.trinity.sa.edu.au/curriculum/index.htm

Further Information

More information about SACE may be obtained from the SACE Board of South Australia webpage at: www.sace.sa.edu.au



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