

Why study PDHPE?

You will learn about and practice ways of maintaining active, healthy lifestyles and improving your health status. You will also study social and scientific understandings about movement, which lead to enhanced movement potential and appreciation of movement in their lives.

You will analyse the complex interrelated factors that affect the way individuals live their lives.

In order for students to enhance personal growth and to make a significant contribution to the wellbeing of others, this syllabus focuses on the health of individuals and communities and the factors that influence movement skill and physical activity levels.

This syllabus focuses on a social view of health where the principles of diversity, social justice and supportive environments are fundamental aspects of health. The examination of individual, family and community values and beliefs and the sociocultural and physical environments in which we live provides an explanation for health status and sustainable solutions for better health.

PRE-REQUISITES

A willingness to work hard in a theory based subject.

A strong level of literacy to meet the needs of the

Careers in PDHPE

The type of student who would be encouraged to study this course includes students who have an interest in:

- the human body and health and/or
- who are interested in pursuing careers in the medical field (eg nurse, physiotherapist, alternative medicine, ambulance officer, dietician),
- sports science,
- human movement field,
- sports management or administration,
- PDHPE teaching,
- the fitness industry (eg personal trainer) and



- health promotion.



www.melville-h.schools.nsw.edu.au

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MELVILLE HIGH SCHOOL

PDHPE FACULTY



Stage 6 PDHPE

Personal Development,
Health and
Physical Education

What you will study

The PDHPE Syllabus includes two 120 hour courses.

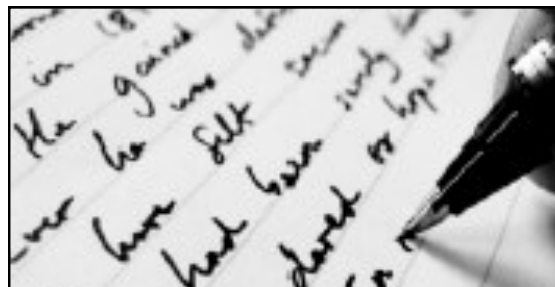
The **Preliminary course** consists of two core modules representing 60% of course time. An options component representing 40% of course time includes four options of which students are to study two.

The **HSC course** consists of two core modules representing 60% of course time. An options component representing 40% of course time includes five options of which students are to study two.



Preliminary & HSC Courses

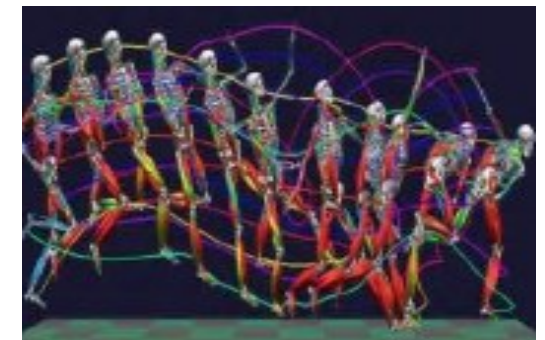
Preliminary Course	HSC Course
Core Strands (60% total) <ul style="list-style-type: none"> Better Health for Individuals (30%) The Body in Motion (30%) 	Core Strands (60% total) <ul style="list-style-type: none"> Health Priorities in Australia (30%) Factors Affecting Performance (30%)
Options (40% total) Select two of the following options: <ul style="list-style-type: none"> First Aid (20%) Composition and Performance (20%) Fitness Choices (20%) Outdoor Recreation (20%) 	Options (40% total) Select two of the following options: <ul style="list-style-type: none"> The Health of Young People (20%) Sport and Physical Activity in Australian Society (20%) Sports Medicine (20%) Improving Performance (20%) Equity and Health (20%)



Course Specific details

To support learning in PDHPE some experiences which **may** be offered in the study of this course include: -

- Class assignments, tests and an individual research project
- Participating in self directed study
- Regular engagement with current news and health trends through various mediums
- Practical application of particular topics to reinforce the course content.
- Video analysis of biomechanical principals



Further information about the course content and outcomes can be obtained from the website below.
<http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/stage-6-learning-areas/pdhpe/pdhpe-syllabus>