

## Health Studies General

<b>Year 11 Course Code</b>	GEHEA
<b>Year 12 Course Code</b>	GTHEA
<b>Highly recommended</b>	Students should be: <ul style="list-style-type: none"><li>• passionate about health and wellness</li><li>• interested in promoting prevention and awareness</li><li>• interested in developing skills and strategies to positively influence health and build effective relationships</li></ul>
<b>Cost</b>	\$70.00 (cost is approximate – subject to change)

### Year 11 and 12 Course Content

Theoretical component:

Understanding personal health and wellbeing and what it means to be healthy, explore the factors that influence health in positive and negative ways, design action plans and strategies to improve both personal and community health. Health inquiry skills are developed and applied to investigate and report on health issues. Key self-management and interpersonal skills are assessed.

Practical component:

Excursions and project based assessment tasks.

### Year 11 Course Structure

Unit 1 – provides a general introduction to personal health and well-being and what it means to be healthy.

Unit 2 – continues to build students' knowledge and understandings about personal health and introduces the multiple determinants which influence health.

### Year 12 Course Structure

Unit 3 - builds on students' knowledge and understanding of health determinants and their interactions and contributions to personal and community health.

Unit 4 – builds on students' knowledge and understandings of the impact of health determinants on personal and community health.