



## PDHPE

### STAGE 6 HSC ~ COURSE OUTLINE

In the *HSC course*, students focus on major issues related to Australia's health status. They also look at factors that affect physical performance. They undertake optional study from a range of choices. This includes investigating the health of young people or of groups experiencing health inequities. In other options, students focus on improved performance and safe participation by learning about advanced approaches to training or sports medicine concepts. There is also an opportunity to think critically about the factors that impact on sport and physical activity in Australian society.

### MAIN COURSE COMPONENTS

#### *HSC Course*

#### Core Topics (60%)

- Health Priorities in Australia
- Factors Affecting Performance

#### Optional Component (40%)

Students to select **two** options each from:

- The Health of Young People
- Sport and Physical Activity in Australian Society
- Sports Medicine
- Improving Performance
- Equity and Health



### COURSE REQUIREMENTS

In addition to core studies, students select **two** options in the HSC course.

### SYLLABUS OUTCOMES

- H1** Describes the nature and justifies the choice of Australia's health priorities
- H2** Analyses and explains the health status of Australians in terms of current trends and groups most at risk
- H3** Analyses the determinants of health and health inequities
- H4** Argues the case for health promotion based on the Ottawa Charter
- H5** Explains the different roles and responsibilities of individuals, communities and governments in addressing Australia's health priorities

- H6** Demonstrates a range of personal health skills that enables them to promote and maintain health (Option 1)
- H7** Explains the relationship between physiology and movement potential
- H8** Explains how a variety of training approaches and other interventions enhance performance and safety in physical activity
- H9** Explains how movement skill is acquired and appraised
- H10** Designs and implements training plans to improve performance
- H11** Designs psychological strategies and nutritional plans in response to individual performance needs
- H12** Analyses the influence of sociocultural factors on the way people participate in and value physical activity and sport (Option 2)
- H13** Selects and applies strategies for the management of injuries and the promotion of safety in sport and physical activity (Option 3)
- H14** Argues the benefits of health-promoting actions and choices that promote social justice
- H15** Critically analyses key issues affecting the health of Australians and proposes ways of working towards better health for all
- H16** Devises methods of gathering, interpreting and communicating information about health and physical activity concepts
- H17** Selects appropriate options and formulates strategies based on a critical analysis of the factors that affect performance and safe participation

### BOSTES Assessment Information

External examination	Marks	Internal assessment	Weighting
Section I – Core Part A Objective response questions Part B Short-answer questions		A. Knowledge and understanding of: • factors that affect health • the way the body moves	40
	20 40	B. Skills in: - influencing personal and community health - taking action to improve participation and performance in physical activity	30
Section II – Options Candidates answer both questions on the two options they have studied. • The first question is worth 8 marks and may contain parts • The second question is an extended response question worth 12 marks	40	C. Skills in critical thinking, research and analysis	30
<b>TOTAL MARKS</b>	<b>100</b>	<b>TOTAL MARKS</b>	<b>100</b>

### School Based Evidence of Learning ~ Formal Task Schedule

Task No.	Targeted Outcomes	Learning Context	Task	Date Due	Weighting			Marks
					A	B	C	
1	H – 8, 13, 16, 17	Sports Medicine	Practical Application	Tm 4 Wk 6	10%		10%	20%
2	H – 7, 8, 9, 10	Factors Affecting Performance	Physical Performance Analysis Task	Tm 1 Wk 8	10%		10%	20%
3	H – 1-5, 14	Health Priorities in Australia	Research Task	Tm 2 Wk 6	10%	20%		30%
4	H – 1 - 16	Factors Affecting Performance, Health Priorities, Sports Medicine	Trial HSC Examination	Tm 2 Wk 9/10	10%	10%	10%	30%
<b>TOTAL</b>					<b>40%</b>	<b>30%</b>	<b>30%</b>	<b>100%</b>