

Personal Development, Health and Physical Education

The aim of Stage 6 PDHPE is to develop in each student a capacity to think critically about issues related to health and physical activity in order to make informed decisions that support and contribute to healthy and active lifestyles.

PDHPE includes a detailed study of movement and physical activity. The emphasis is on understanding how the body moves. Scientific aspects to be studied include anatomy, physiology, bio-mechanics and skill acquisition.

This syllabus also 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, as well as the sociocultural and physical environments in which we live, provides an explanation for health status and sustainable solutions for better health.

PDHPE has been designed for all students in Years 11 and 12 who have an interest in these areas. The PDHPE syllabus builds upon the experience of students in Years 9 and 10, including those who studied PASS as an elective, by introducing students to more detailed study and higher order skills. Students should be aware, however, that unlike K-10 PDHPE, there are minimal practical lessons in Stage 6 PDHPE. Students will have the opportunity to apply some skills studied in a practical context, however the majority of lessons will not involve practical application.

The Preliminary Course

Core Strands (60% total)

- Better Health for Individuals (30%)
- The Body in Motion (30%)

Options (40% total)

- First Aid (20%)
- Fitness Choices (20%)

The HSC Course

Core Strands (60% total)

- Health Priorities in Australia (30%)
- Factors Affecting Performance (30%)

Options (40% total)

Two out of the three options below will be chosen.

- Sport and Physical Activity in Australian Society (20%)
- Sports Medicine (20%)
- Improving Performance (20%)

For more information on PDHPE visit the NESA website at:

<http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/stage-6-learning-areas/pdhpe>