

# 2021 Year 11 Health & PE Subject Selection



# Health Education General

- **Prerequisite:** C grade or better in Year 10 Health Education

## Unit 1

- This unit focuses on personal health and wellbeing and what it means to be healthy.
- Students explore factors which influence their health, and design action plans to improve health and achieve set goals.
- Key consumer health skills and concepts, and the relationship between beliefs, attitudes, values and health behaviour, and the impact of social and cultural norms, are introduced.
- Key self-management and interpersonal skills required to build effective relationships are explored.
- Health inquiry skills are developed and applied to investigate and report on health issues.

# Health Education General

## Unit 2

- This unit focuses on personal health and introduces the many factors which influence health.
- The notion of prevention is central to this unit, and students explore actions, skills and strategies to cope with health influences and improve health.
- In addition to health determinants, the influence of cognitive dissonance on decision making and the role of communities in shaping norms and expectations are explored.
- Self-management and cooperative skills are examined and students continue to develop and apply health inquiry skills.

# Health Education ATAR

**Prerequisite:** B grade or better in Year 10 Health Education and English

## Unit 1

- This unit focuses on the health of individuals and communities. Students learn about health determinants and their impact on health.
- Health promotion is explored and used as a framework for designing approaches to improve health.
- Students examine attitudes, beliefs and norms and their impact on decision-making, and develop a range of key health skills.
- Students extend their understandings of factors influencing health, and actions and strategies to protect and promote health through inquiry processes.
- By the conclusion of this unit students have a greater understanding of the action areas to promote improved health outcomes for individuals and communities.

# Health Education ATAR

## Unit 2

- This unit focuses on the impact of factors influencing the health of communities.
- Students learn about community development and how community participation can improve health outcomes.
- Students examine the influence of attitudes, beliefs, and norms on community health behaviours; apply investigative and inquiry processes to analyse issues influencing the health of communities; and develop appropriate responses.
- The impact of technology on interpersonal skills and strategies for managing such influences are also a focus.

# VET Certificates

Physical Education offer two different Certificate courses:

- **Certificate II in Outdoor Recreation**
- **Certificate II in Sport Coaching**
- Both are two year courses beginning in year 11
- These courses do require before and/or after school time commitments
- Students participate in up to 14 units of work to complete the Certificate II in either Outdoor Recreation or Sports Coaching
- Each unit has specific *Elements* with specific *Performance Criteria*
- There is also *Required Skills and Knowledge* which form the basis of the assessment
- Methods of assessment vary from practical *performance checklists* to oral or *written tasks*
- Students are deemed either satisfactory/competent or unsatisfactory/not yet competent

# VET Certificates

## SIS20419 - Certificate II in Outdoor Recreation

- This qualification provides skills and knowledge for an individual to be competent in performing core skills in outdoor recreation environments and assisting with the conducting of a range of outdoor activities.
- Work would be undertaken in field locations such as camps or in indoor recreation centres or facilities, in differing environments such as water-based, dry land and mountainous terrains, using a diverse range of equipment.

# VET Certificates

## Outdoor Recreation

4 core units:

- Assist in Conducting Recreation Sessions
- Minimise Environmental Impact
- Maintain sport, fitness and recreation industry knowledge
- Participate in workplace health and safety

7 Elective units:

- Provide first aid
- Abseil single pitches using fundamental skills
- Paddle a craft using fundamental skills
- Set up, maintain and repair bicycles
- Ride bicycles on roads and pathways, easy conditions
- Ride off road bicycles on easy trails
- Snorkel



# Sample Yr 11 Outdoor Recreation Program

Week	Theory 1	Theory 2	Double Session
1	Course introduction, Course documents VET introduction, Letters/Permission	Team Building	Swim Test Bicton Baths
2	First Aid- Documentation, signed and explained, primary care, DRSABCD	First Aid- scene assessment, barrier use, chain of survival, Good Samaritan principles	Snorkelling Bicton Baths- Finning Techniques/ Entries/Fitting Equipment
3	First Aid- CPR, rescue breathing, compressions etc, heart attacks, cardiac arrest strokes	First Aid- Defibrillation, choke management	Snorkelling Coogee Wreck – Clearing Ears, Duck diving, Buddy systems Cramp release Hazards and risks in water and water reading skills ( <b>DWR</b> ),
4	First Aid- serious bleeding, shock management	First Aid- spinal injury management, emergency oxygen use	Snorkelling Cottesloe Reef – Signals, Snorkel clearing, mask Clears Rescue methods- self rescues/ partner rescues, tows etc ( <b>DWR</b> ), Identify equipment to perform a rescue
5	First Aid- asthma, anaphylaxis, eye wounds	First Aid- illness assessment, broken bones, fractures	Snorkelling Cottesloe Reef- Entries/exits, Equalisation, cramp release ( <b>DWR</b> )
6	First Aid- stings, bites	First Aid- hypothermia ( <b>DWR</b> ), epilepsy, heat stroke,	Snorkelling Leighton Beach – Rescues, use of flotation devices, tows
7	First Aid - scenario collapsed family member, down in public	First Aid- scenario recreational accident, multi person accident, secondary care- fallen friend	Snorkelling Cottesloe Reef – Weather conditions, marine hazards, sculling, negotiating marine conditions <b>Deep Water Rescues (DWR)</b>
8	<i>First Aid – <u>injury report</u></i>	<i><u>First Aid- theory assessment DUE</u></i>	<b>Snorkelling Camp Rottnest</b> <b>Deep Water Rescues (DWR)</b>
9	Snorkelling written assignment	<i><u>Snorkelling written assignment Due</u></i>	<i>Snorkelling</i>
10	RST theory	RST Theory	RST Theory

# VET Certificates

## Certificate II in Sport Coaching

- This qualification reflects the role of individuals who apply the skills and knowledge to work in the sport and recreation industry in a generalist capacity.
- Likely functions for someone with this qualification include: providing support in the provision of sport and recreation programs, grounds and facilities maintenance, routine housekeeping, retail and customer service assistance, administrative assistance and café service in locations such as fitness centres, outdoor sporting grounds or complexes or aquatic centres.

# VET Certificates

## Sport Coaching

Units include:

- Core units
  - Provide first aid
  - Work safely
  - Work in a community coaching role
- 4 Elective Units:
  - Conduct basketball coaching sessions with foundation level participants
  - Participate in conditioning for sport
  - Conduct sport coaching sessions with foundation level participants
  - Participate in touch at an intermediate level

# PE – General 75% Practical & 25% Theory

Topics Include basic:

- Functional anatomy
- Biomechanics
- Coaching
- Physiology
- Fitness Testing

Sports include offsite activities:

- Golf
- Trampolining
- Squash
- Lawnbowls
- Ten Pin Bowling
- Pot Black

Must be prepared to come early or stay late one day per week to for double sessions