



COURSE OUTLINE
HEALTH STUDIES – GENERAL 12: 2021
UNIT 3 AND UNIT 4



Term	Week	Topic and key teaching points	Syllabus content	Assessment
1	1-4	Holistic health (chapter 1)	Holistic health Determinates of health: <ul style="list-style-type: none"> • Social: stress, early life, social exclusion, work, unemployment, social support, addiction, food, transport and culture • Environmental: features of the natural and built environment and geographical location • Socio-economic: education, employment, income, family, neighbourhood, housing and access to services • Biomedical/Biological: birth weight and body weight Impact on personal and community health status of social, environmental, socioeconomic and biomedical determinants of health	Task 1: Response 7% Holistic health (Term 1 Week 4)
1	5-7	Consumer Health (chapter 4) EST content	Definition of, and skills required for, health literacy <ul style="list-style-type: none"> • accessing, reading and comprehending health information • engaging in self-care and disease management factors influencing use of health products and services <ul style="list-style-type: none"> • media • transport • cost • consumer confidence 	
1	7-9	Beliefs, attitudes and values (chapter 3) EST content	Purpose and elements of the health belief model <ul style="list-style-type: none"> - perceived susceptibility - perceived severity - perceived barriers - perceived benefits - cues to action - self-efficacy 	



COURSE OUTLINE
HEALTH STUDIES – GENERAL 12: 2021
UNIT 3 AND UNIT 4



2	1	Social and cultural norms (chapter 5) EST content	Influence of the media on social norms and health behaviour	
2	3-5	Externally Set Task	Revision & preparation for EST	Task 2: EST 15% (Term 2 Date TBC)
2	6-8	Health Inquiry (chapter 8)	Planning a health inquiry <ul style="list-style-type: none"> Identification and description of a health issue Development of focus questions to research a health issue Use of a range of information to explore a health issue <ul style="list-style-type: none"> Identification and use a range of reliable information sources Identification and application of criteria for selecting information sources Interpretation of information <ul style="list-style-type: none"> Summary of information Identification of trends and patterns in data Development of general conclusions Presentation of findings in appropriate format to suit audience	Task 3: Inquiry 10% Community health investigation (Term 2 Week 8)
2	8-11	Principles, frameworks, models and theories (chapter 9)	Definition and purpose of community development Community development principles <ul style="list-style-type: none"> Sustainability diversity Social justice human rights Addressing disadvantage 	Task 4: Inquiry 10% Relevant health issue to you/your community (Term 2 Week 11)



COURSE OUTLINE
HEALTH STUDIES – GENERAL 12: 2021
UNIT 3 AND UNIT 4



			<ul style="list-style-type: none"> • Valuing local culture, knowledge, skills and resources <p>relationship between participation and empowerment in community development</p> <p>definition of chronic conditions:</p> <ul style="list-style-type: none"> • have complex and multiple causes • may affect individuals either alone or as comorbidities • usually have a gradual onset, although they can have sudden onset and acute stages • occur across the life cycle, although they become more prevalent with older age • can compromise quality of life and create limitations and disability • are long-term and persistent, and often lead to a gradual deterioration of health and loss of independence • while not usually immediately life threatening, are the most common and leading cause of premature mortality 	
3	1-2	<p>Principles, frameworks, models and theories (chapter 3)</p>	<p>Definition of health promotion</p> <p>Steps in the stages of change model:</p> <ul style="list-style-type: none"> • Pre-contemplation • Contemplation • Preparation • Action • Maintenance • Relapse <p>Purpose and elements of the <i>Ottawa Charter</i> for health promotion</p>	<p>Task 5: Project 20% Health promotion project (Term 3 Week 3)</p>



COURSE OUTLINE
HEALTH STUDIES – GENERAL 12: 2021
UNIT 3 AND UNIT 4



3	3-4	Actions and strategies (chapter 2)	<p>Action areas of the Ottawa Charter</p> <ul style="list-style-type: none"> • building healthy public policy • developing personal skills • creating supportive environments • strengthening community action • reorienting health services <p>Definition and importance of extrinsic and intrinsic motivation for behaviour change</p>	Task 6: Response 10% Public health policy & The Ottawa Charter (Term 3 Week 4)
3	5	Actions and strategies (chapter 3)	<p>Measures of health status:</p> <ul style="list-style-type: none"> • Mortality • life expectancy <p>Preventative strategies to maintain, avoid or manage risk for personal and community health:</p> <ul style="list-style-type: none"> • Screening • Immunisation • Health education <p>Categories of prevention:</p> <ul style="list-style-type: none"> • Primary • Secondary • Tertiary 	
3	6	Beliefs, attitudes and values (chapter 5)	<p>Social Marketing</p> <ul style="list-style-type: none"> • Definition • Product, price, place, promotion • Examples of social marketing campaigns 	
3	7	Self-management skills (chapter 6)	<p>Coping skills and strategies</p> <ul style="list-style-type: none"> • Stress management • Accessing support • Time management <p>Definition of and competencies for emotional intelligence</p>	Task 7: response 8% Letter to Minister of Health regarding health concerns of young people in the community



COURSE OUTLINE
HEALTH STUDIES – GENERAL 12: 2021
UNIT 3 AND UNIT 4



			<ul style="list-style-type: none">• Self-awareness• Self-regulation• Self-motivation• Social awareness• Social skills	(Term 3 Week 7)
3	8	Interpersonal skills	Skills required for working effectively with individuals and groups Negotiation Conflict resolution Characteristics and appropriate use of autocratic, democratic and laissez-faire leadership styles	
3	9-10	Consumer Health (chapter 11)	Ethical issues arising from contemporary health practices <ul style="list-style-type: none">• Organ donation• In-vitro fertilisation• Stem-cell therapy• Genetically modified foods	Task 8: Project 20% Complementary Health or Ethical issue (Term 3 Week 10)