

HEALTH & WELLBEING

Stage 1

**WHAT IS THE
MOST IMPORTANT
ASSET YOU
POSSESS?**



HEALTH & WELLBEING (NEW COURSE 2021)

- Students develop the knowledge, skills and understandings required to explore and understand influences and make decisions regarding health and wellbeing. They consider the role of health and wellbeing in different contexts and explore ways of promoting positive outcomes for individuals, communities and global society.
- In Health and Wellbeing, student agency is promoted through providing opportunities to make responsible choices and decisions in a rapidly changing world. Students explore and develop skills as advocates for change and consider moral and ethical perspectives.
- Students learn strategies to improve their own mental/physical/emotional wellbeing and the community around them (practical and theory lessons)
- Leads into Year 12 study of Stage 2 Health and Wellbeing (20 credits)



TOPICS & ASSESSMENT

- **Stage 1 Health and Wellbeing is a 10-credit subject which consists of the following concepts:**

- **Health Literacy:** developing the skills to research and understand different sources of information
- **Health Determinants:** an understanding of the factors that determine health and wellbeing outcomes
- **Social Equity:** developing an understanding of fairness and equality
- **Health Promotion:** empowering individuals and communities to take control of their health and wellbeing

For a 10-credit subject, students provide evidence of their learning through three assessments. Students undertake:

- **Assessment Type 1: Practical Action (70%)**
 - Students implement action on an individual or community issue to improve health and wellbeing outcomes. This action may be undertaken individually or collaboratively within the school environment or the wider community (1000 words or 6 minute multimodal presentation)
- **Assessment Type 2: Issue Inquiry (30%)**
 - Students research a current health or wellbeing trend or issue that may be an aspect of a topic already identified or an issue of the student's choice (1000 words max)



AREAS OF INTEREST

Health **Nutrition** **Research**
Medical Sciences **Biology**
Human Behaviour **Psychology**
Sociology **Disease Prevention**

CAREER PATHWAYS

- SACE Health and Wellbeing is highly linked to careers in Health, and can lead to further study in the following areas:
 - Health and Medical Sciences
 - Nursing
 - Dentistry
 - Psychological Science
 - Education



MORE INFORMATION / QUESTIONS?

- Visit SACE website:
<https://www.sace.sa.edu.au/studying/subjects/health>
- See: Ms Elle Penekelis (HPE Learning Area Leader)

