Unit 1: The health and development of Australia’s youth including an investigation in detail of one health issue relevant to youth.

Unit 2: Individual human development and health issues including an investigation of a current health issue eg. medical technology, complementary medicine, the ageing population, provision of health services.
Health and Human Development

Unit 3: Australia’s health, National Health Priority Areas (NHPA) and the role of government in addressing these issues.

Unit 4: Global health and human development, the role of international organisations and strategies to promote health and sustainable development globally.

*Nb: You can do Units 3-4 in year 11*
HHD activities include:

• Virtual Baby Experience (take home a baby)

• Healthy Bodies – gym sessions, meditation

• What do you eat? – yes, we eat different foods to analyse our diets

• Primary School buddies

• Birthing Kit Assembly Day
Outdoor and Environmental Studies 1-4

• Human relationship with the natural environment
• Motivations for participating in recreational activities
• Impacts on the environment
• Types of natural environments
• Sustainability
• Conflicts over the use of the environment
• The current state of the environment
OES 1-4 activities include:

- Sea kayaking/Wind surfing
- Snorkelling
- Surfing
- Bush walking
- Swimming
- Rock climbing
- Cycling
- Overnight camps
- Swimming with dolphins/seals
- Sailing
- Paddle boarding
- Horse riding
- Skiing and snowboarding
- Cross country skiing
Physical Education 1-2

- Body Systems
- Biomechanics
- Technological Advancements
- Injury Prevention and Rehab
- Coaching
- Health and Active Lifestyles
- Sport decision making
Physical Education 3 and 4

- Monitoring and Promoting Physical Activity
- Responses to Physical Activity
- Energy Systems, Fatigue & Recovery
- Fitness and Training programs
- Performance enhancement
- Recovery techniques
Physical Education 1-4 activities include:

- Australian Catholic University (ACU) Biomechanics Lab
- Footy Training Session (for coaching)
- Fitness First

- Fitness First
- ACU for a VO2 max test
- Fitness Testing with ACU (usually at school)
- Victoria University Performance Enhancement Excursion (nutrition, recovery etc.)