

Health & Wellbeing

This course focuses on the various influences on health and broader wellbeing.

Course content will allow students to develop skills and knowledge to understand the role of health in the context of society and the mechanisms necessary to promote health for individuals and communities at national and global levels.

Students analyse health and lifestyle trends and patterns across a range of contexts, allowing the potential for students to enhance their own and others' health and wellbeing.

Health & Wellbeing A

This course is relevant to students who intend to pursue vocational study at institutions such as UC College and CIT. The course also provides students with skills to apply for traineeships or employment as allied health assistants, administrators and support staff in the health and community development sectors.

Health & Wellbeing T

This course is relevant to students who intend to pursue tertiary studies in the public health, community development and allied health sectors.

Units

The units outlined below are semester length (value 1.0) and can be broken down further into term units (value 0.5). The units can be studied in any particular order, there is no prior knowledge required.



Units

The units outlined below are semester length (value 1.0) and comprise two half-semester units (value 0.5)

Anatomy and Physiology of the Human Body

Students study the basic organisation of the human body (cells, tissues, organs, systems) and then study in more depth the structure and function of the circulatory and respiratory systems.



Students become familiar with anatomical and movement terminology and study the structure and function of the skeletal, articular, muscular and nervous systems.

Movement analysis is then carried out through the study of muscles and the actions involved in specific exercises.

Individual Human Health

Students will examine the indicators and determinants of their health and investigate individual human development across the lifespan.

They make



will eval-



uations regarding the influences on individuals, such as media, and reflect on personal and social actions to promote and improve health outcomes.

Health in Australia

Students will explore health promotion in Australia, review the priority



health areas and investigate major causes of ill-health.

Students will evaluate public and private contributions to Australian health care and explore the different support professions and organisations and their role in promoting health and wellbeing in Australia.

