



Health and Physical Education

@ MINDARIE SENIOR COLLEGE

* Indicates List B Courses

ATAR Health Studies

What is ATAR Health Studies?

ATAR Health Studies explores how to keep the community healthy and prevent illness.

What will we cover?

- Population health
- Contemporary health issues
- Determinants of health
- Health literacy
- Diseases
- Frameworks and theories relating to health promotion

Students will experience a variety of guest speakers and the opportunity to attend an excursion at Royal Perth Hospital.

What does a typical week look like?

Two singles and one double session per week. Students are expected to complete study and assessment tasks at home (approx. 2 to 3 hours/week).

Complementary Courses

- ATAR/General Human Biology
- ATAR/General Food Science and Technologies
- ATAR Psychology
- Children, Family and Community: Caring for Others

What courses and careers can it lead to?

Health Promotion, Teaching, Medicine and Health Sciences, Physiotherapy

<https://myfuture.edu.au/bullseyes/details/16--health>

Are there any prerequisites?

- B grade in Year 10 English
- An interest in Community Health

General Health Studies

What is General Health Studies?

General Health Studies explores how to keep people healthy and prevent illness.

What will we cover?

- Mind, body and environment
- Impacts of individual behaviour
- How to contribute to a healthy community

What does a typical week look like?

There are two singles and a double of theory per week. This subject will include research tasks, projects contributing to the College Health Expo and creating informative health resources.

Complementary Courses

- ATAR/General Human Biology
- Children, Family and Community: Living Independently
- ATAR/General Food Science and Technologies
- Children, Family and Community: Caring for Others

What courses and careers can it lead to?

Health Promotion, Health Services

<https://myfuture.edu.au/bullseyes/details/16--health>

Are there any prerequisites?

- C grade in Year 10 English
- An interest in Community Health

ATAR Physical Education Studies*

What is ATAR Physical Education Studies?

In ATAR Physical Education Studies we will study the science of sport. You will also be assessed on your practical performance in a selected sport.

What will we cover?

- Functional anatomy
- Exercise physiology
- Biomechanics
- Motor learning
- Coaching
- Sports psychology

In the practical space, students will focus on one of the listed sports with the option to specialise in Semester 2 of Year 12.

What does a typical week look like?

Of the four hours per week in class, three are dedicated to theory and one hour to practical. The split of theory grade to practical grade is 70% theory and 30% practical. It is also expected that students are spending at least 3-4 hours per week on home revision.

Complementary Courses

- ATAR Human Biology
- ATAR Psychology

What courses and careers can it lead to?

Physiotherapy, Occupational Therapy, Sport and Exercise Science, Nutrition, Teaching, Sports Coaching, Sports Management, Certificates in Fitness

<https://myfuture.edu.au/bullseyes/details/28--physical-education>

Are there any prerequisites?

- B grade in Year 10 English & Science
- It is not essential but highly recommended that students are participating in one of the listed sports outside of school.

General Physical Education Studies*

What is General Physical Education Studies?

This course is a mix of practical lessons and theory lessons where you will learn the science behind sport.

What will we cover?

- Functional anatomy
- Exercise physiology
- Biomechanics
- Motor learning
- Coaching
- Sports psychology

What does a typical week look like?

There are four periods per week. Double periods will be physical sports where you will learn skills, strategies and tactics of a selected sport. The two single lessons will be theory lessons in the classroom.

Complementary Courses

- ATAR/General Human Biology
- ATAR/General Health Studies

What courses and careers can it lead to?

Certificate III and IV Fitness, Certificate II, III, and IV in Sport and Recreation

<https://myfuture.edu.au/bullseyes/details/28--physical-education>

Are there any prerequisites?

- No, but students will need to be willing to participate in team sport

General Outdoor Education Studies*

What is General Outdoor Education Studies?

General Outdoor Education Studies is experiencing what the outdoors has to offer via various outdoor activities.

What will we cover?

- Safety in the outdoors
- Preparing for outdoor activities
- Weather and understanding the environment
- Leadership and interpersonal skills
- Surfing and surf rescue
- Kayaking
- Mountain biking
- Rock climbing and abseiling

What does a typical week look like?

Double periods will be mostly spent offsite participating in practical activities: Semester 1 is water based and Semester 2 is land based. The two single lessons per week will be a mixture of theory and practical application of skills required for expeditions.

Complementary Courses

- ATAR/General Geography

What courses and careers can it lead to?

Certificate III & IV in Outdoor Recreation, Outdoor Education Teaching

<https://myfuture.edu.au/bullseyes/details/26--outdoor-education>

Are there any prerequisites?

- Ability to swim 200m in open water within 5 minutes
- Ability to ride a bike (offroad)

